

Series: Pathway Through the Psalms

JOY COMES IN THE MORNING

PSALMS 30

Text: Psalms 30:5

Psalm 30:5

*⁵ For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but **joy cometh in the morning.***

Introduction:

This is a psalm of praise and thanksgiving made at the altar where the Temple would eventually be built.

This Psalm was written at the end of the time of pestilence that came to Israel after David numbered the people. David bought the threshing floor of Araunah the Jebusite and made an altar there and offered sacrifices unto God. (2 Samuel 24:18-25).

Note:

1. HIS PRAISE

This psalm begins with praise, not with a complaint or a petition.

Note:

A. Psalmist Resolve to Praise

Psalm 30:1

¹ I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

The psalmist resolved to give honor to God.

We too need a strong resolve to honor God in our day for there is much opposition to honoring God and those who honor God will be subject to persecution.

Honoring God is not very popular nor accepted in most societies.

Note not only the Psalmist Resolve to Praise but also:

B. Psalmist Reason for Praise

Psalm 30:1-3

¹ I will extol thee, O LORD; for **thou hast lifted me up,** and hast not made my foes to rejoice over me. ² O LORD my God, I cried unto thee, and thou hast healed

me. ³ O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.

The psalmist list at least three reasons he is resolved to praise:

- Support (vs. 1) – *“Thou hast lifted me up, and hast not made my foes to rejoice over me”*

The psalmist had been exalted to the demotion of his foes.

For this blessing he honors the Lord.

He understood Who was the promoter.

Psalm 75:6-7

⁶ For promotion cometh neither from the east, nor from the west, nor from the south. ⁷ But God is the judge: **he putteth down one, and setteth up another.**

Not only did he praise God for his support but also for His:

- Soothing (vs. 2) – *“I cried unto thee, and thou hast healed me”*

This was probably both spiritual and physical healing.

God is the Great Physician for both areas of ills.

Not only did he praise God for his support and soothing but also for His:

- Sustaining (vs. 3) – *“Thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit”*

This statement is related to the previous statement. The sickness did not cause death, for the Great Physician brought healing to the psalmist and kept him from the grave or the pit.

Note not only “His Praise” but secondly:

2. HIS PROPOSAL

The psalmist had a proposal for all saints. Note:

Psalm 30:4-5

⁴ **Sing** unto the LORD, O ye saints of his, and **give thanks** at the remembrance of his holiness. ⁵ For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

- Sing
- Give Thanks

- For His Holiness – *“Remembrance of His holiness”*
- For His Patience – *“His anger endureth but a moment”*
- For His Joy and Peace – *“Joy cometh in the morning”*

Are we singing and offering thanks this evening.

Remember we are to give thanks in everything.

1 Thessalonians 5:18

¹⁸ In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Note not only “His Praise” and “His Proposal” but thirdly:

3. HIS PROCLAMATION

In the middle of this psalm we see a confession of his sin which apparently was the cause of his troubles.

Psalm 30:6-7

⁶ *And in my prosperity I said, I shall never be moved.*

⁷ *LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.*

Note:

A. His Pride (vs. 6)

Psalm 30:6

⁶ *And **in my prosperity I said, I shall never be moved.***

Pride is easily produced in good times. Prosperous times are often laced with more temptation than troublous times.

When the psalmist was doing well, he thought he would never fall, but wrong was his way of thinking.

He was full of pride and when one arrives at the point in their life they fail to sense their need of God and they leave God out of their plans.

B. His Proof (vs. 7)

Psalm 30:7

⁷ LORD, by thy favour thou hast made my mountain to stand strong: **thou didst hide thy face, and I was troubled.**

The psalmist reveals proof of his pride in stating the God had hid His face from him, and as a result it troubled him.

The pride of the psalmist was a bad thing that brought judgment from God, but one good thing that is seen in this is the awareness of the psalmist. He realized that God had hid His face from him.

I often wonder if we would be so spiritually conscience to know when God would turn His face from us.

It seems that there is little conviction today in the heart of Christians.

After the psalmist acknowledges his sin and shows proof he then speaks the truth which he obviously learned in his fall.

He speaks of:

C. God's Power (vs. 7)

Psalm 30:7

⁷ **LORD, by thy favour thou hast made my mountain to stand strong:** *thou didst hide thy face, and I was troubled.*

It is God and not man who makes one stand strong and faithful.

Remember:

John 15:5

⁵ *I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for **without me ye can do nothing.***

We must acknowledge without God as our help and our refuge we are in big trouble. We cannot survive or stand on our own.

Note not only "His Praise", "His Proposal" and "His Proclamation" but fourthly:

4. HIS PRAYER

Psalm 30:8-10

*⁸ I cried to thee, O LORD; and unto the LORD I made supplication. ⁹ What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth? ¹⁰ **Hear, O LORD, and have mercy upon me: LORD, be thou my helper.***

When the psalmist confessed his sin of pride and began to think correctly, he prays to the Lord for help.

He understands that God is his support and strength.

Note the particulars of his prayer:

- Hear Me

This expression is found in thirteen different verses in the book of Psalms – more than any other book in the Bible.

We too should ask for the Lord to hear us as we pray.

- Have Mercy on Me

The psalmist did plead merit but rather for mercy.

Too many today think that they merit the goodness of God, but it is nothing but the mercy of God that we are not consumed.

Lamentations 3:22

²² ***It is of the LORD'S mercies that we are not consumed,*** *because his compassions fail not.*

- Help Me

Again this expression is found nine times in the book of psalms – more than any other book in the Bible.

Note not only “His Praise”, “His Proposal”, “His Proclamation”, and “His Prayer” but lastly:

5. HIS PUBLICATION

Psalm 30:11-12

¹¹ ***Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;*** ¹² *To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.*

The psalmist ends this psalm on a victorious note publishing or publicizing of the blessings he had received and their results.

- God had turned his mourning into dancing.

God had changed the psalmist night into day.

God had changed the psalmist gloom into gladness.

- God had changed his robe of lamentation (sackcloth) into laughter (gladness).

This is what God does.

Satan on the other hand changes gladness to grief, purity to pollution.

Close:

The psalmist then repeats his resolve:

Psalm 30:12

¹² *To the end **that my glory may sing praise to thee, and not be silent.** O LORD my God, **I will give thanks unto thee for ever.***

Have we allowed pride or a haughty spirit place in our lives? That will never end well.

As we pray are we asking for the Lord to hear us, have mercy on us and to help us?

Are we acknowledging our complete dependence on Him? If not we should.