

# "Thanksgiving Psalms"

by Rev. John C. Tittle

## Scripture Reading: Psalm 30 NKJV

<sup>1</sup>I will extol You, O Lord, for You have lifted me up, And have not let my foes rejoice over me. <sup>2</sup>O Lord my God, I cried out to You, And You healed me. <sup>3</sup>O Lord, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit. <sup>4</sup>Sing praise to the Lord, you saints of His, And give thanks at the remembrance of His holy name. <sup>5</sup>For His anger is but for a moment, His favor is for life; Weeping may endure for a night, But joy comes in the morning. <sup>6</sup>Now in my prosperity I said, "I shall never be moved." <sup>7</sup>Lord, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled. <sup>8</sup>I cried out to You, O Lord; And to the Lord I made supplication: <sup>9</sup>"What profit is there in my blood, When I go down to the pit? Will the dust praise You? Will it declare Your truth?" <sup>10</sup>Hear, O Lord, and have mercy on me; Lord, be my helper!" <sup>11</sup>You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, <sup>12</sup>To the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.

## Discussion Questions:

1. What jumps out at you in this psalm?
2. Psalm 30 is classified as a thanksgiving psalm. Look at the passage again--where do you see thanksgiving?
3. How might gratitude to God help unlock us from our mental prisons of such mindsets as: victimhood, avoidance, self-neglect, resentment, rigidity, guilt and shame, paralyzing fear, and hopelessness?
4. The Psalms help us deal with the full gamut of human emotions. Psychologist and Auschwitz survivor Edith Egar says, "The opposite of depression is expression." In other words, the emotions we let out of us won't hurt us, but the unexpressed emotions that stay in us, make us sick. What do you think?
5. "Weeping may endure for the night, but joy comes in the morning." How can we keep these words a living reality in our lives in the midst of trials or suffering we might be going through, that are even longer than a day?
6. Theologian Karl Barth defines sin as "ingratitude to God." Why is gratitude so important for the Christian? And why can it be so easy to lose sight of gratitude?
7. How do you feel when you are complaining? How do you feel when you are grateful? How can we build gratitude into our lives more?