

The way up is the way Down

- Natural outworking of joy in heart  
- or - carnal flesh [31 14

29 3] abase self while lifting other PSALMS.

due unto his name; worship the LORD in the beauty of holiness.

3 The voice of the LORD is upon the waters: the God of glory thundereth: the LORD is upon many waters.

4 The voice of the LORD is powerful; the voice of the LORD is full of majesty.

5 The voice of the LORD breaketh the cedars; yea, the LORD breaketh the cedars of Lebanon.

6 He maketh them also to skip like a calf; Lebanon and Sirion like a young unicorn.

7 The voice of the LORD divideth the flames of fire.

8 The voice of the LORD shaketh the wilderness; the LORD shaketh the wilderness of Kadesh.

9 The voice of the LORD maketh the hinds to calve, and discovereth the forests: and in his temple doth every one speak of his glory.

10 The LORD sitteth upon the flood; yea, the LORD sitteth King for ever.

11 The LORD will give strength unto his people; the LORD will bless his people with peace. Summation

PSALM 30.

A Psalm and Song at the dedication of the house of David.

I WILL extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me. - had enemies (foes)

2 O LORD my God, I cried unto thee, and thou hast healed me. - was sick

3 O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit. - deserved hell

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

5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning. Hope

6 And in my prosperity I said, I shall never be moved.

7 LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.

8 I cried to thee, O LORD; and unto the LORD I made supplication.

9 What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?

a Gen.6.17; Job 38.8,25.

b Psa.10.16.

c Psa.28.8.

d Psa.6.2; 103.3.

e Heb. Sheol. See Hab.2.5, note.

f Psa.97.12; 1 Chr.16.4.

g Psa.103.9; Isa.26.20; 54.7,8; 2 Cor.4.17.

h Heb. in the evening.

i Heb. singing.

j Heb. settled strength for my mountain.

k 2 Sam.6.14; Isa.61.3; Jer.31.4.

l i.e. my tongue, or my soul. See Gen.49.6; Psa.16.9; 57.8.

m Psa.2.12, note.

n Lk.23.46. Not say "I hope"

o Ex.14.30, note; Isa.59.20, note.

p Psa.4.1; 18.19.

q Job 19.13; Psa.38.11; 88.8,18.

10 Hear, O LORD, and have mercy upon me: LORD, be thou my helper.

11 Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness; - spirituality

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. - eternity in mind (focus on Lord)

PSALM 31.

To the chief Musician, A Psalm of David.

IN thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness.

2 Bow down thine ear to me; deliver me speedily: be thou my strong rock, for an house of defence to save me.

3 For thou art my rock and my fortress; therefore for thy name's sake lead me, and guide me.

4 Pull me out of the net that they have laid privily for me: for thou art my strength.

5 Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth.

6 I have hated them that regard lying vanities: but I trust in the LORD.

7 I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities;

8 And hast not shut me up into the hand of the enemy: thou hast set my feet in a large room.

9 Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly.

10 For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed.

11 I was a reproach among all mine enemies, but especially among my neighbours, and a fear to mine acquaintance: they that did see me without fled from me.

12 I am forgotten as a dead man out of mind: I am like a broken vessel.

13 For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life.

14 But I trusted in thee, O LORD: I said, Thou art my God.

God never condemns anyone found 26x various forms T+I:15 Unto the pure all things are pure

Col 3:15 be ye thankful

Jam 4:6 God Resists both proud grace to humble  
7 Submit/Resist devil flee  
8 Draw nigh to God  
10 Humble selves - he lift

1 Pet 5:5-8 God Resists Proud Humble yourselves

Jn 4:24 worship - Spirit and truth

Samson: Jud 16:20 wist not - Lord departed.

Gen 3:8 They heard voice of LORD God walking in garden.

Gen 1:2 face of the deep.

Humble yourself so God won't have to

Dan 5:21 Nebuchadnezzar 22 SON - Belshazzar not humbled himself

Act 12:21 Herod - die

- death's doorstep - eternal security Rom 8:1 Now no condemnation

2 Tim 2:8 Remember Jesus raised fr. dead

Rev 21:4 God wipe tears

Rev 22:16 Jesus is morning star

2 Cor 4:16 (Paul) light afflicted

Rom 8:18 sufferings not worthy compared