

**Psalm 30: 1-12; “His Favor is for Life”, A Message Delivered by Pastor Paul Rendall
to those gathered at Birkwood Assisted Living Center
on September 11th, 2022.**

In the inspired heading of this Psalm it says that it is a song which David sung at the Dedication of His House. This does not appear to be the house that he built for the Lord, the temple. But rather it appears to be that dedication which took place at the building of his own house which is mentioned in 2nd Samuel 5, verse 11. “Then Hiram king of Tyre sent messengers to David, and cedar trees, and carpenters and masons.” “And they built David a house. In verse 12 it says that David knew that the Lord had established him as king over Israel, and that He had exalted His kingdom for the sake of His people Israel.

This was cause for great praise, and so David says – I will extol You, O Lord, for You have lifted me up, and have not let my foes rejoice over me. I would like to encourage everyone who is here this afternoon with this Psalm by showing you the importance of giving God thanks at all times. In verse 12 David says that he will give thanks to God forever. This will be true of all who will trust in the Lord Jesus Christ for salvation.

3 things that you should give thanks for as a Christian person who knows the Lord. 1st – Thanks to God for healing of your body and your soul. (verses 1-3) 2nd – Thanks for His being your Helper to teach you His holy way. (verses 4-10) And 3rd – Thanks for the gladness which He gives in the prospect of eternal and everlasting life with Him. Let me encourage you in your faith in our Lord Jesus Christ, and if you do not have it, know that you can by calling upon His name.

1st – As a person who knows the Lord, you should give thanks for the healing of your body and your soul.

I will extol you, O Lord, for You have lifted me up, and have not let my foes rejoice over me.” “O Lord my God, I cried out to You, and You healed me.” “O Lord, You brought my soul up from the grave; You have kept me alive, that I should not go down to the Pit.” Now I hope that you are aware that it was God who brought you into this world, and it is He who has kept you in this life to this very hour. It was God who kept David safe in all of the trials that he went through in becoming king. He had been brought to a very low point in his experience shortly before he wrote this Psalm because King Saul had been chasing him around the wilderness trying to kill him.

Actually, he had been doing this for about 10 years, trying to kill David, because he was envious of him. His envy turned deadly when David went out and slew the Philistine Goliath, and the women came out dancing and singing, saying – Saul has slain his thousands, and David his ten-thousands. Saul became very hateful in his envy, and at a number of points he had tried to take David’s life. You can see that David would have been sick at heart in regard to this. He wanted to be reconciled to Saul, and he said that he would not stretch out his hand against the Lord’s anointed. Well, finally, after years of this, Saul’s sins became so great that the Lord would not be with Saul any more. And when so when Saul went out to battle, he was slain on Mt. Gilboa.

God had already had the prophet Samuel anoint David to be king before this, and so David became king after Saul died. Even then, there was a long war between the house of Saul and the house of David. But because God was with David, David’s house became stronger and stronger and Saul’s became weaker and weaker, it says in 2nd Samuel 3: 1. This is why David says in verse 1, here – I will extol You, O Lord, for You have lifted me up, and have not let my foes rejoice over me. I cried out to You, and You healed me. O Lord, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit.

When he said that God had lifted him up, it was that he lifted him up to be able to become the king over all Israel, and his foes, Saul and those who were loyal to him, were defeated in their schemes to take his life. They could not rejoice over him. And God “healed” David of his political difficulties, his discouragements, his worries, and his fears that he would die at the hands of Saul someday. He had truly feared this. He said this in his heart in 1st Samuel 27: 1. But what I am trying to show you here is that there are different kinds of healing. There is bodily healing which God gives to you when you are sick. There is mental and emotional healing which God also gives at many points in your life, according to his will for your life, as you interact with Him over the issues of your life. He restores your soul. And there is the healing of your soul when you trust in the Lord to deal with your sins, through the grace of our Lord Jesus Christ.

Let me ask if you give thanks for these various kinds of healing? For God does cause all things to work together for good to those who love Him, to those who are called according to His purpose. Have you cried out to God to heal you, when you feel the effects of all of your trials and difficulties which you face, at times in your life? Have you cried out to God to heal you of all of your bodily sicknesses and diseases? Have you cried out to God to heal you of the great sickness and disease, which is found in each of our souls? That is sin. Sin is not living for God, not doing what He has commanded, not devoting your life to Him; His worship and His service.

But have you cried out to God so that you might know the remedy for your sin-sick soul, which is faith in our Lord Jesus Christ? David did not know the name of His Redeemer, but He knew that His Redeemer, the great Messiah who would eventually come to Israel, the One who we now know as our Lord Jesus Christ, was promised to him, and to all who would believe in this greatest of gifts, to them. In Psalm 19, verse 14, he said – ‘Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer. The Lord Jesus, as a Spiritual Redeemer is the One who buys you back from your slavery to sin. He sets you free from the law of sin and death which rules in your heart until you are set free by Him.

This is why David said in verse 3 – O Lord, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. It is true that the Lord kept David from being killed by Saul, so that he should not go down to the pit of the grave. But these words meant more than this for David. He is saying that God kept him from going down to the pit of hell; that awful place when Saul went when he died, that awful place of torment that is reserved for those who really do not love God or what to know Him as He really is – the Holy God. But David was rejoicing because God had had mercy on him, and healed him spiritually, emotionally, and physically, in every way, so that he would go on to serve Him and honor God with his life.

2nd – As a person who knows the Lord you should give thanks for God’s being your Helper to teach you His holy way. (verses 4-10)

“Sing praise to the Lord, you saints of His, and give thanks at the remembrance of His holy name.” “For His anger is for a moment, His favor is for life; weeping may endure for a night, but joy comes in the morning.” “Now in my prosperity I said, ‘I shall never be moved.’” “Lord by Your favor You have made my mountain stand strong; ‘You hid Your face, and I was troubled.’” “I cried out to You, O Lord; and to the Lord I made supplication: What profit is there in my blood, when I go down to the pit? “Will the dust praise You?” “Will it declare Your truth?” “Hear, O Lord, and have mercy on me; Lord, be my Helper!”

I wonder if you see God in this wonderful way; as your Helper? David needed the Lord’s help at many points in his experience. I believe that we all do, but sometimes we do not see why we do not feel more close to Him. But verses 6 and 7 tell us why. Verse 6 gives us the language of David’s heart at one critical point in his life. He said in his heart – In my prosperity I shall never be

moved.” Ah, there it is. It when we have been blessed with prosperity, that sometimes we think that we will never be moved by anything that can happen to us. But there are many things that can take place in our lives which should show us how much we need the Lord’s blessing every day, his favor to be shown to us so that we can stand strong. David says – When you hid your face from me, I was troubled. In other words, David couldn’t sense God’s presence and blessing in his life because he had become somewhat proud and self-sufficient. He had said in his heart that he would never be moved. But now he was really moved! So, he must have fallen into quite a time of unbelief. It made him wonder if he knew the Lord at all.

He feared that he would not only lose his life, but that he was also in danger of losing his soul. What did he do then? Well, he did the right thing. He cried out to the Lord and made supplication to God. He said to the Lord – What profit is there in my blood, when I go down to the pit? What profit will it be, if I fall at the hands of my enemies and prove myself to be not a man of faith, but a man of unbelief, and thereby perish in my sins? Would the dust praise God? Would it declare God’s truth? No, he prays, hear me, O Lord, and have mercy on me, and be my Helper. What is wonderful is that God did answer him when he cried to him. And so we find David exhorting the saints who would read this Psalm, to sing praise to the Lord and give thanks at the remembrance of His holy name.

His anger is but for a moment, His favor is for life. Weeping may endure for a night, but joy comes in the morning. How encouraging this is! God is always faithful to His people to show them their sins; where they have gone astray by disobeying Him or not trusting in Him. He sometimes has to discipline us as Christians for our own good. This may seem sorrowful to us for a time. But in the end it will produce the peaceable fruit of righteousness. We may have weeping for a night, until we come to our senses and learn the lessons of faith and obedience that He is teaching us. But in the morning there will come joy.

Oh how thankful we should be that God does not deal with us according to our sins, but He Himself becomes our Helper. When you believe in Jesus He gives you His Holy Spirit. And God the Father providentially watches over your life. And in this good way, Christ leads you and guides you into all the truth of what you will need to learn to become a godly person. He is always faithful to you, and to Himself, and to His word. He faithfully shows you where you have erred in your thinking, when you need it. He directs you into all the promises of His Word; of how He is faithful to forgive your sins when you confess them to Him. He supplies you with grace and help in time of trouble. He will guide you with His eye upon you because He loves you.

3rd – As a person who knows the Lord you should give thanks for the gladness which He gives, in the prospect of eternal and everlasting life with Him.

David says in verse 11 – You have turned for me, my mourning into dancing; You have put off my sackcloth and clothed me, or girded me, with gladness, to the end that my glory may sing praise to You and not be silent.” “O Lord my God, I will give thanks to You forever.” This is what God does for all of His saints, those trusting in Jesus. He turns your mourning into dancing. Blessed are you who mourn, Jesus says, for you will be comforted. If you believe in Jesus, you will mourn over the sins and the mistakes that you will make at times. But God is able to turn that mourning into dancing.

You may not have ever heard about the king David’s mistake in trying to bring the ark of the covenant into Jerusalem after it had been 20 years lodged in Kirjath-jearim in the house of a man Abinadab. The ark was the visible symbol of God’s Presence with them as a people in their worship and in all of their battles. But Israel had been defeated in battle when Saul died, and so no king had ordered that it be brought back to Jerusalem. The people had mourned and lamented over

its not being in their midst. David was now king and he was trying to bring the kingdom together following the death of Saul. He wanted to bring the ark into Jerusalem, and so it was put on a new cart. And they started off to Jerusalem. Uzzah and Ahio drove the cart. David and all Israel played music before God with all of their might. They did this with singing and played on stringed instruments. But they did not follow the Biblical instructions on how the cart ought to be moved and transported. When they came to Chidon's threshing floor, Uzza put out his hand to hold the ark, for the oxen stumbled, and the anger of the Lord was aroused against Uzza, and He struck him, and he died there before the Lord.

Initially David was upset and angry about this. But then he became afraid of God, realizing that he had not followed the instructions of God's law on how the ark was to be moved. He took the ark aside in the house of Obed-Edom the Gittite. It remained there 3 months. God blessed Obed-Edom and all his house and all he had because the ark was there. In chapter 15, verse 1 of 1st Chronicles, it says that David built houses for himself in the City of David; and he prepared a place for the ark of God, and pitched a tent for it. He followed the instructions of God's word which said no one may carry the ark of God but the Levites, for the Lord had chosen them to carry the ark of God and to minister before Him forever.

He called for Zadok and Abiathar the priests, and for the Levites, and he said to them – You are the heads of the father's houses of the Levites; sanctify yourselves, you and your brethren, that you may bring up the ark of the Lord God of Israel to the place I have prepared for it. So this is what they did, and it says in verse 26 that God helped the Levites who bore the ark of the covenant. And so it was that they brought it up with shouting and with the sound of the horn, with trumpets and with cymbals, making music. And David was dancing before the ark, before the Lord, that day. The Lord had turned his mourning into dancing. He had loosed his sackcloth and girded him with gladness. His glory was singing praise to God and he would not be silent.

All this was because God had become His Helper and had shown him how to do these important things in the way that God had instructed that they be done. God's anger had been for a moment, but David knew now, that His favor was for life. Even so, each of us, as we learn to do the Lord's will according to the instructions of His word, from a cheerful heart, we will be taken from a state of mourning to a state of dancing in the work of the Lord. For we know that God has forgiven all of our sins for Christ's sake. And we know that He will show us how we can bring Christ into our worship and how we can know Christ help to us in all of our spiritual battles. If we remember these things, blessed shall we be.