**Hope in Despair – Ps. 30:11 -12**

*You have turned for me my mourning into dancing; you have loosed my sackcloth and girded me with gladness, that my soul may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever*

**Focal Truth: Give thanks for God’s grace in your despair**

**David sings a song of praise for God’s grace to him in His despair**

**Observations**

1. **God’s grace replaces despair with celebration 30:11**

*You have turned for me my mourning into dancing…*

1. God’s grace **lifts up** **from dreadful despair** 30: 1 -3

*I extol You,* ***O Lord****, for You* ***have lifted me up****, and have* ***not let my enemies rejoice over me****.* ***O Lord my God****, I cried to You for help, and* ***You healed me****.* ***O Lord****,* ***You have brought up my soul from Sheol****;* ***You have kept me alive****, that I would not go down to the pit*

**Note 7 times in this Psalm – David cries for grace – O Lord!**

**O Lord is the cry for grace in despair**

* I extol You O Lord for you have lifted me up
* Lord my God I cried to You for help you healed me
* Lord you have brought up my soul from Sheol, you have kept me alive

1. God’s grace **lasts for a life – time** 30:4 -5

*Sing praise to the Lord, you His godly ones, and give thanks to His holy name. For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, but a shout of joy comes in the morning – 30:5*

**Targum = *when is His pleased there is life***

* Weeping lasts for a night – **despair is temporary as God shows grace!**
* Shouts of joy come in the morning

*Momentary light affliction is producing for us an eternal weight of glory far beyond comparison 2 C. 4:17*

* Understand your trials as momentary – temporary
* Understand God is using your trials is producing a lasting joy – escape from trials

***My grace is sufficient for you, power is perfected in weakness.*** *2 C.12:7*

**Of His fullness we have received & grace upon grace J. 1:16**

1. God’s grace **patiently waits prideful arrogance** – 30:6 -7

*Now as for me, I said in my prosperity, I will never be moved****. O Lord******by Your favor*** *You have made my mountain to stand strong; You hid Your face, I was dismayed*

*Do you think lightly of the riches of His kindness and tolerance and patience, not knowing that* ***the kindness of God leads you to repentance*** *R. 2*

1. **God’s grace removes sadness for gladness 30:11**

*You have loosed my sackcloth and girded me with gladness*

1. God graciously **hears the prayer of distressing despair**– 30:8 – 10

*To You,* ***O Lord****,* ***I called****, and to the Lord I made supplication; what profit is there in my blood, if I go down to the pit? Will the dust praise You? Will it declare Your faithfulness?* ***Hear, O Lord****, and* ***be gracious*** *to me; O Lord be my helper*

1. God graciously **gives joyfulness for sadness** – 30:11

*You have turned for me my mourning into dancing;*

1. God graciously **gives gladness for sadness** – 30:11

*You have loosed my sackcloth and girded me with gladness*

1. **God’s grace restores joyful praise of thanks 30:12**

*that my soul may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever*

1. God’s grace produces **singing rather than silence** – 30:12

* *I will extol You, O Lord* = to rise up – stand up! – 30:1

**Singing praise to God is the response of God’s grace**

1. God’s grace produces **thankfulness rather than complaints** – 30:12

* *Sing praise to the Lord, you His godly ones, and give thanks to His holy name*

*30:4*

1. God’s grace produces **enduring thanks rather than unthanklessness** – 30:12

*You have saved us from our adversaries, and You have put to shame those who hate us.* ***In God we have boasted all day long, and we will give thanks to Your name forever*** *Ps.44: 8 -9*

**Things to Remember & Do**

1. Jesus Christ is full of grace – giving grace upon grace! – John 1:16
2. Jesus Christ saves us by His grace – believers live on His grace!
3. Peace lives by the grace of Jesus Christ
4. Be strong in God’s grace in Jesus Christ – 2 Tim. 2:1

*You have turned for me my mourning into dancing; you have loosed my sackcloth and girded me with gladness, that my soul may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever*

**To the praise of the glory of His grace! The Lord is near to the door! Come Lord Jesus!**