

“LOVE LIFTED ME”

Psalm 30:1-12

“I will extol thee, O Lord; for thou hast lifted me up” (v. 1)

— INTRODUCTION —

- Psalm 30 is a great Psalm of praise expressing thanks to God.
- David writes this Psalm at the dedication of the altar on the threshing floor of Araunah the Jebusite. (II Samuel 24:1-25)
- David had numbered the people (v. 1-9), his heart smote him (v. 10), he was chastised with a plague (v. 11-17), and was instructed by God to build an altar (v. 18).
- David obeyed God, the plague was stayed and it was at the dedication of the altar that Psalm 30 was sung.

Questions with Answers

1. How did God heal David (v. 2)?
2. How does joy follow weeping (v. 5)?
3. How does God turn our mourning into dancing (v. 11)?
4. How is it that God “lifts” us in the journey?

(3 Things We’ve Been Lifted From)

I. We’ve Been Lifted From *SICKNESS* To *SOUNDNESS*

“O Lord, my God, I cried unto thee, and thou hast healed me” (v. 2)

Fact: David was grief stricken when he saw Israel suffer from the plague.

Fact: David was filled with remorse over his sin of numbering the people.

Fact: David was consumed with grief over the consequences of his sin.

Question: What happened when David “cried unto God” (v. 2)?

Answer: God answered prayer and freed David totally!

- He was **forgiven** for numbering the people.
- He was **restored** to his former condition.
- He was **healed** of his anxiousness and distress.

Question: What’s the secret to “Praying Through” ?

Answer: The secret is understanding “O Lord, my God” (v. 2)

- (Which means:)**
1. You can go straight to headquarters in *prayer*.
 2. You can come *boldly* to the throne of Grace yourself.
 3. You can have an *audience* with God at any time.
 4. You can discover healing and forgiveness through *repentance*.
 5. You can be delivered from the pain and guilt of every *past sin*.

Be Healed Today !

Calvary will **cover** what we uncover.

Jesus will **heal** what needs to be healed.

I will be **restored** as my prayer life is **renewed**.

II. We've Been Lifted From SIN To SALVATION

“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.” (v. 3)

Fact: David is praising God with all of his heart.

Fact: David is rejoicing over God's wonderful power.

Fact: David reveals he has been lifted from 3 things.

#1. *The Enemy*

“Thou hast not made my foes to rejoice over me” (v. 1)

Fact: David was rescued from the devil and his power.

Fact: David's foes said that he would fail.

Fact: David's enemies watched in vain as God kept David.

Believe God: That there is not one enemy of your soul that has power over the Savior and Keeper of your soul.

#2. *The Grave*

“Thou hast brought up my soul from the grave” (v. 3)

Fact: David was in danger of his life (fear and peril set in).

Fact: David saw no way of escape (no way out).

Fact: Israel was just about to be cut off.

But God !

- God brought **UP** then, and God brings up **NOW**.
- God delivered **THEN** and God delivers **NOW**.
- God intervened **BEFORE** and God will intervene **AGAIN**.

Believe God: That He will *Bring You Up* from whatever would seek to keep you down.

#3. *The Pit*

“You kept my soul from going down to the pit” (v. 3)

“Thou hast kept me alive” (v. 3) means:

- “God, you **RECOVERED** me to life”
- “God, you **RESTORED** me to life”
- “God, you **RENEWED** me to life”

Remember: When you feel you are at your *lowest*, God will *keep* you, *sustain* you, and *finish* what He started.

(Deuteronomy 32:10-13)

1. God *finds* Moses (v. 10) - God knew where he was and knows where you are.
2. God *encircles* Moses (v. 10) - “led” means “compassed about as a circle” (what a circle is around you).
3. God *instructs* Moses (v. 10) - God was teaching him and God is teaching you.
4. God *keeps* Moses (v. 10) - as the apple of His eye.

5. God *guides* Moses (v. 12) - You may feel confused, but God will direct you one step at a time.
6. God *strengthens* Moses (v. 11, 13) - Even in the most barren places God causes you to be fruitful (honey out of rocks).

III. We've Been Lifted From *SORROW* To *SINGING* (v. 4-12)

"Weeping may endure for a night, but joy cometh in the morning" (v. 5)

"Thou hast put off my sackcloth and girded me with gladness" (v. 11)

Fact: God was angry for a moment because of David's sin.

Fact: David was weeping because of sin's consequences.

Question: Why must we repent quickly of sin?

Answer: "Thou didst hide thy face and I was troubled" (v. 7)

- David was out of communion with God.
- Sin caused David to wither and weaken.
- But, when David repented, he was restored and his joy returned.

In other words... As night comes before morning, so **weeping** over sin must come before **joy** and **power** over sin.

and... Until I feel **bad enough** about my sin, I cannot be **delivered** from that sin.

Question: What happens on the heels of humility, prayer and repentance?

Answer: Sackcloth turns to singing! (v. 11, 12)

"Thou hast put off my sackcloth" (v. 11) means:

Fact: Sackcloth was a coarse garment made of goats hair.

Fact: It was used to figure sorrow and affliction.

Glory to God !

- God replaces a heart of sackcloth with a heart of gladness.
- God replaces a sour spirit with a singing spirit.
- God renews as we return to Him with a totally undivided heart !!!!

AMEN !

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