

Psalm 30: Probably out of 1 Chronicles 21 and 2 Samuel 7.

1-5: Recovery from discipline. David acknowledged the Lord's discipline and called the congregation to praise Him as he recovered. He vowed to praise the LORD because he was **lifted** up from his distress (speaks of nearness of death). God **healed** him and **spared** his life.

The psalmist called on the people to **sing to** and **praise** the LORD. The reason for the praise is the temporary nature of God's **anger** to him; it was but for a **moment**, only **for the night**. **In the morning** came deliverance and joy.

6-10: Discipline from pride and independence. In pride he **felt secure**, thinking he would **never be shaken**, a careless ease. Apparently he had forgotten his need to trust in the Lord and boasted in self-confidence. As a result, God disciplined him by the removal of blessing and protection.

11-12: Mourning into dancing. Using terminology from festive occasions (**dancing** and **joy**) David rehearsed how God delivered him from his lamentable state. As a result of this answer to prayer David sang praises to the Lord. Thus he vowed to acknowledge and thank the LORD his **God forever**. Every deliverance a believer experiences should likewise prompt a full expression of praise.

Deuteronomy 8:5 - "You should know in your heart that as a man chastens his son, so the LORD your God chastens you."

Proverbs 19:18 - Chasten your son while there is hope, and do not set your heart on his destruction

Hebrews 12:6 - For whom the LORD loves He chastens, and scourges every son whom He receives."

Psalm 31: A plea for rescue:

1-2: He prayed for the Lord to **come quickly to** his **rescue** and **be** his **Rock** and **Fortress**, **his** only protection and safety was in the Lord.

3-8: David confidently committed his life into the hands of the Lord, his Rock, knowing that he would rejoice in God's love.

In addition to his trust, David asserted that he despised **those who cling to worthless idols**. **The LORD** is faithful, worthy of all **trust**. Therefore David confidently anticipated praising His loyal **love**. He wrote as if the deliverance had already been granted. With such genuine faith, believers can sing of triumph in anticipation of God's delivering them.

9-18: The psalmist pleaded for grace from the LORD because his life was in danger, **sorrow** and near death.

19-24. He testifies of God's goodness in faithfully protecting him, those who trust in Him and tells them to love Him.

James 1:2 - My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.