

Why We Praise God (Psalm 30—part one)

- I. The Setting of Psalm 30 (**1 Chronicles 21:1-22:1, 22:8**)

- II. Reason #1: Because He Lifts Us Up
 - a. In Resurrection (**1a, 3**; Eph. 2:1-6)

 - b. Over Our Enemies (**1b**; 1 Pet. 5:8; Col. 2:15; Rom. 16:20)

- III. Reason #2: Because He Heals Us (**2**; Isa. 38; Jas. 5:14-16; 2 Cor. 12:7-10; Pp. 1:19-21)

- IV. Reason #3: Because His Anger Is Momentary, But His Favor Is Forever (**5**; Ps. 103:8-10; 7:11; 1 Pe. 4:17; 1 Chron. 21:12-13)

- V. Reason #4: Because He Graciously Humbles Us (**6-8**; Deut. 8:17-18; Ps. 62:5-6)

- VI. Conclusion (**11-12**)

Questions for Family Discussion

- What are some reasons you should praise God? Has He lifted you up? Resurrected you? How?
- With modern medicine, why must we pray to the Lord for healing? Is healing guaranteed for believers? Explain.
- Take time to reflect on v5 and Ps. 103:8-14. How may believers have comfort even when God *disciplines* us?
- Where may you find consolation in times of suffering and sorrow? What “joy” comes with the morning?
- Why should we praise God for actively humbling us? How important is it to confess specific sins specifically? What dangers do you face if you refuse to humble yourself, and refuse to confess your wrongdoing?
- It is possible to experience any of the blessings David describes in this psalm apart from Christ? Why not?

