

JOY COMES WITH THE MORNING
Psalm 30 // September 7, 2025 AM

By faith we can give thanks in tearful trials because we are destined for joyful triumph in Christ.

I. Praise God for our King's *eternal exaltation* (vv. 1-3; 11-12).

II. Praise God for our King's *ephemeral humiliation* (vv. 4-10).

QUESTIONS FOR FAMILY WORSHIP

1. What do we learn about Psalm 30 from the inscription? Why is this important?
2. What does it mean to "extol" God? And why is David doing it?
3. How does God's deliverance of David from death point forward to Jesus?
4. What sin was God disciplining David for (vv. 6-7)? If Jesus had no sin, why did He suffer under God's anger unto death?
5. How does Christ's empty tomb enable us to give thanks to God even when we are in the dark and drawing near to death?
6. What do you think about the line from "Abide with Me" that says, "ills have no weight, and tears no bitterness"? Do you agree with this language? Why, or why not?

QUESTIONS FOR PRIVATE REFLECTION

1. Does Christ's death and resurrection for me fuel a life of thankful praise?
2. How is Christ's humiliation and exaltation reflected in His church? Why should this comfort me in my sufferings now?
3. What particular temptations do I fall prey to in times of prosperity? What lessons can I learn from David's sin in Psalm 30?