

**LIFE GROUP NOTES ON PSALM 30 JOY IN THANKFUL TIMES**

**Preparation:** Large sheets of paper, coloured pens

**Welcome:** Has anyone brought a Psalm they’ve written? Or has anything to share from their Psalm Journal?

**Discussion starter:** What was your first reaction, last time something didn’t go to plan?

**Read and experience:**

The NIV sets out this psalm in 5 sections. Share the reading. Then reread silently. Then throw away your inhibitions, and act out the experiences and emotions expressed. It doesn’t matter if you all speak/shout/sing at once! Alternatively, use the paper and pens to express the experiences and emotions in the Psalm, in words and pictures.

**Questions:**

1. Have you experienced a significant rescue? Did you recognise and acknowledge God’s hand in it? Have you told your friends, or publicly given thanks for it?

2. What warning against complacency does the psalm contain?

3. ‘Lord my God, I called to you for help, and you healed me.’ On the Prayer Chain we see many requests for prayer, and we have rejoiced in many answers. But how are we to respond when our prayers for healing, or someone else’s, aren’t answered in the way we hope?

4. ‘You, Lord, brought me up from the realm of the dead; you spared me from going down to the pit.’ Living as we do in New Testament times, what do we celebrate as the ultimate fulfilment of these words? See 1 Corinthians 15. 20-22, 51-57.

5. What’s the difference between joy and happiness? See Romans 12.12 **PTO**

**Music:** If possible, watch this moving version of ‘Everyone needs compassion’, recorded by Sutton Coldfield Baptist Church worship group 16 Apr 2021

<https://www.youtube.com/watch?v=7ZFRy3HZ0wQ>

Everyone needs compassion [Chorus]

A love that’s never failing Saviour He can move the mountains

Let mercy fall on me My God is mighty to save

Everyone needs forgiveness He is mighty to save

The kindness of a Saviour Forever author of salvation

The hope of the nations He rose and conquered the grave

Jesus conquered the grave

So take me as You find me Shine Your light and

All my fears and failures Let the whole world see

Fill my life again We’re singing

I give my life to follow For the glory of the risen King

Everything I believe in Jesus

Now I surrender Shine Your light and

[Chorus] Let the whole world see

We’re singing

For the glory of the risen King (x2)

[Chorus]

**Pray:**

Speak together these words from Romans 8: ‘I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.’

Pray for those who are struggling with various kinds of problems, especially those who think God doesn’t hear or care.

**In the coming week:**

If you’ve begun keeping a Psalm journal, carry on! Record experiences which connect with anything in this Psalm.

How about writing a Psalm yourself, reflecting aspects of this one, to bring and share next week?

Go on looking for opportunities to share your experiences of the goodness of the Lord, of trust, comfort and answered prayer. Be an encourager!