



Thanksgiving Psalms
Week 6 Study Guide (10/25/2020)

Psalm 30 NRSV

- ¹ I will extol you, O LORD, for you have drawn me up,
and did not let my foes rejoice over me.
- ² O LORD my God, I cried to you for help,
and you have healed me.
- ³ O LORD, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.
- ⁴ Sing praises to the LORD, O you his faithful ones,
and give thanks to his holy name.
- ⁵ For his anger is but for a moment;
his favor is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.
- ⁶ As for me, I said in my prosperity,
"I shall never be moved."
- ⁷ By your favor, O LORD,
you had established me as a strong mountain;
you hid your face;
I was dismayed.
- ⁸ To you, O LORD, I cried,
and to the LORD I made supplication:
- ⁹ "What profit is there in my death,
if I go down to the Pit?
Will the dust praise you?
Will it tell of your faithfulness?"
- ¹⁰ Hear, O LORD, and be gracious to me!
O LORD, be my helper!"
- ¹¹ You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
- ¹² so that my soul may praise you and not be silent.
O LORD my God, I will give thanks to you forever.

1. Read Psalm 30 aloud. Now read it aloud again, this time stopping after each verse to reflect on how that verse might apply to your own life.

2. Last week we delved into Psalms of praise. This week we look at Psalms of thanksgiving. Praise and thanksgiving go hand in hand. Can we have one without the other when speaking about or to God? Praise leads us into thanksgiving and thanksgiving leads us into praise. Which verses of Psalm 30 pair these two?

3. Look up a few of these other Psalms identifying the verses which pair thanksgiving and praise: 34, 57:9, 92, 95, 106, 107, 118, 136, 138.

4. As we have seen with other Psalms, once again the Psalmist cries out to God in times of trouble and despair. His weeping lingers for the night, but joy comes in the morning. (verse 5) What changes when we give praise and thanks to God even before our circumstances change?

5. Many of the Psalms are attributed to David, either written by him, for him, or in the same manner. Eugene Peterson in his book, *Answering God*, (pp. 49-50) points out that David was an ordinary man (not a priest or a prophet) and his prayers came out of living his ordinary life. Even as king, David dealt with the same internal struggles that many of us do today.

What struggles are you facing that can lead you into prayer? How might bookending your prayers (beginning and ending with thanksgiving) connect you more intimately to God?

6. A common verse in many of the Psalms is, **"Give thanks to the Lord, for He is good. His faithful love endures forever."** Try ending your prayers with this verse. Say this verse aloud while living your ordinary days. Be reminded that **God loves you forever**, and that is something for which to be **forever thankful**.

7. How are you doing reading through the book of Psalms? Have you been able to read a Psalm a day or at least a few each week? Keep at it! You won't be disappointed!