

WRITE IT DOWN!

The Joy of the Lord
Summer Psalms, Book 1
Psalm 30
August 5, 2007

LISTEN UP!

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I. A Dangerous Folly (30:6)

Now as for me, I said in my prosperity, "I will never be moved."

1. We _____ (30:6)
2. We _____ (30:9)

II. A Desperate Frailty

1. A necessary trial.
2. A loving trial.
3. An effective trial.

*Feelings of frailty should not lead us to _____,
but to _____!*

III. A Dependent Faith

1. *O Lord my God, I cried to you for help . . . (30:2)*
2. *To You, O Lord, I called,
and to the Lord I made supplication. (30:8)*
3. *Hear O Lord and be gracious to me.
O Lord, be my helper. (30:10)*

IV. An Undeserved Favor

1. Favor that _____ (30:5)
2. Favor that _____ (30:11)
3. Favor that _____ (30:1, 4, 12)

THINK IT OVER!

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1. Read Psalm 30. What is the driving verse or “presenting issue” of the text? What is David saying? How is the text “bracketed” at the beginning and the end?
2. What kind of trial did David apparently experience? What does he mean when he mentions in v. 1 “his enemies rejoicing over him?”
3. Describe the four fold movement of David’s heart in Psalm 30. Why is this a necessary cycle for all of us?
4. What is David saying in v. 9? What has he fooled himself into thinking?
5. What are some of the awesome things that are said about God’s favor (grace) in this Psalm?
6. How does this Psalm lead us to and point us to Christ?

WORK IT OUT!

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1. What did you like about this text and message? What moved you? What challenged you?
2. Why is it so easy to forget our dependence on the Lord? What are we prone to forget?
3. What sort of things in our lives reveal our DESPERATE FRAILITY? Why is this so important and necessary? Why is it so hard? What are some strategies we employ to avoid it?
4. What does this passage teach us about the intended purpose of trials? Where are trials intended to lead us? Why is it so hard to hold to this truth when we’re in our trials?
5. How have you experienced the grace of God in your life? Can you point to specific instances when you’ve experienced the truth of v. 5? Or the truth of v. 11? What should God’s favor produce in us?