



PSALM

30

will extol you, O Lord,
for you have drawn me up
and have not let my foes rejoice over me.
(PSALM 30:1)

STRUCTURE

- v. 1-3** Raised up.
- v. 4-5** Weeping turns into joy.
- v. 6-7** Favor and displeasure.
- v. 8-10** Raise me up, O Lord!
- v. 11-12** Mourning turns into dancing.

AT A GLANCE

- AUTHOR** This psalm of praise was written by David for the dedication of the temple.
- "THE TEMPLE"** literally "the house".
- MORE TO THE STORY** 2 Samuel 7:24 and 1 Chronicles 21 are important passages for understanding this psalm.

CHRIST IS HERE

David describes his suffering in terms of death and resurrection. Weeping and mourning turn to joy and dancing because of this resurrection. David's life foreshadowed the death and resurrection of Christ and the joy it would bring to all.



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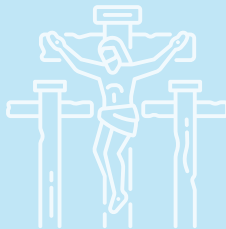
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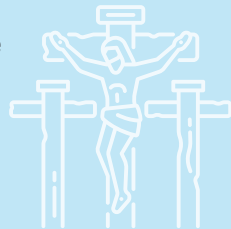
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The superscription states that this psalm was written for the dedication of the temple, which David did not live to see. This could simply mean that David wrote this psalm for the dedication, knowing that he wouldn't be there to see it. Another possibility is that after David's punishment for the census and his purchase of the land for the temple, David wrote the psalm to dedicate that land. The imagery of suffering, death and resurrection certainly would fit the 70,000 men who were killed by the Lord for David's sin and the relief David must have felt when that plague was ended. David even confessed that it wasn't right for all these men to die for his sin and begged the Lord to punish him and not them. It was then that David was directed to purchase the land, build an altar and offer sacrifices to the Lord. Jesus, the greater David, took both the curse and the punishment of our sins upon Himself and won forgiveness for all our sins. He is the fulfillment of David, the altar and the temple itself in His life, death and resurrection for us and our salvation.



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USE IN THE CHURCH

Antiphon: v. 1a

In the Daily Office: Mondays at Matins;
Matins on Holy Saturday

At the Divine Service:

Introit for Day of Supplication and Prayer
(ant: v. 10); introit verses for Mary Magdalene

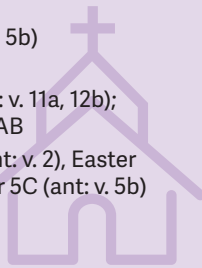
One-Year:

Psalm for Trinity 16 (ant: v. 5b)

Three-Year:

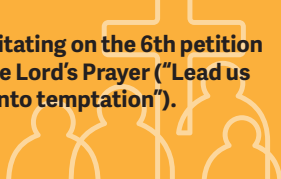
Introit for Proper 19C (ant: v. 11a, 12b);
introit verses for Easter 5AB

Psalm for Epiphany 6B (ant: v. 2), Easter
4C (ant: v. 11a, 12b), Proper 5C (ant: v. 5b)
and Proper 8B (ant: v. 10)



SPIRITUAL CARE

- **For the discipline of the Lord**
(SEE HEB. 12:6, 10).
- **Against pride.**
- **For relief from despair.**
- **At Confession and Absolution.**
- **In praise of the Gospel.**
- **Meditating on the 6th petition of the Lord's Prayer ("Lead us not into temptation").**



PSALM PRAYER

Lift our souls, O Lord, out of the depths, and keep our lives from those who go down into the pit. When You redeemed the world by Your strength, You descended from on high and burst the bars of hell. Never let us be brought down by our sins. Grant that we may sing to You with all Your saints, and receive Your blessing and Your everlasting delights; for You live and reign with the Father and the Holy Spirit, one God, now and forever. **Amen.**

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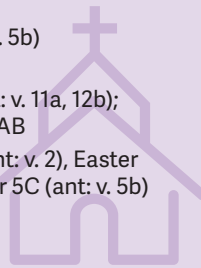
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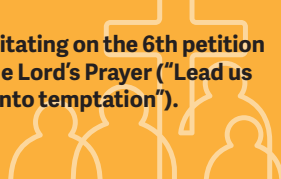
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