

Lesson 6

Psalm 30:1–2, 4–7, 11–12 (written by David)

¹Lord, I will give You honour.

You brought me out of deep trouble.

You didn't give my enemies the joy of seeing me die.

²Lord my God, I called out to You for help.

And You healed me.

...

⁴Sing the praises of the Lord, you who are faithful to Him.

Praise Him, because His Name is holy.

⁵His anger lasts for only a moment.

But His favour lasts for a person's whole life.

Weeping can stay for the night.

But joy comes in the morning.

⁶When I felt safe, I said,

"I will always be secure."

⁷Lord, when You gave me Your help,

You made Mount Zion stand firm.

But when You took away Your help,

I was terrified.

...

¹¹You turned my loud crying into dancing.

You removed my clothes of sadness and dressed me with joy.

¹²So my heart will sing Your praises. I can't keep silent.

Lord, my God, I will praise You forever.

Questions

- 1 What did the Lord do for David when David called out to the Lord his God? The Lord brought David out of _____ and _____ him. (Ps. 30:1–2)
- 2 Was David faithful to God during those years when David was in deep trouble? (Yes/No) _____. David continued to _____ the Lord. (Ps. 30:4)
- 3 How long does the Lord's anger last (when He disciplines us)? The Lord's anger only lasts for a _____. (Ps. 30:5)

- 4 How long does the Lord's favour last? The Lord's favour lasts for the _____ life of a person who is _____ to Him. (Ps. 30:4-5)
- 5 If you remain faithful to the Lord, when weeping stays for the night, what will come in the morning? When weeping stays for the night, _____ will come in the morning. (Ps. 30:5)
- 6 How did David feel when things were going great in his life? David felt _____ and said, "I will _____ be secure." (Ps. 30:6)
- 7 How did David feel when things weren't going great in his life? David felt _____. (Ps. 30:7)
- 8 What can the Lord do with your loud crying? The Lord can turn my loud crying into _____. (Ps. 30:11)
- 9 What can the Lord do with your clothes of sadness? The Lord can remove my clothes of sadness and dress me with _____. (Ps. 30:11)
- 10 Are you to praise the Lord only in good times? (Yes/No) _____. I am to praise the Lord _____. (Ps. 30:12)

Psalm 31:1-5, 7, 9-15, 24 (written by David)

¹Lord, I have come to You for safety.
 Don't let me ever be put to shame.
 Save me, because You do what is right.

²Pay attention to me.
 Come quickly to help me.
 Be the rock I go to for safety.
 Be the strong fort that saves me.

³You are my rock and my fort.
 Lead me and guide me for the honour of Your Name.

⁴Keep me free from the trap that is set for me.
 You are my place of safety.

⁵Into Your hands I commit my very life.
 Lord, set me free. You are my faithful God.
 ...

⁷I will be glad and full of joy because You love me.
 You saw that I was hurting.
 You took note of my great pain.
 ...

⁹Lord, have mercy on me. I'm in deep trouble.
 I'm so sad I can hardly see.
 My whole body grows weak with sadness.

¹⁰Pain has taken over my life.
 My years are spent in groaning.
 I have no strength because I'm hurting so much.
 My body is getting weaker and weaker.

¹¹My neighbours make fun of me
 because I have so many enemies.
 My closest friends are afraid of me.
 People who see me on the street run away from me.

¹²No one remembers me. I might as well be dead.
 I have become like broken pottery.

¹³I hear many people whispering,
 "There is terror all around him!"
 Many have joined together against me.
 They plan to kill me.

¹⁴But I trust in You, Lord.
 I say, "You are my God."

¹⁵My whole life is in Your hands.
 Save me from the hands of my enemies.
 Save me from those who are chasing me.

...

²⁴Be strong, all you who put your hope in the Lord.
 Never give up.

Questions

- 11) Where are you to go for safety? I am to go to the _____ for safety. (Ps. 31:1)
- 12) What happens when you go to the Lord for safety? When I go to the Lord for safety, I will never be put to _____. (Ps. 31:1)
- 13) Why is the Lord able to save you? He is able to save me because He does what is _____. (Ps. 31:1)
- 14) What is the Lord to you? The Lord is my _____ and my _____. (Ps. 31:3)
- 15) Why does the Lord want to lead and guide you? The Lord wants to lead and guide me for the _____ of His Name. (Ps. 31:3)

- 16 Whose hands are you to commit your very life into? I am to commit my very life into the _____ **S** hands. (Ps. 31:5)
- 17 Why can you always be glad and full of joy? I can always be glad and full of joy because the Lord _____ me. (Ps. 31:7)
- 18 Does the Lord see when you are hurting and take note of your great pain? (Yes/No) _____. The Lord _____ me when I am hurting and takes _____ of my great pain. (Ps. 31:7)
- 19 How bad was David’s life? David’s life was **V**_____ bad. (Ps. 31:9–13)
- 20 What did David choose to do even though his life was very bad? David chose to _____ in the Lord. (Ps. 31:14)
- 21 Where is your whole life? My _____ life is in the _____ of the Lord. (Ps. 31:15)
- 22 What does the Lord ask you to do when you feel weak or feel you can’t go on? When I feel weak or feel I can’t go on, the Lord calls me to be _____, put my _____ in Him, and _____ give up. (Ps. 31:24)

2 Corinthians 12:9–10

But He [the Lord] said to me [Paul], “My grace is all you need. My power is strongest when you are weak.” So I am very happy to brag about how weak I am.... I am glad in hard times.... I am glad when things are difficult.... When I am weak, I am strong.

- 23 When is the Lord’s power the strongest in your life? The Lord’s power is the strongest in my life when I am _____.
- 24 How then should you feel in hard times? Why? I should feel very _____, because when I am _____, I am _____.

How did the Holy Spirit speak to you this week as you studied these Bible verses? In other words, what did you learn this week from reading God’s Word?
