Sing a New Song: The Key of Gratitude
Psalm 30
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Psalm 30:1 A psalm. A song. For the dedication of the temple. Of David. I will exalt you, O LORD, for you lifted me out of the depths and did not let my enemies gloat over me. [2] O LORD my God, I called to you for help and you healed me. [3] O LORD, you brought me up from the grave; you spared me from going down into the pit. [4] Sing to the LORD, you saints of his; praise his holy name. [5] For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning. [6] When I felt secure, I said, "I will never be shaken." [7] O LORD, when you favored me, you made my mountain stand firm; but when you hid your face, I was dismayed. [8] To you, O LORD, I called; to the Lord I cried for mercy: [9] "What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness? [10] Hear, O LORD, and be merciful to me; O LORD, be my help." [11] You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, [12] that my heart may sing to you and not be silent. O LORD my God, I will give you thanks forever. (NIV)

Our Vision: Connect with Christ, Church and Community

1. _____ the sour notes of life

_____ to praise: I will give you praise and honor, O Lord, because through you I have been lifted up; you have not given my haters cause to be glad over me. Psalm 30:1 (BBE)

_____ God's help: O Lord my God, I screamed for your help and you healed and restored me. You brought me out of hell and saved me from drowning in a pit. Psalm 30:3-4 (JOT)

2. _____ the key of "G major" gratitude

_____ God's holiness: Commit to remembering God's uncompromising holiness! God may be angry at our sins but true, genuine living is found in doing his will! It is like being disciplined by a loving parent. We may spend the night crying, but we will find great joy when it dawns on us what God has accomplished in our lives.
Psalm 30:5 (JOT)

_____ false narratives: I said when I was in a good place, "Nothing can ever stop me! Blue skies forever!" Lord, it was your will that had granted me this beautiful strength! You turned away from me and I was completely shaken and afraid! Psalm 30:6-7 (JOT)

_____ God's transformation: You have transformed my cry of sorrow into a grand dance, you have torn away my wretched rags and clothed me in euphoria. I will praise you for my strength and splendor so that I will not be overwhelmed with heartache or sorrow! I commit to praising you forever. Psalm 30:11-12 (JOT)

3. _____ to tune our lives to a new song

_____ to Christ: I wept and wept and wept that no one was found able to open the scroll, able to read it. One of the Elders said, "Don't weep. Look—the Lion from Tribe Judah, the Root of David's Tree, has conquered….So I looked, and there, surrounded by Throne, Animals, and Elders, was a Lamb, slaughtered but standing tall.
Revelation 5:4-6 (MSG)

Spiritual Action Step:
Where are you struggling with gratitude in your life? Are you finding the power of hope and the strength of joy? Are your circumstances overwhelming you and dragging you through hell? Jesus said, "Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (John 16:33, NLT) God wants to take away the tired old song of fear, anger, and despair and teach you to sing a new song of peace, joy, and love. God wants to bring new life out of the circumstances you confront today. Invite God's presence into your life and express your thankfulness for what God has done. God will help you to find the possibilities and potential he has in store for you. This week read, Psalm 30 and John 16 to allow the Holy Spirit to transform your heart and life!

Translations: NIV: New International Version; BBE: Bible in Basic English; JOT: Jon's Own Translation; MSG: The Message; NLT: New Living Translation.