

Psalm 30

Title: Deliverance from Death

Author and Date: David

Key Verses: Psalm 30:3, 9

Type: Thanksgiving

Outline

- A. From sickness to health (verses 1-3).
- B. From weeping to joy (verses 4-5).
- C. From mourning to dancing (verses 6-12).

Notes

Title: “A Psalm”. This psalm was probably sung accompanied by a stringed instrument. “Psalm” comes from the Hebrew word *zamir* meaning “a song; to pluck or play a song on a stringed instrument.” The words “A Song at the Dedication of the House” may have reference to David’s actions in bringing the Ark of the Covenant back to Jerusalem (2 Sam. 6) or to David’s dedication of the site of the future temple (1 Chron. 21:26 - 22:1). “A Psalm of David.” See the notes on Psalm 3.

Verse 1: “Extol” means to exalt or lift up the Lord in praise.

Verse 2: “O Jehovah my God” combines two thoughts for deity: “Jehovah” (Heb. *yahweh* = eternal one) and “God” (Heb. *elohim* = mighty one).

Verse 3: Note the Hebrew parallelism in this verse: “brought up” is parallel to “kept me alive” and “Sheol” is parallel to “the pit”. “Sheol” is the common OT term for “the pit” (verse 3b) or the grave; the place of the dead. The psalmist mentions the grave in this verse and in verse 9. The occasion for this psalm may have been a time when David was about to die at the hands of his “foes” (verse 1) or a time when he was “healed” (verse 2) from a life-threatening illness. The psalmist is thankful throughout for his divine deliverance from death. He believes God, not good luck or fortune, delivered him.

Verse 4: The “memorial *name*” of God is “Jehovah” (ASV) or “Lord” (Ex. 3:15; Psa. 97:12; 102:12; 135:13; Isa. 26:8; 56:5; Hos. 12:5).

Verse 6: Some commentators view these words as words of pride (self-sufficiency, self-assurance, self-confidence). They point to a time when David was proud like when he numbered Israel (1 Chron. 21). The words “I shall never be moved” can also be the words of a man who is simply boasting in God and putting his trust in God (Psa. 62:2,

6). In this case, the psalmist is simply living a God-centered life. However, the references to the Lord's "anger" in verse 5 and the Lord "hiding his face" in verse 7 would most likely point to the sin of pride in David's heart.

Verse 7: "My mountain" is a reference to Jerusalem on mount Zion.

Verse 11: Note the Hebrew parallelism in this verse: "my mourning" is parallel with "my sackcloth" and "dancing" is parallel with "gladness". Sackcloth is a very coarse, rough fabric woven from flax or hemp. It was worn in times of grief and mourning (Gen. 37:34; 2 Sam. 3:31; etc.).

Verse 12: "For ever" or the rest of his days.

Questions

1. What will the psalmist do to the Lord and why (verse 1)?
2. What does the psalmist do and what happens when he does it (verse 2)?
3. What has the Lord done for the psalmist (verse 3)?
4. What does the psalmist call upon the saints to do (verse 4)?
5. How long does the Lord's anger last and how long does his favor last (verse 5)?
6. What lasts through the night and what comes in the morning (verse 5)?
7. What did the psalmist say in his prosperity (verse 6)?
8. What does the Lord do for the psalmist and what causes the psalmist to be troubled (verse 7)?

9. What does the psalmist do to the Lord (verse 8)?

10. What questions does the psalmist ask when he cries to the Lord (verse 9)?

11. What requests does the psalmist have for the Lord (verse 10)?

12. What does the Lord do for the psalmist (verse 11)?

13. What does the psalmist sing and give to the Lord (verse 12)?

Applications for Today

1. Don't forget to praise God and thank God for your answered prayers (verses 1, 4, and 12). What three things are Christians to do according to 1 Thessalonians 5:16-18?

2. Pray for healing (verse 2). What does James say Christians are to do when they are sick (Jas. 5:14-15)?

3. Saints need to sing out in praise to God (verse 4). What does Psalm 149:1, 5 teach saints?

4. Beware of the sin of self-sufficiency in one's prosperity (verse 6). What warning does Moses give Israel (Deut. 8:11-20)? What is the problem in the prosperous church at Laodicea and what did they need to do to correct it (Rev. 3:15-18)?

5. The Lord can turn our sickness into health, our weeping into joy, and our mourning into dancing (verses 2, 5, and 11). What promise does Jesus give his disciples in John 16:20?