

**Psalms Chapter 30 Commentary**  
*A Psalm and Song at the dedication of the house of David*

**Ps 30:1 ¶ "I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me."**

We remember that King David was taken from tending his father's sheep and anointed to be king over Israel. From the time that David was anointed as a lad, until he was anointed king over all Israel, was about forty years. King David suffered much tribulation and fought many battles during those years. However, God always protected David, because of his promise to him. David had only this promise from God to hold onto many times in his life. Wherefore, he was taught through tribulation to believe and trust fully in God.

David declares that God has kept and protected me so that my enemies may not rejoice in having victory over me. You know this because I am alive and look upon the glory of this house that God has given me.

Extol means *to be high actively, to lift up, to exalt*. King David is saying to God: because you have lifted me up and delivered me from my enemies; in return, I will lift up your name as the one true and living God. The God who is LORD, who does whatsoever he wills in heaven and on earth, and has been abundantly merciful to me.

God has given each of us a house, our bodies, which should be dedicated to him. Because God has chosen us, lifted us up from the state of being dead in trespasses and sins, and given us a new life in Christ; we have a promise of God for eternal life in the place that Jesus has gone to prepare for us. We, like King David, have the promise of kingship seen in: ***Re 1:5-6; 5 And from Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth. Unto him that loved us, and washed us from our sins in his own blood, 6 And hath made us kings and priests unto God and his Father; to him be glory and dominion for ever and ever. Amen.***

Salvation, by the grace of God, has lifted us up above the sea of sin in this world. Wherefore, Satan can no longer brag about us being his children. If this does not make you want to extol the name of God, you must not have been born again yet, or you are fallen in sin and have forgotten what great things Christ has done for you.

**2 "O LORD my God, I cried unto thee, and thou hast healed me. 3 O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit."**

King David declares that he saw times in his life when his death seemed imminent, yet God preserved him and lifted him up in the joy of the salvation of God. It was as though I died, and you revived my life in me and lifted me up from the grave. God has preserved my life and has not let me be slain and laid in the grave.

How has God healed us? Through the finished work of Jesus Christ in the new birth, we have been healed from the sickness of death in trespasses in sins. When we fall out of the way in our pilgrimage here on earth, we become sick again. When we are brought to remembrance of the promises of our God, we can with repentant hearts turn to God and pray for healing from our sickness in sin. When it seems that there is no alternative but the grave and eternal damnation, we are kept alive because we have the promise of eternal life by Christ in us.

**4 "Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness. 5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning. 6 ¶ And in my prosperity I said, I shall never be moved."**

**"Sing unto the LORD, O ye saints of his,"** King David had many saints of God around him, but he also had many adversaries. He tells the saints to sing praise to God. He tells them to give thanks to God who has saved them, and who has delivered them from their enemies. Give thanks as you remember his holiness and remember your own sinfulness. David says to Israel: when I sinned against God, God did not cast me away forever; rather, God dealt to me his judicial chastisement, and in all his dealings with me, he remembered me in mercy. When God's judicial chastisement was satisfied, God returned to me the joy of his salvation. David says: when I found myself once more in God's favor, I was exalted above measure. When God had restored to me his communion and fellowship, in that hour I declared, and still declare, that I would never again turn away from God.

We like King David have many saints of God around us, and we also have many who are not saints of God and are against us. We should be singing praise to God for the blessing of the promise of eternal life. We should

praise him for his holiness and give thanks at every remembrance of his name. When we fall in sin, in our Christian walk, God may punish us, but he will always restore our fellowship to him, when we are brought to repentance, and then our hearts sing with joy. We will give thanks and praise to God, and Christ Jesus, for the present, and eternal, forgiveness of our sins. We will remember that God is sinless, and we are the sinners. We will remember that God is holy, and that we are made holy by the righteousness of Christ. We will remember; because, we have the promise of eternal life in Christ, God will forgive our failings in this world before we die naturally. Though sufferings for our sins may seem long; it is only a moment in time, in comparison with eternity. With the return, of the joy of God's salvation in our lives, the light of Christ shines in our hearts once more and the night is gone. The morning has returned to us, and we are filled with joy and gratitude for the return of fellowship with God and Christ. In these moments of great rejoicing, we can say, and believe, that we will never turn from God again.

**7 "LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled. 8 I cried to thee, O LORD; and unto the LORD I made supplication. 9 What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth? 10 Hear, O LORD, and have mercy upon me: LORD, be thou my helper."**

King David declares, by God's grace and mercy in my life, you have protected my habitation, and my faith in the promise of his word of truth was made strong. When I had fallen out of the way and sinned against God, he hid his face from me. This was the greatest distress, and I could not endure to think that God may have broken fellowship with me forever. Wherefore, I cried out to God and reasoned with him. I asked God: if I die and am buried in the grave, is there any way that I can praise and extol your name? David asks God for his continued mercy and restoration.

When we stumble and fall in sin, our mountain, Christ Jesus, stands strong. Though God may turn away his face from us because we have turned from him back to idolatry, we still have Christ in us. When God's face is hidden from us, when brought to repentance it brings great sorrow into our hearts. Then, we will fall before God in humble prayer, pleading forgiveness through the atoning blood of Jesus Christ. Self-work will be abandoned. We, like David, can plead with God: if I die and am buried here in time, I can no longer give glory to your name upon this earth. I can no longer testify to what great things you have done in my life. We, like David, can say to God: have mercy upon me for Christ's sake, strengthen and help me to be more faithful to you in the future.

**11 "Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness; 12 To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee forever."**

King David tells us that God answered his prayers for mercy and restoration. Wherefore, he can put aside the garments of mourning. Once more he is robed in the love of God. King David says that in the state of restoration, of the joy of the salvation of the Lord, he will sing praise to God and give him thanks forever.

With the restoration of the joy of the salvation of the Lord: God turns our mourning to joy and gladness. Wherefore, we can sing of God's mighty Love. We can worship God in spirit and truth once more. We pray that God will keep us from falling again until such time when our work here on earth is completed. Then, we pray that God will call us home to be with Him forever. We look forward to the time of the return of Christ. In eternal resurrection we will be given sinless, holy, immortal bodies, with which we may praise you forever. Thank you, Lord Jesus, for the finished work of eternal salvation. Hallelujah! Amen!