



July & August memory passage: **Psalm 19**

July & August memory verse: **Psalm 19:14** *Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.*

Series: Praying Through (06)

Title: Praying Through Grief and Joy

Scripture: Psalm 30

1. We must give thanks for both good seasons and bad seasons.
 - God is in control of every season of our life.
 - God is working each season out for our good and His glory.
 - Seasons change quickly - one moment can change everything.
2. When we are proud, we are not useful for the Lord. (Psalm 30:6)
 - a. God opposes the proud, but gives grace to the humble.
(1 Peter 5:5-6; James 4:6)
3. The Lord often throws us down to propel us back up to usefulness. (Bouncing a Basketball)
 - God humbles us so that God can exalt us.
 - God directs our steps into a pit because God can lift us out of that pit.
 - God allows trouble that makes us cry out because God heals.
 - God does not stop the consequence of death because God resurrects.
4. The resurrection of Jesus transforms everything.
 - a. Temporary anger is transformed to eternal favor.
 - b. A night of weeping is transformed to joy with the morning.
 - c. Mourning is transformed to dancing.
 - d. Grief is transformed to gladness.
5. Gratitude is the attitude that sets the altitude for living. (Psalm 30:11)
 - a. Praising God in gratitude unlocks the power available to us.
 - b. Being silent in praise robs us of the power available to us.