

MESSAGE OUTLINE

July 3, 2022

Summer in the Psalms
Psalm 30

Pastor Mike McClenahan



Psalm 30 (NIV)

A psalm. A song. For the dedication of the temple. Of David.

¹ I will exalt you, Lord,
for you lifted me out of the depths
and did not let my enemies gloat over me.

² Lord my God, I called to you for help,
and you healed me.

³ You, Lord, brought me up from the realm of the dead;
you spared me from going down to the pit.

⁴ Sing the praises of the Lord, you his faithful people;
praise his holy name.

⁵ For his anger lasts only a moment,
But his favor lasts a lifetime;
weeping may stay for the night,
but rejoicing comes in the morning.

⁶ When I felt secure, I said,
“I will never be shaken.”

⁷ Lord, when you favored me,
you made my royal mountain stand firm;
but when you hid your face,
I was dismayed.

⁸ To you, Lord, I called;
to the Lord I cried for mercy:

⁹ “What is gained if I am silenced,
if I go down to the pit?

Will the dust praise you?
Will it proclaim your faithfulness?

¹⁰ Hear, Lord, and be merciful to me;
Lord, be my help.”

¹¹ You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,

¹² that my heart may sing your praises and not be silent.

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MESSAGE OUTLINE

1. Praise is a powerful practice of worship.

I will exalt you, Lord... Lord my God, I will praise you forever.

- Sing praises
- my heart may sing your praise

2. Praise is an honest response to God's response to our honest prayers.

I called to you for help, and you healed me.

- you lifted me out of the depths
- did not let my enemies gloat over me
- brought me up from the realm of the dead
- you spared me from going down to the pit
- you made my royal mountain stand firm
- Will the dust praise you?

3. Praise changes us.

For his anger lasts only a moment, but his favor lasts a lifetime

- my wailing into dancing
- you removed my sackcloth and clothed me with joy

Personalizing the Psalms

In your time alone with God in scripture reflection, solitude, prayer and journaling, begin with a breath prayer like "Holy Spirit, come," or listen to a song from the playlist. This summer we are focusing on one Psalm per week. Consider using one or more of these practices to reflect on the Psalm.

- **Journaling:** Write out the Psalm in your journal. Make notes in the margins to amplify or clarify words. Be creative with doodling, drawing, highlighting words or phrases, collaging with cut-out words or pictures. Take your journal with you wherever you go this summer. At the end of the summer you will have a journal full of your own reflections, thoughts and prayers!
- **Reading:** Take time to slowly read aloud the Psalm. What words or phrases stand out to you? What questions do you have? What feelings arise in you? Which physical response seems appropriate: hands raised or open? head bowed or lifted? standing or seated?
- **Memorizing:** Commit to memorizing one or more verses.
- **Praying:** How does this Psalm inspire praise, confession, lament, gratitude, or guidance for yourself, others or the world?

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