

The Lord Delivers His People

Psalm 30

MEMORY VERSE

PSALM 30:5

“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.

WHAT YOU WILL NEED:.

Two sheets of newspaper wadded up (or two Nerf balls).

Poster board, markers, a hole-punch, ribbon, bells, and thin string.

A long table, masking tape, and a ping pong ball.

ATTENTION GETTER!

Standing Firm

In our lesson, today, we are going to learn about how we can stand firm in the middle of problems. God loves us and will help us through our problems. For this game you will need two sheets of newspaper wadded up or two Nerf balls.

Choose three people to stand in the center of the classroom. Have everyone else sit in a circle around the three children in the center. Give the children sitting in the circle the two wadded up pieces of newspaper. Two children out of the three in the middle will be “shields” to protect the third child in the center. Choose which child will be the “center” child. When you say, “go” have the children in the circle try to tag the center child with the wadded newspaper. The remaining two children in the center will try to keep the newspaper from tagging him/her. If the center person gets tagged, the person who threw the newspaper will go into the center as a “shield,” one of the existing “shields” will go to the

“center” and the tagged “center” will go to the circle. Explain that the enemy is trying to throw darts at us; problems, etc. But God is our shield and our strength, our help when we have need!

LESSON TIME!

Psalm 30 is a psalm of praise and thanksgiving. King David recalls his past—filled with trials and problems—and considers joyfully His present. God had heard his cries and turned things around for David. We, too, can be confident that **God hears and helps His people.**

PSALM 30:1-3

I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me.

O LORD my God, I cried out to You, and You healed me.

O LORD, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit.

It is believed that King David wrote this Psalm as a dedication song for the new house he built for himself in Jerusalem. As he dedicated his beautiful house, he remembers the Lord and His faithfulness.

Maybe David remembered the long nights in caves out in the wilderness as Saul was chasing after him trying to kill him. For ten years, he lived in perilous circumstances. In this Psalm, he celebrates the deliverance he now enjoys and worships God for his faithfulness. Knowing what it's like to live through hardships and danger gave David a deep appreciation for the help of the Lord and the safety, peace, and blessing he now experienced.

David exclaimed, “I will extol You, O Lord...” Extol means to praise with great enthusiasm and admiration. God had lifted up David and protected him from his enemies. At one time, there were many who would have been glad to see him dead, especially King Saul with his troops of 2000 men. (Do you remember why? God had removed Saul and anointed David to be the new king.) Now, God had placed David as king over all of God’s people. David knew his present situation was due to the hand of the Lord. He was not prideful, but thankful for what the Lord had done in his life.

David also says that he “cried out to the Lord, and received healing.” It is great to know that we can “cry out” to the Lord at any time. Sometimes, we may think that no one can understand the problems we are facing. When we have a relationship with the Lord, there is never a time that we cannot cry out to Him. He is always there for us and promises to help us. **God hears and helps His people.**

King David must have had many times that he came close to death. He praises the Lord for preserving his life, knowing that His very life was in the Lord’s hands. Truthfully, when our lives are in God’s hand’s that is indeed a safe place regardless of circumstances.

PSALM 30:4-5

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.

Sing praise to the LORD, you saints of His, and give thanks at the remembrance of His holy name.

As “Saints of the Lord,” we have much for which to give thanks. God not only saved us, He continues to do marvelous things in our lives. We have His promises: “...all things work together for good...” (Romans 8:28). “I will never leave you nor forsake you...” (Hebrews 13:5). Let us praise Him continually!

David gave thanks at the “remembrance” of His holy name. Do we remember to thank the Lord when we see His great works in our lives? Have you ever heard of the story of the person who was in a real dangerous situation, and they prayed to the Lord and said something like, “OK Lord, if you just get me out of this situation I promise I will give you my life and serve you forever!” The Lord helped them, and they forgot all about the Lord and their promise. Let us be careful not to do that.

How comforting it is to know that we serve a God who is merciful, forgiving, and compassionate. Even though we do make mistakes and sin, He is loving, and forgiving. Knowing this makes us want to serve Him even more! We are told here that His favor (or kindness toward us) is for life. How reassuring to know that His thoughts towards are good and that they always will be!

David says that weeping may go on all night, but joy comes in the morning. Sometimes people can be very sad or upset about the problems they are experiencing. They may think about it all night and not be able to fall asleep, tossing and turning in their bed. Yet our faithful God has everything under control. And, with the new day comes new mercy and a hope of a new beginning. **God hears and helps His people.**

Poof Ball

If time allows play this game just for fun. You will need a long table, masking tape and a ping pong ball. The object of the game is to blow the ball off the table on the opponent’s side.

Divide the players into two teams at opposite sides of the table. Using masking tape, make a line across the center of the table (width). Players should decide on a winning score before play begins (ex. 10 – 15 points). Place the ball at the center of the table. When you say, “go,” the players begin to blow the ball. Players may not touch the table with their hands, nor the ball with their lips. Heads must not extend over the surface of the table. A point is given to the team that blows the ball off the opposite team’s side. After each point is scored rotate players. The first team to reach the predetermined score wins. (Note: Use a smaller table for younger children since they can’t blow as hard.)

PSALM 30:6-7

Now in my prosperity I said, “I shall never be moved.”

LORD, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled.

One of the temptations we may have when the Lord blesses us is to think that we can find security in the things that He blesses us with. We have to be careful about thinking that the house we have, the car we drive, or the money we have in the bank is our security. Our trust and sense of security should only be in the Lord, not in anything else.

David realized that it was not his prosperity that made him secure, it was the favor of God. God can make the mountains stand strong. He can certainly make His people strong. However, when we forget to seek Him and begin once more trusting in “things,” we are again bound for trouble. What are you trusting in? Do not be fooled into thinking that you are secure when your trust is in things.

PSALM 30:8-10

I cried out to You, O LORD; and to the LORD I made supplication:

“What profit is there in my blood, when I go down to the pit? Will the dust praise You? Will it declare Your truth?

Hear, O LORD, and have mercy on me; LORD, be my helper!”

David remembers his past, those times he cried and made supplication to the Lord. To make supplication means to present your requests to the Lord. David reminds the Lord that by answering his cry and saving him from his desperate situation, it would bring glory to God. David requests: “Lord, be my helper!” Like David, whenever we are in trouble, we should not fret and worry, but make supplication to the Lord. In Philippians 4:6 we read, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God...” God will be our helper, too! **God hears and helps His people.**

PSALM 30:11-12

You have turned for me my mourning into dancing;
You have put off my sackcloth and clothed me with gladness,

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.

David proclaims God's awesome favor in His life. Mourning is the time of sadness when someone dies. Sackcloth was the material used for garments of mourning. Sackcloth was made out of burlap type material and was very rough to the touch of the skin. It made the wearer uncomfortable and even miserable, as they were sad for the one who died. David equates the deep sorrow he had felt to "mourning." Yet, all the sadness he experienced through his struggles and trials were turned into joy and his sackcloth was replaced with clothing of gladness. You may experience sadness due to difficult circumstances in your life. God is with you and working all things for good. He hears your cries. He can turn your mourning into joy. He can cloth you with gladness (Isaiah 61:1-3).

David's heart is overwhelmed as He considers all God has done. He determines he will not be silent, but give thanks to God *forever*. God does not promise that His children will never have any problems; but He certainly listens when we are hurting, will comfort us in our pain, and turn our circumstances around for good. Like David, let us remember to thank the name of the Lord forever! **God hears and helps His people.**

Tambourine Heart

For this craft you will need poster board, markers, a hole punch, ribbons, bells, and thin string.

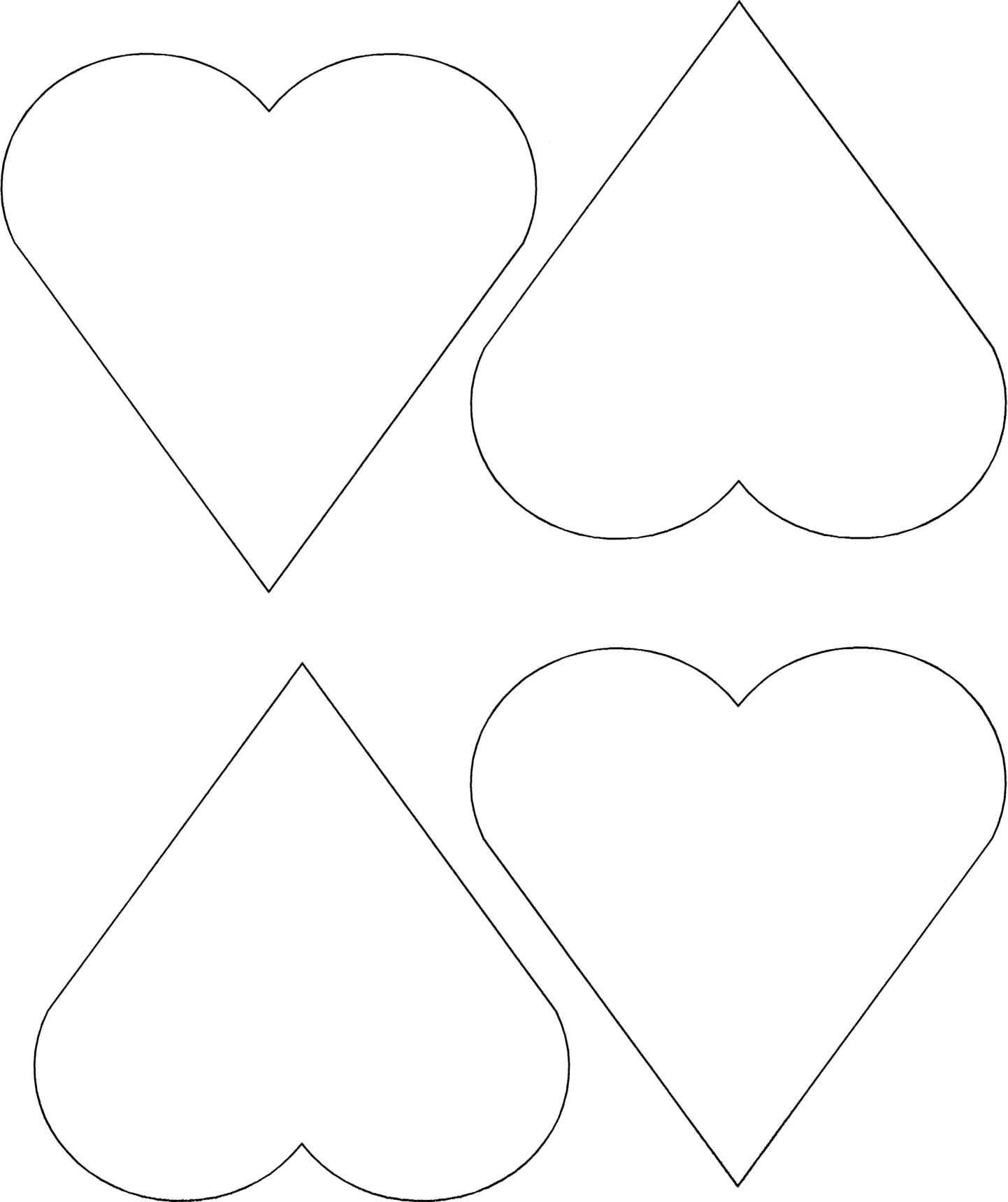
Have the children cut out heart shapes out of poster board. Next, have them punch holes with a hand-held hole punch around the perimeter of the heart (at least 1" - 1 1/2 " apart). Allow the children to color and decorate the heart with markers. They can write, "Praise the Lord" or any other appropriate sayings related to the lesson.

Next cut strips of ribbon or colorful yarn (8" – 10"). Tie one end into every other hole in the heart. In the remaining holes, tie pieces of thin string (4" – 6") and tie the other end of the string to a small bell. When complete, you will have a heart shaped tambourine. Encourage the children to remember to always praise the Lord for His faithfulness in their lives.

PRAYER

Lead the children in a prayer of commitment to call on the name of the Lord whenever they are experiencing any problems or trouble. Lead them, also, in thanks and praise that God hears us when we cry and does awesome things in our lives. If there are any children who have not yet responded to the Gospel, give them opportunity.

Template - Tambourine Heart



THE LORD DELIVERS HIS PEOPLE

(Psalm 30)

MEMORY VERSE:

"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." PSALM 30:5

TRUE OR FALSE:

1. "I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me." PSALM 30:1

TRUE OR FALSE

2. O LORD my God, I cried out to You, and You forgot about me. PSALM 30:2

TRUE OR FALSE

CIRCLE THE CORRECT WORDS:

3. "O LORD, You brought my (**BODY, SOUL**) up from the grave; You have kept me alive, that I should not (**GO, JUMP**) down to the pit." PSALM 30:3

4. "Sing praise to the LORD, you (**CHOIR, SAINTS**) of His, and give thanks at the remembrance of His holy name." PSALM 30:4

5. "For His anger is but for a (**MONTH, MOMENT**), His favor is for life; (**WEEPING, DARKNESS**) may endure for a night, but (**LIGHT, JOY**) comes in the morning." PSALM 30:5

TRUE OR FALSE:

6. Now in my prosperity I said, 'I shall never sin.' PSALM 30:6

TRUE OR FALSE

7. "LORD, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled." PSALM 30:7

TRUE OR FALSE

CIRCLE THE CORRECT WORDS:

8. "(**HEAR, LEAVE**), O LORD, and have mercy on me; LORD, be my helper!" PSALM 30:10

9. "You have turned for me my mourning into (**SINGING, DANCING**); You have put off my sackcloth and clothed me with (**GLADNESS, GRASSES**)," PSALM 30:11

10. "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 (**TOMORROW, FOREVER**)." PSALM 30:12

THE LORD DELIVERS HIS PEOPLE

(Psalm 30)

MEMORY VERSE:

"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." PSALM 30:5

TRUE OR FALSE:

1. "I will extol You, O LORD, for You have lifted me up, and have not let my foes rejoice over me." PSALM 30:1

TRUE OR FALSE

2. O LORD my God, I cried out to You, and You forgot about me. PSALM 30:2

TRUE OR FALSE

FILL IN THE BLANKS:

3. "O LORD, You brought my _____ up from the grave; You have kept me alive, that I should not _____ down to the pit." PSALM 30:3

4. "Sing praise to the LORD, you _____ of His, and give thanks at the remembrance of His holy name." PSALM 30:4

5. "For His anger is but for a _____, His favor is for life; _____ may endure for a night, but _____ comes in the morning."
PSALM 30:5

TRUE OR FALSE:

6. Now in my prosperity I said, 'I shall never sin.' PSALM 30:6

TRUE OR FALSE

7. "LORD, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled." PSALM 30:7

TRUE OR FALSE

FILL IN THE BLANKS:

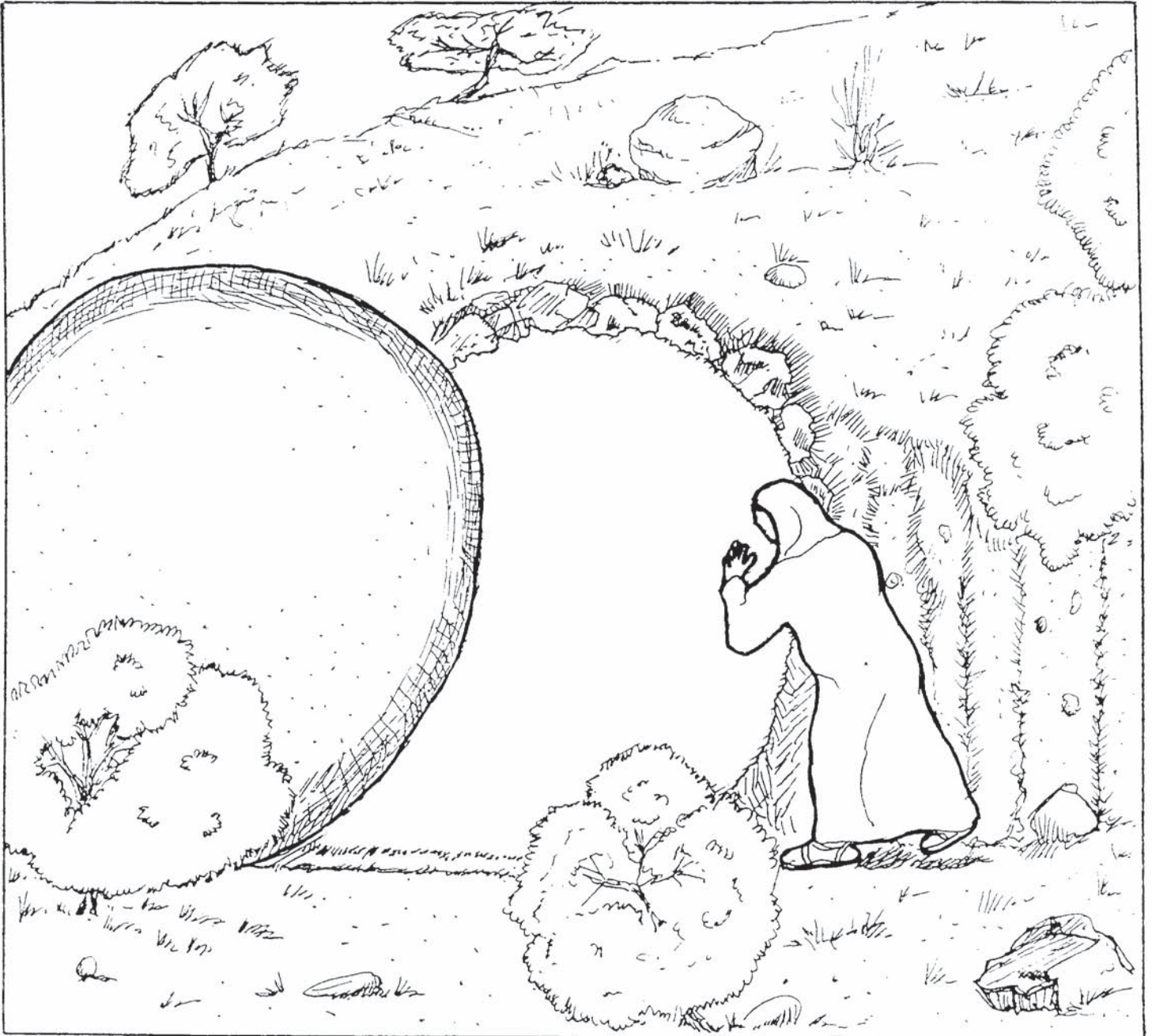
8. " _____, O LORD, and have mercy on me; LORD, be my helper! " PSALM 30:10

9. "You have turned for me my mourning into _____; You have put off my sackcloth and clothed me with _____," PSALM 30:11

10. "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 _____." PSALM 30:12

THE LORD DELIVERS HIS PEOPLE

(PSALM 30)



“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.”

PSALM 30:5

THE LORD DELIVERS HIS PEOPLE

(PSALM 30)

L M D P R H H O T J
S S E N D A L G H O
Y M O U R N I N G Y
G N I C N A D J I G
U E P R A I S E N N
S I N G N O R T S I
Y T I R E P S O R P
S A C K C L O T H E
E Y T H A N K S S E
S T U P D I V A D W

DANCING
DAVID
GLADNESS
JOY
MOURNING
NIGHT
PRAISE



PROSPERITY
SACKCLOTH
SING
STRONG
THANKS
WEEPING

THE LORD DELIVERS HIS PEOPLE

(PSALM 30)

D L G G M Y J D G R N Y K Y U F Y S D T
R M U J Z G N G E K I J R M H T K A T R
D M B Q C K D D P E D D X W I N N Q F D
V B K K O K Y D S I L N K R A C A F J N
P C C U C X F E G T A C E H I S N O X X
S A C K C L O T H E G P T N P I Y V E T
D H R S E L O O S F S L G J U N G Y R O
Q O T Z Q W D C X O O I A Q X G N O L T
D A V I D R H M R H L G A D F M O Z H G
H E F E I N O P Y U F J X R N C R C L V
D Y K S L H R B C I V Y N Z P E T G E W
G U V H Z Z F R T I O R V X N X S V C R
I B V E B T T U C V X I W Q M L Y S J J
Y A B Z J D S K B I R Z E S O I W D C S
G P C P F J K N G W E M X P U N Y J S E
Q D D C T W F I V H A S K N R Q I B W I
T G N I P E E W V H U R M N N Y N G Z S
L E V G D I V G E B D T T Q I W S T H E
Y N H E O C M X K R S H J T N T S S K T
O Z Z K M T I K H C F J Z Q G Z B Y T W

DANCING
DAVID
GLADNESS
JOY
MOURNING
NIGHT
PRAISE



PROSPERITY
SACKCLOTH
SING
STRONG
THANKS
WEEPING