

In Our Feelings: Joy + Thanksgiving

Passage: Psalm 30 (NLT)

SERIES RECAP & INTRO

We are in our last week of the series **In Our Feelings: Processing Our Emotions with God**. Together, we are turning to David's prayers in the Psalms. From his example, we are learning how we can each take whatever our circumstances are to God and express joy and thanksgiving. Today, we are reading Psalm 30. David rejoices over specific answers to prayer.

CONTEXT: Psalms is a collection of 150 ancient Hebrew poems, songs, and prayers that come from different eras in Israel's history. Seventy-three of these psalms are connected to King David. The book of Psalms teaches us to neither ignore our pain nor let it determine our lives. It is all about the lament, praise, faith, and hope of God's people.

HOOK: What is something you used to be afraid of or hate doing that you now actually enjoy? (Example: eating broccoli, public speaking, or a specific sport). How did that change happen?

Our **Big Idea** today is: **God Turns Our Pain Into Joy and Thanksgiving.**

I. God is our Rescuer. (v. 1-3)

- David wrote this psalm at a time when he was in immense pain-whether in sickness or facing his enemies. David praises God for rescuing and healing him from a time of deep distress, danger and death.
- **Application:** God rescues us from our bad choices, mental struggles, and loneliness when we cry out to Him. He is the ultimate restorer of physical, emotional, and spiritual health.
- **Discussion Question:** *When has God rescued you from a stressful time?*

II. True Joy is found in God's favor. (v. 4-5)

- After calling God's people to praise, King David gave them more reasons for it. David said this as a testimony from his own life. There were many tearful nights, followed by joyful mornings; with the recognition that the mercies of God are new every morning.
- **Application:** Often our happiness depends on our temporary circumstances, (getting good grades, having fun, being liked). Life has hard moments, but they are not the end of the story. Pain is temporary, but God's favor is forever.
- **Discussion Question:** *Why do you think it is so hard to praise God when you are in the middle of a difficult time? How does it change your perspective to know that your current struggles won't last forever?*

III. Humble yourself before God (v. 6-10)

- During a time of peace and wealth, David admitted that he felt self-sufficient, believing that nothing could shake his security. David thanks God for healing his heart and forgiving his pride.
- **Application:** It is easy to think that we are in control of our circumstances, but this Psalm reminds us that true security comes from God, not from our achievements, popularity, or temporary successes.
- **Discussion Question:** *Do your prayers show God's faithfulness or your comfort? Why?*

IV. Turn your story into praise. (v. 11-12)

- David sees that God doesn't just rescue us to make us comfortable, He rescues us so we have a story to tell.
- **Application:** David praised God by telling his story. Our stories/testimonies can encourage others about God's faithfulness.
- **Discussion Question:** *What are some specific ways for you to share your story to help encourage others to praise God?*
- **OUR BIG IDEA: God Turns Our Pain Into Joy and Thanksgiving.**
- Psalm 30 is a reminder for us to recognize that every blessing comes from God and we praise Him with joy and thanksgiving. It encourages us to boldly ask for healing, whether physical, emotional, mental or otherwise. He is the Creator who made us and sustains us.

DISCUSSION QUESTIONS

(If you didn't use the discussion questions during the lesson, you can also use those now.)

1. When has God rescued you from a stressful time?
2. Why do you think it is so hard to praise God when you are in the middle of a difficult time? How does it change your perspective to know that your current struggles won't last forever?
3. Do your prayers show God's faithfulness or your comfort? Why?
4. What are some specific ways for you to share your story to help encourage others to praise God?