

## MESSAGE OUTLINE

### Formed by the Psalms - Joy Comes in the Morning

#### Psalm 30:1–5 (NIV)

- <sup>1</sup> I will exalt you, Lord,  
for you lifted me out of the depths  
and did not let my enemies gloat over me.
- <sup>2</sup> Lord my God, I called to you for help,  
and you healed me.
- <sup>3</sup> You, Lord, brought me up from the realm of the dead;  
you spared me from going down to the pit.
- <sup>4</sup> Sing the praises of the Lord, you his faithful people;  
praise his holy name.
- <sup>5</sup> 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.

Old Testament Story:

**Exodus 2:1-10**

#### NOTES:

#### “...for you lifted me out of the depths”

- A testimony of David
- Old Testament motifs and the bigger story
- Exodus 2:1-10  
“She named him Moses, saying, *“I drew him out of the water.”*”
- Reflection: What stories, artwork, or historical contexts help me connect to Psalm 30 and the story of Moses?

#### “You, Lord, brought me up...”

- The tension of the already-and-not-yet
- Echoes of restoration and resurrection
- Reflection: How do my own stories and memories shape my experience of Psalm 30?

#### “weeping may stay for the night, but rejoicing comes in the morning.”

- A promised morning and a salvation song
- Reflection: What’s your song?

#### NOTES: