

Psalm 30 – Be Thankful
2-9-2020

- **Remember What God Did**

I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. O LORD my God, I cried to you for help, and you have healed me. O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit. Psalm 30:1-3

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. Ephesians 2:4-9

- **Remember God's Nature**

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. James 1:17

- **Continue to Rely on God**

As for me, I said in my prosperity, "I shall never be moved." By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed. To you, O LORD, I cry, and to the Lord I plead for mercy: "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? Hear, O LORD, and be merciful to me! O LORD, be my helper!" Psalm 30:6-10

- **Always Give Thanks to God**

You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever! Psalm 30:11-12