

HOPE IN TIMES OF UNCERTAINTY

“Ups and Downs”

Psalm 30

Romans 15:4, “For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.”

READ Psalm 30 (full text on tv screen)

I. The Situation: Prosperity, Arrogance and Sickness

(vs. 6-7a) - “As for me, I said in my prosperity, ‘I shall never be moved’. By your favor, O Lord, you made my mountain stand strong.”

I Corinthians 10:12, “Therefore let him who thinks he stands take heed lest he fall.”

(vs. 7b) - “You hid your face; I was dismayed [terrified].”

(vs. 9a) - “What profit is there in my death, if I go down to the pit?”

II. Cry for Mercy

(vs. 8) – “To you, O Lord, I cry, and to the Lord I plead for mercy.”

(vs. 9b) – “Will the dust praise you? Will it tell of your faithfulness?”

(vs. 10) – “Hear, O Lord, and be merciful to me! O Lord, be my helper!”

III. God's deliverance

A. From hurting to healing

(vs. 1) – “I will extol you, O Lord, for you have drawn me up and have not let my foes rejoice over me.”

(vs. 2) - “O Lord my God, I cried to you for help, and you have healed me.”

(vs. 3) - “O Lord, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.”

B. From weeping to joy

(vs. 5) – “For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night but joy comes with the morning.”

C. From mourning to dancing

(vs. 11) – “You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness.”

IV. Unlimited Praise and Thanksgiving

(vs. 4) – “Sing praises to the Lord, O you his saints.”

(vs. 12) – “That my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!”