

THE PSALMS IN HUMAN LIFE

PART 10

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PSALM 30

The God Who Delivers

(A song for the dedication of the temple of David)

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

2. *O LORD my God, I called to you for help and you healed me.*

3. *O LORD, you brought me up from the grave; you spared me from going down into the pit.*

4. *Sing to the LORD, you saints of his; praise his holy name.*

5. *For his anger lasts only a moment, but his favour lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.*

6. *When I felt secure, I said, "I shall never be shaken."*

7. *O LORD, when you favoured me, you made my mountain stand firm;*

but when you hid your face, I was dismayed.

8. *To you, O LORD, I called; to the Lord I cried for mercy:*

9. *"What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness?"*

10. *Hear, O LORD, and be merciful to me; O 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 to you and not be silent. O LORD my God, I will give you thanks for ever.*

A close survey of this *Psalm* will help us to appreciate how vital the experiences of other people are, and how important it is for us to learn any lesson they have been taught during the experiences they have gone through.

The lessons taught to David, because he was walking in a way which was not pleasing to the Lord, are to be found in this *Psalm*. By taking note of what

happened to David, and learning from what he went through, will save us from a lot of worry that could result in a lack of sleep and a longing for morning to come.

The *Psalms*, as we have noted previously, were composed to commemorate a particular occasion. **Psalm 30** was composed as a song at the Dedication of the house of David. It is true to say that commentators are not sure whether it means the Temple, or David's Palace.

It is worth noting that the term 'dedication' is used of.

(a) A House. Deut 20 v 5

The officers shall say to the army: "Has anyone built a new house and not dedicated it"? Let him go home, or he may die in battle and someone else may dedicate it.

(b) City Walls. Neh 12 v 27

At the dedication of the wall of Jerusalem, the Levites were sought out from where they lived and were brought to Jerusalem to celebrate joyfully the dedication with songs of thanksgiving and with the music of cymbals, harps and lyres.

(c) Sacred Places. Ezra 6 vs 16 & 17

Then the people of Israel—the priests, the Levites and the rest of the exiles—celebrated the dedication of the house of God with joy. For the dedication of this house of God they offered a hundred bulls, two hundred rams, four hundred male lambs and, as a sin offering for all Israel, twelve male goats, one for each of the tribes of Israel.

Notice the following in **Psalm 30**:

In **verses 1 to 3** The Psalmist is addressing **God**.

In **verses 4 to 6** The Psalmist is addressing **The People**

In **verses 7 to 12** The Psalmist is addressing **God** again.

1. THE PSALMIST EXALTS THE LORD FOR HIS DELIVERANCE. vs 1 to 3.

1. *I will exalt you, O LORD, for you lifted me out of the depths and did not let my enemies gloat over me.*
2. *O LORD my God, I called to you for help and you healed me.*
3. *O LORD, you brought me up from the grave; you spared me from going down into the pit.*

In exalting the Lord for his deliverance, David as king is giving a lead to the people. He is the nation's leader and therefore takes on the responsibility of being an example to the people.

Spurgeon in 'The Treasury of David' writing on this exaltation says "I will have high and honourable conceptions of thee, and give them utterance in my best music. Others may forget thee, murmur at thee, despise thee, blaspheme thee, but "I will extol thee," for I have been favoured above all others. I will extol thy name, thy character, thy attributes, and thy mercy to me"

Throughout the whole book of *Psalms* there is a constant emphasis that Jehovah is the 'Exalted One'. In this *Psalms* He is being exalted because He had lifted up the *Psalmist* when he had been down. He had healed him when he had been sick. He had 'brought up his soul from the grave' as the K.J. version says. In ***Psalms 3*** David refers to the Lord as being 'the Glory and the lifter of his head'. It is obvious he knew the experience of being brought low. King Saul tried to kill him, his son Absalom attempted to steal the throne from him. How reassuring it is to read of how the Lord makes His servants triumph over their enemies. His enemies never got the better of him, the opportunity was always taken away from his enemies, and for this reason he magnifies the Lord.

Even though his enemies did not triumph over him, please note that the sickness he had must have been quite serious, and was almost to the point of death. Reference is made in **verse 3** to the word 'grave'. The word in Hebrew is '**Shoel**' which in actual fact is not grave, but the place of 'departed spirits'. The exact equivalent in Greek is '**Hades**' the place Jesus refers to in **Luke 16 vs 19 to 31**. It is generally accepted by all commentators as far back as Josephus (an

historian who lived at the time of Jesus) that **Shoel** or **Hades** was the place of departed spirits, having an upper region or a lower region, or a place that had two halves, one for the righteous and the other for the ungodly. The righteous went to the place reserved for them, and the unrighteous to their place.

The Hebrews of David's day feared **Shoel** because as far as they were aware there was no way of escape from it. The way out of **Shoel** or **Hades** was not made until Jesus went there following His death. When He went there He preached to the spirits that were in prison **1 Peter 3 v 19** *"Through whom also he went and preached to the spirits in prison"*. We know that Jesus was not retained in **Shoel** or **Hades**, for on resurrection day He took the keys off him that had the power of death, that is the devil, and unlocked the door to those held captive in the righteous part, setting them free.

With this thought of **Shoel** before him, David cried to the Lord, and the Lord heard him and delivered him, healed him and brought up his soul from the grave. David exalts the Lord for his deliverance. When Moses and Miriam crossed over the Red sea and saw the enemy defeated, they exalted the Lord unsparingly; they were not forgetful of the One who had delivered them.

We should look at these O.T. examples of how to praise the Lord, and exalt Him for our own deliverance from the enemies' power. The next thing David does is.

2. HE EXHORTS THE PEOPLE TO GIVE THANKS. v 4

4. *Sing to the LORD, you saints of his; praise his holy name.*

As we have just noted David exalts the Lord for his deliverance, he now exhorts others to join him in the giving of thanks. There is nothing wrong in singing praises to the Lord. Here are some verses from the *Psalms* relating to singing praises to the Lord.

Psalm 13 v 6 *I will sing unto the LORD, because he hath dealt bountifully with me.*

Psalm 18 v 49 *Therefore will I give thanks unto thee, O LORD, among the*

heathen, and sing praises unto thy name.

Psalm 27 v 6 And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.

Psalm 30 v 4 Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.

Psalm 30 v 12 To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.

Psalm 33 v 2 Praise the LORD with harp: sing unto him with the psaltery and an instrument of ten strings.

Psalms 57 v 9 I will praise thee, O Lord, among the people: I will sing unto thee among the nations.

Psalm 68 v 32 Sing unto God, ye kingdoms of the earth; O sing praises unto the Lord; Selah:

Psalm 92 v 1 It is a good thing to give thanks unto the LORD, and to sing praises unto thy name, O most High:

Psalm 95 v 1 O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.

Psalm 96 vs 1&2 O sing unto the LORD a new song: sing unto the LORD, all the earth.

Sing unto the LORD, bless his name; shew forth his salvation from day to day.

Psalm 98 v 1 O sing unto the LORD a new song; for he hath done marvellous things: his right hand, and his holy arm, hath gotten him the victory.

Psalm 98 vs 4&5 Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.

Sing unto the LORD with the harp; with the harp, and the voice of a psalm.

Psalm 101 v 1 I will sing of mercy and judgment: unto thee, O LORD, will I sing.

Psalm 104 v 33 I will sing unto the LORD as long as I live: I will sing praise to my God while I have my being.

Psalm 108 v 3 I will praise thee, O LORD, among the people: and I will sing praises unto thee among the nations.

Psalm 135 v 3 Praise the LORD; for the LORD is good: sing praises unto his name; for it is pleasant.

Psalm 146 v 2 *While I live will I praise the LORD: I will sing praises unto my God while I have any being.*

Psalm 147 v 1 *Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely.*

Psalm 147 v 7 *Sing unto the LORD with thanksgiving; sing praise upon the harp unto our God:*

Psalm 149 v 1 *Praise ye the LORD. Sing unto the LORD a new song, and his praise in the congregation of saints.*

When we remember His Holy Name, it brings with it thoughts of how great the Lord is, and how gracious He has been to each one of us. We need to remember who He is and give Him thanks for what He has done for us. He is the upholder of all things, the Redeemer, and the creator of the celestial as well as the terrestrial, angelic and human. He is Lord of all being.

It is good to sing, even when circumstances are not conducive to it. Paul and Silas were in prison and the situation for them was not good, but it did not stop them from singing unto the Lord.

David exhorts the people to give thanks by singing unto the Lord.

The next thing David does is.

3. HE EXPOSES THE LESSON TAUGHT HIM. vs 5 to 7

5. *For his anger lasts only a moment, but his favour lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.*

6. *When I felt secure, I said, "I shall never be shaken."*

7. *O LORD, when you favoured me, you made my mountain stand firm; but when you hid your face, I was dismayed.*

One of the outstanding lessons to come out of this *Psalm* is that we should never rely on our own self-confidence. David had discovered certain things about God and it was not his intention to keep them to himself.

One commentator writing on this *Psalm* says that weeping is portrayed as a wanderer who has a lodging given to him for a night. In the morning he has gone and another takes his place.

In reading and analysing what David has written here, it becomes quite clear that the affliction he had was the result of something he had done. He had relied on his own self-confidence. He was of the opinion that what he had was of his own doing. He had prosperity, he had mighty numbers in his army, he attempted to count the people and saw himself as someone great. The fact is: it was God who had made him great! Without God he would have remained a no-body. The counting of the people was offensive to the Lord and as a result of this the Lord gave him the choice of three things as a means of teaching him a lesson.

1 Chron 21 verses 9 to 13

9 *The LORD said to Gad, David's seer,*

10 *"Go and tell David, 'This is what the LORD says: I am giving you three options. Choose one of them for me to carry out against you.'"*

11 *So Gad went to David and said to him, "This is what the LORD says: 'Take your choice:*

12 *three years of famine, three months of being swept away before your enemies, with their swords overtaking you, or three days of the sword of the LORD—days of plague in the land, with the angel of the LORD ravaging every part of Israel.' Now then, decide how I should answer the one who sent me."*

13 *David said to Gad, "I am in deep distress. Let me fall into the hands of the LORD, for his mercy is very great; but do not let me fall into the hands of men".*

“His anger is but for a moment, in His favour is life. When you hid your face, I was dismayed”. The things David learnt about God and his own folly are exposed in these verses. David wants us to know that when we have done wrong providing we acknowledge it and there is repentance, then there is forgiveness also. Yes, ‘weeping may last for a night but! Joy comes in the morning’. It came for the disciples following the dark night after the death of Jesus. Look at the lives of some of the O.T. men and women and you will always find that joy eventually came to every one of them regardless of how dark the night was they passed through.

From exposing the things he had discovered, we now see:

4. THE EXPRESSION OF HIS PRAYER. vs 8 to 10.

8. *To you, O LORD, I called; to the Lord I cried for mercy:*

9. *“What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness?*

10. *Hear, O LORD, and be merciful to me; O LORD, be my help.”*

This is the prayer he approached God with that resulted in his opening exaltation. Finally we have

5. THE ECSTASY THAT FILLED HIS HEART. vs 11 & 12

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

12. *that my heart may sing to you and not be silent. O LORD my God, I will give you thanks for ever.*

In place of the sackcloth he is given a garment of praise - a festive garment.

This Sackcloth was made of goats hair, it was used during a time of mourning, wore during a time when one was paying penitence for ones sins. It was worn during a time of national disaster. It was also worn when praying for deliverance.

David is now filled with gratitude, because God had not only seen him through the difficulty of coping with his enemies and sickness, but had also forgiven him for the folly of assuming that what he had was because of his own ability.

Situations can be turned around and this *Psalms* shows this to us. Let us note David's words in this *Psalms* and learn from them, for by doing so we shall avoid the pitfalls that he encountered.