

Joy comes in the morning!

PSALM 30

Joy in the morning?

Most of you might feel like that's a contradiction of the highest degree!! "It's too early for singing"

Most of the time we all wake up and wish we had a few more minutes of rest. Perhaps were not so joyous.

While that's not exactly the kind of Joy being

discussed in psalm 30, but if we will let it, this

Psalm 30:1-3

[1] I will extol you, O LORD, for you have drawn me up and have 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 have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

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All of us have spent some time in a pit. Hopefully your pit wasn't deep.

What Bible stories come to mind when you hear of a pit? For me it's Daniel & Joseph (Daniel 6 & Genesis 37)

Neither of those men strike me as someone who is content to stay in their pit. All of us are going to fall into a pit from time to time, but how hard do we work to get out? How willing are we?

Hopefully if we have made it out of a spiritual pit

Psalm 30:4-5

[4] Sing praises to the LORD, O you his saints, and give thanks to his holy name.

[5] For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

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How encouraging is this verse?

God versus man really isn't a fair fight. How does our anger compare to God's perfect & justified anger? James 1:20

How awesome is it that we serve a God whose anger only lasts as long as our disobedience lasts.

The moment we reconcile ourselves to God through his forgiveness, his anger subsides, and

his favor continues alongside our desire to serve

Psalm 30:8-10

[8] To you, O LORD, I cry, and to the Lord I plead for mercy: [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 merciful to me! O LORD, be my helper!”

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That's a high quality helper isn't it?
As if we're doing the heavy lifting.

Do you remember being a helper as a young child?
I have the most pleasant memories of helping my
parents & grandparents

When we completely make a mess of the project, if
we will let Him, God strides in and is willing to
“help” us.

He fixes our flaws and sheds light on our

imperfections so that we can try to be more like

Psalm 30:11-12

[11] You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness,
[12] that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!

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When we devote ourselves to God, He can turn things around.

There's a big difference between mourning and the sadness associated with it when compared to dancing and joy.

That's the impact that God can have. He changes hopeless to hopeful. Sadness to gladness. Sorrow to joy.

Won't you let God help you "make that turn" and then praise and thank Him when He does!