



# A Guide for Spiritual Formation

Text for the Week: Psalm 30

Message for the Week: Clothed with Joy

Sunday, October 6

## Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What brings you joy?

## Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

## Read:

Read / Have two people in your group read [Psalm 30](#) out loud.

(Clicking the link will bring you to multiple translations.)

As you read and/or listen to the text being read, circle, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

## Respond / Reflect:

When and how has the Lord lifted you up out of sin, or shame, or distress, or a pit in your life?

How do you "call out to the Lord" and "cry out for mercy" to the Lord? What does this look like?

What does it mean to have your enemies gloating over you? What role do you play in this gloating?

Have you ever rejoiced over someone else's misfortune? Why did you do it? How did it make you feel? What was going on in your life that you rejoiced in someone else's misfortune?

What is the difference between joy and happiness? Is there a difference?

## Take Away:

What is a main point or key message that you learned, understood, observed, or experienced that you are taking away with you from your group's reflections on the bible passage or your group's conversations today?

## Prayer:

Spend time in prayer with/for the other people who are with you. Who in your group needs prayer today? Who in your group will you pray for?

Pray this prayer together:

Father, restore to me the joy of my salvation. So many things in this life seem to be joy robbers.  
Lift my head to see Jesus and to be reminded, again and again, that my joy comes from you alone.  
AMEN

## "Try It" - Putting our Faith into Action:

Is there joy lacking in your life? Why do you think that is? What is getting in the way of you experiencing joy?

Will you let God lift you up so that you can experience the joy of the Lord?

## Galatians 5:22-26

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, <sup>23</sup> gentleness and self-control. Against such things there is no law. <sup>24</sup> Those who belong to Christ Jesus have crucified the flesh with its passions and desires. <sup>25</sup> Since we live by the Spirit, let us keep in step with the Spirit. <sup>26</sup> Let us not become conceited, provoking and envying each other.

## Psalm 30 - New International Version

30 I will exalt you, Lord,  
for you lifted me out of the depths  
and did not let my enemies gloat over me.  
<sup>2</sup> Lord my God, I called to you for help,  
and you healed me.  
<sup>3</sup> You, Lord, brought me up from the realm of the dead;  
you spared me from going down to the pit.  
<sup>4</sup> Sing the praises of the Lord, you his faithful people;  
praise his holy name.  
<sup>5</sup> For his anger lasts only a moment,  
but his favor lasts a lifetime;  
weeping may stay for the night,  
but rejoicing comes in the morning.  
<sup>6</sup> When I felt secure, I said,  
"I will never be shaken."  
<sup>7</sup> Lord, when you favored me,  
you made my royal mountain<sup>[c]</sup> stand firm;  
but when you hid your face,  
I was dismayed.  
<sup>8</sup> To you, Lord, I called;  
to the Lord I cried for mercy:  
<sup>9</sup> "What is gained if I am silenced,  
if I go down to the pit?  
Will the dust praise you?  
Will it proclaim your faithfulness?  
<sup>10</sup> Hear, Lord, and be merciful to me;  
Lord, be my help."  
<sup>11</sup> You turned my wailing into dancing;  
you removed my sackcloth and clothed me with joy,  
<sup>12</sup> that my heart may sing your praises and not be silent.  
Lord my God, I will praise you forever.

### Footnotes

- a. Psalm 30:1 In Hebrew texts 30:1-12 is numbered 30:2-13.
- b. Psalm 30:1 Title: Or *palace*
- c. Psalm 30:7 That is, Mount Zion

## Psalm 30 - The Message

30 <sup>1</sup> I give you all the credit, God—  
you got me out of that mess,  
you didn't let my foes gloat.

<sup>2-3</sup> God, my God, I yelled for help  
and you put me together.

God, you pulled me out of the grave,  
gave me another chance at life  
when I was down-and-out.

<sup>4-5</sup> All you saints! Sing your hearts out to God!  
Thank him to his face!

He gets angry once in a while, but across  
a lifetime there is only love.

The nights of crying your eyes out  
give way to days of laughter.

<sup>6-7</sup> When things were going great  
I crowed, "I've got it made.  
I'm God's favorite.  
He made me king of the mountain."  
Then you looked the other way  
and I fell to pieces.

<sup>8-10</sup> I called out to you, God;  
I laid my case before you:  
"Can you sell me for a profit when I'm dead?  
auction me off at a cemetery yard sale?  
When I'm 'dust to dust' my songs  
and stories of you won't sell.  
So listen! and be kind!  
Help me out of this!"

<sup>11-12</sup> You did it: you changed wild lament  
into whirling dance;  
You ripped off my black mourning band  
and decked me with wildflowers.  
I'm about to burst with song;  
I can't keep quiet about you.

God, my God,  
I can't thank you enough.