



The Lord Delivers His People

3

Psalms 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. Continue play until the children tire of the game.

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!

Have you ever had a time in your life when you or your family was faced with a very great problem? Maybe someone was really sick and you did not know what would happen; or perhaps someone's dad lost their job and was not sure about what the future would hold; maybe someone has been really mean to you because you are a Christian and they make fun of you.

The truth is that as believers in Jesus we can and will still have problems that come our way. Even Jesus told His disciples that in this world we will have tribulation, but be of good cheer because HE has overcome the world. Some Christians might think that when we know Jesus that all of our problems will just disappear. That is not true. What is promised in God's Word is that God will always give us what we need to get through our problems.

That is what we are going to learn in Psalm 30 today. King David loved the Lord and certainly the Lord loved King David. But his life was filled with trials and problems. As we study his life, we see God always delivering him from every problem. This Psalm is a song of praise. God has been faithful to David in so many ways. David is praising the Lord for how He has delivered Him from all of his trials. We are going to look a little bit closer today at Psalm 30 and learn about whether or not the Lord listens when we cry out to Him and if He is willing to help us. The answer to these questions is our theme for today. **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 his new house. He had wanted to build God a house (or temple), but God had said no. David's son Solomon was to be the one to build God's house. David had built a beautiful house for himself in Jerusalem. As he dedicated his 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. David had been brought out of 10 years of a very scary situation and now He was enjoying God's deliverance and faithfulness in his life. Going through difficult times certainly makes us thankful when those times have past and we see how God helps us.

Notice that David begins by saying that He will extol the Lord. Extol simply means to praise, or to lift up the Lord. He says that God has lifted him up and protected him from his enemies. David had now been "lifted up" as king over all of God's people. David didn't promote himself into that position, but God placed him there. David was not filled with pride, but was thankful for what the Lord had done in his life.

David also praises the Lord for His protection from his enemies. David always had enemies who wanted to see him dead, especially the former king, Saul. He had troops of up to 2,000 men who would have loved to see David dead. Why? Because God had removed Saul from being king and chose David to replace Saul. God kept David safe through that entire time. There were times that it must have been scary, but God helped David.

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 problem that 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 times that he even came close to death as He praises the Lord for preserving his life. He knows that His very life was in the Lord’s hands. That is certainly the best place to be!

Have you had times in your life when you have been scared? We can know two things. First, we can cry out to the Lord just like David did and we know that He will hear us. Jesus told His followers that He will never leave us nor forsake us. That means that when we go to Him with our problems He will help us. It does not always mean that He will answer our prayers the way we think He should, but He will hear us. The second thing is that we know that He will help us because He loves us and has a plan for our lives. We can just rest in Him knowing that He is going to work out any problems and make them produce good things in our lives (Romans 8:28). **God hears and helps His people.**

PSALM 30:4-5

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

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 should be our response to His help in our lives? We need to praise and worship the Lord for all He does and we need to give Him thanks. 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!” Well, the Lord helps them and they forget about the Lord and their promise. We need to be careful not to do that.

The reason we praise and thank the Lord, is because He has saved us and continues to do marvelous things in our lives. David says we need to give thanks every time we remember His name. Maybe you think of the Lord or hear His name a lot throughout the day. Are we thankful when we hear His name?

Another very comforting thing for us 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 is for life. Is it not great to know that the Lord loves us forever no matter what?

David says that weeping may go on all night, but mercy comes in the morning. Sometimes people can be very sad or upset about a problem they are having. Maybe they think about it all night and cannot fall asleep, tossing and turning in their bed. The good news is that God has everything under control. With the new day comes new mercy. With every brand new day, we have the hope of a new beginning. God is faithful and will help us. **God hears and helps His people.**

If you are going through a difficult time right now, know that God has not forgotten about you. He loves you and wants to help you. Just cry out to Him and tell Him what is on your heart. He is faithful to hear and will help you.

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 have when the Lord blesses us is that we think that we are secure 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 should only be in the Lord, not in anything else.

David realized that it was not in his prosperity that he was secure, but it was from the favor of God. God can make the mountains stand strong. He can certainly make His people strong. It is when we do not seek God's presence that trouble can begin to happen.

We need to ask ourselves, “What am I trusting in?” If we are trusting in money or anything other than God then we might be fooled into thinking that we are secure when we really are not. We need to seek the Lord and His favor in our lives. **God hears and helps His people.**

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!”

Here David talks again about the need to cry out to the Lord when having troubles. We should not sit and worry about our problems, but we can cry out to the Lord. David says that he made supplications. Supplication just means to petition or ask the Lord for something. Obviously from this Psalm, David is asking for help from the Lord.

David asks the question of the Lord about what good would his life be if he were dead. He could no longer praise the Lord if he were in the grave. Again, as mentioned earlier, David faced many life-threatening situations. His desire was to give God honor in his life. He wanted his life to be spared so he could continue to give God glory in his life.

Something interesting in these verses is that David asks the Lord to be His helper. No doubt the Lord answered that prayer for David. Today we have help from the Lord through the Holy Spirit. One of the names that is given to the Holy Spirit is helper. He helps us to live our lives to please Jesus. When we have problems or are

struggling we can ask the Lord to help and He is faithful to help us.
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.**

This is one of the best things about serving the Lord. He can turn all of those sad and terrible things that happen in our lives into dancing or times of joy. Sometimes, we do not know how or when that may happen, but that is what the Lord did in David's life. All of those struggles and trials were turned into joy. Mourning is the time of sadness when someone dies. People are usually very sad. Imagine the saddest time in our lives and realize that God can even turn that time into a time of joy.

What a blessing it is to be a child of God! That is what David is trying to share. He says that God has taken off His sackcloth. Sackcloth was the material used for garments of mourning. They were made out of burlap type material and were 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. But God can remove the sackcloth and put on nice new clothes of gladness.

David opened with praising the Lord and closes with praising the Lord. When we realize how blessed we really are we should give the Lord honor and praise. He desires to help us. He will never leave us nor forsake us when we are having problems. He listens to us and will hear us when we cry out to Him. He is faithful and will help us through any issues in our lives.

God does not promise that His children will never have any problems, but He certainly listens when we are hurting and will help to comfort us in our pain. Let's remember to praise 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 saying 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 in their lives. If any child is having a difficult time currently, be sensitive to pray with them. If there are any children who have not yet responded to the gospel, give them opportunity to do so.

Template - Tambourine Heart

