Prayer Notes:

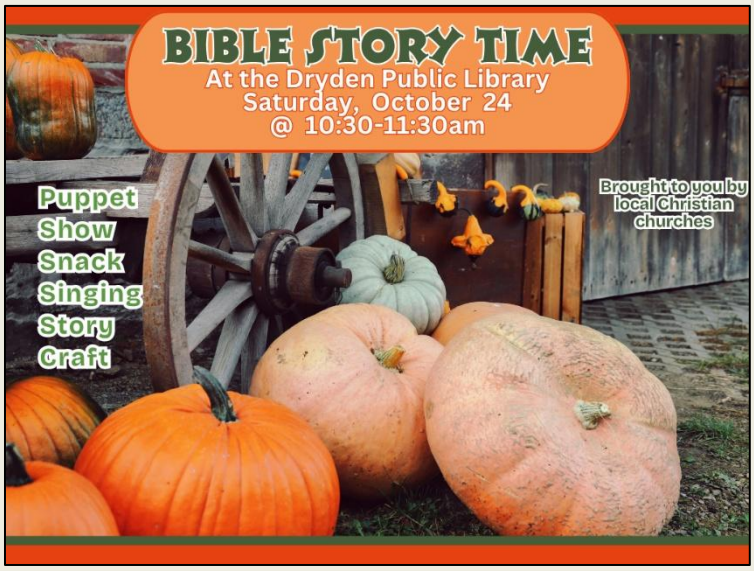
October 11, 2026

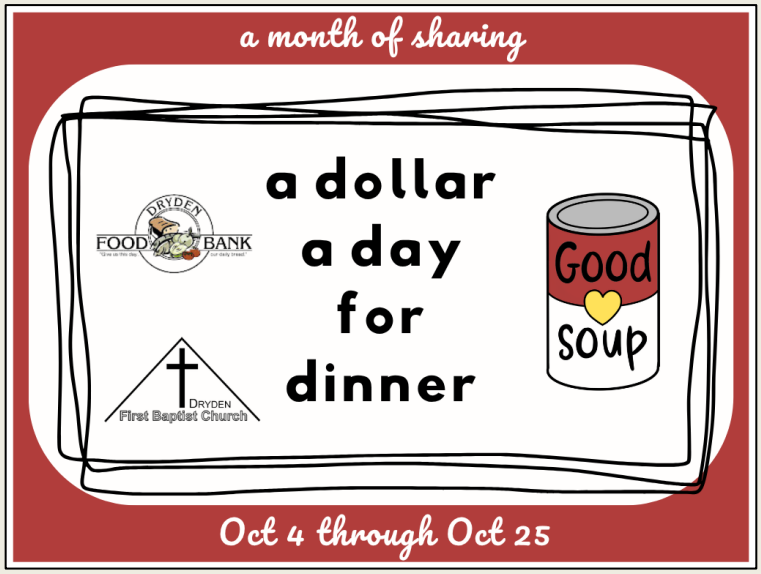
In the FOYER:

- Assistive hearing devices are available (ask an usher)
- Offering Box
- Info sheet on how to give (e-transfer (*best*))
- free resources; more available in the Friendship Room

Coming Up:

Oct – Pick up a jar or an envelope for “A Dollar A Day For Dinner” (Dryden Food Bank)
Oct 13 (Tues) @ 7:30am Men’s Early Morning Bible Study (Friendship Room)
Oct 14 (Wed) @ 7:00pm Prayer Meeting and Devotion Time – Judges of JUDGES
Oct 16 (Fri) @7:00pm BLAST
Oct 23 Fri) @7:00pm Fired Up Fridays
Oct 30 (Fri) @7:00pm BLAST
Oct 31 (Sat) @ 2:00pm Ladies’ Friendship Tea at St. Luke’s Anglican (sign up in foyer)





PRAY FOR THESE WORKS OF THE CHURCH

Dryden First Baptist Church

Worship Times and Some of Our Activities:

Sunday Services are held at 10:30am
Junior Church (4-9) and Toddler Program (2-3) occurs during the worship hour.
Nursery facilities are available for parents to use.
Sonshine Saturday is 10:30am-12:00 on scheduled months.
Fired Up Fridays is held bi-weekly during the school year.
Wednesday Prayer and Bible Study at 7:00pm
(watch for announcements or check Facebook)

Social Media:

Facebook - Dryden First Baptist Church
Facebook - Sonshine Saturday
YouTube - Christian Canuck
Website - firstbaptistchurchdryden.com

Office Hours

Pastor Adam Hall is available Tuesday - Friday 9am-5pm
Cell: 220-2287
Email: fbcdrydenpastor@gmail.com

Jane Wickstrom is available Wed - Friday
Call: 223-2514
Email: fbcdryden@gmail.com

Officers:

Elders - Peter Egli, Adam Hall & Milton Harder
Deacons - Brock Penner, Graham Penner, Ron Rhyner, Luke Egli
Treasurer - Gordon Robinson
Clerk - Ken Wickstrom

The Pit, the Rescue and the Praise: Psalm 30

Pastor Adam Hall • DFBC • Oct 11, 2026

Introduction

a) Are you a Canadian who complains or gives thanks?

- a few years ago, the CBC classified Canadians as "world-class complainers"
- in their article called, "Canadians are world-class complainers: survey", in 2009, they said this:

"Canadians are among the industrialized world's worst complainers about inferior customer service, a new survey suggests. According to polling firm Ipsos Reid, almost 38 per cent of people surveyed in 23 countries have complained about a product or service in the past year. The figure jumps to 44 per cent for residents of Canada and the United States — behind only Britain, Spain and the Czech Republic in the industrialized world."

b) Why are people prone to be ungrateful?

- it is because our very nature is one of selfishness and self-importance
- Paul makes this point about our ungrateful and unthankful hearts clear in Romans 1

Romans 1:21 For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.

c) Psalm 30 is the perfect psalm for us to reflect upon as we celebrate Thanksgiving

Romans 8:28-30 And we know that for those who love God all things work together for good, for those who are called according to his purpose. [29] For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. [30] And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

Background

- the superscription says, "*A Psalm of David. A song at the dedication of the temple.*"
- David writes Psalm 30 as he is preparing the materials for the temple, which his son Solomon is going to build

- but David has faced something else while writing Psalm 30
- it appears that he has been dealing with enemies who either had harmed him or who were happy that he was not doing well

1) (30:1-3) Praise the Lord

a) for deliverance

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

- the word "extol" means to "_____ _____" the name of the Lord or exalt the Lord
- David is filled with praise to the Lord because of what the Lord has done for him

- David was “drawn up” and his enemies could not _____ about him being down and out
- being “drawn up” has the idea of being in a pit and the Lord lifted him up

- when I was a child, there was a tragic story of Baby Jessica, who in 1987, fell into an abandoned well in Texas
- she was in the well for almost 60 hours but she was brought up from that well and rescued
- years later she is still thankful for her deliverance from that well

- David was thankful for his deliverance

b) that the Lord is merciful and powerful to restore life

(30:2-3) O LORD my God, I cried to you for help, and you have healed me. [3] O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.

- in Psalm 18, David also cried out to the Lord for mercy and the Lord delivered him

Psalm 18:6 In my distress I called upon the LORD; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

- did you notice what David says he was delivered from in Psalm 30:2-3?
- David was delivered from Sheol and the pit
- it appears that David was on the brink of _____

- do you see what the Lord did for David? - David’s life was _____

- Christian, this is what Jesus does for you, you were dead in sin and under God’s judgment, but by God’s grace through Jesus, you are reconciled and saved from eternal death
- furthermore, you are saved from God’s _____ and adopted into God’s family

2) (30:4-5) Praise the Lord (God’s People)

(30:4-5) Sing praises to the LORD, O you his saints, and give thanks to his holy name. [5] For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

a) everyone, praise the Lord!
- in Psalm 30:1-3, David focused on his personal praise and exaltation of the Lord
- in Psalm 30:4-5, David wants the people of God to join in with him in praising the Lord

b) God will not stay angry forever

- the mercies of God are new each morning, as Lamentations tells us!

Lamentations 3:22-23 The steadfast love of the LORD never ceases; his mercies never come to an end; [23] they are new every morning; great is your faithfulness.

3) (30:6-10) Plea for Mercy

(30:6-7) As for me, I said in my prosperity, "I shall never be moved." [7] By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed.

a) the Lord is the source of strength

(30:8-10) To you, O LORD, I cry, and to the Lord I plead for mercy: [9] "What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness? [10] Hear, O LORD, and be merciful to me! O LORD, be my helper!"

b) the Lord is merciful and will deliver

- in Psalm 30:8-10, David cries out to the Lord for mercy three times

- Israel was under God's wrath and David throws himself into the hands of the merciful Lord for deliverance

1 Chronicles 21:13 Then David said to Gad, "I am in great distress. Let me fall into the hand of the LORD, for his mercy is very great, but do not let me fall into the hand of man."

- yes, the Lord is merciful, and we know that the Lord will _____ the believer because of the work of Jesus Christ on the cross
- _____ shows mercy to each one of us who does not deserve it by saving us through faith in Him alone

- in Psalm 30:8, some think that David does not believe in an afterlife
- some try to use this verse to teach that the Bible contradicts itself on the hope of heaven
- but David is _____ saying that!
- David is saying that if he dies, he will not be able to _____ God on this earth
- those who have sought David's life will not get to hear David praise the Lord for His _____

4) (30:11-12) Praise the Lord Again

(30:11-12) You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, [12] that my glory may sing your praise and not be silent. O LORD my God, I will give thanks to you forever!

a) 3 contrasts in response to God's work in David's life

1. mourning is turned to dancing
2. sackcloth (sadness) is replaced with gladness
3. singing is heard instead of silence

Application

1) Jesus Humbled Himself and Then Was Exalted

a) Psalm 30, foreshadows what Jesus did on the cross

- Paul speaks about the humility, the death, the resurrection and the exaltation of Jesus in Philippians 2

Philippians 2:6-9 who, though he was in the form of God, did not count equality with God a thing to be grasped, [7] but emptied himself, by taking the form of a servant, being born in the likeness of men. [8] And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. [9] Therefore God has highly exalted him and bestowed on him the name that is above every name,

- the prophet Isaiah speaks about what Jesus accomplished for sinners

Isaiah 53:4-6 Surely he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. [5] But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed. [6] All we like sheep have gone astray; we have turned-- every one-- to his own way; and the LORD has laid on him the iniquity of us all.

b) Psalm 30 speaks to our sin condition before Christ
- because of our sin, we were heading down to the pit, separated from God
- but praise the Lord, because of Jesus Christ, we have been lifted out of the pit
- we are no longer judged by our sin and it is no longer counted against us
- Christian, I hope you are filled with praise and boasting for what the Lord has done for you

c) Psalm 30 reminds us we can be saved from the pit
- today, if you are listening, and do not know the Lord Jesus Christ, I pray that you see what _____ has done to you
    - your sin has separated you from God and put you at _____ with God
- I also pray that you also would see what sin has done for you
    - your sin has only brought you _____
- for David, sin brought him despair and sorrow, but through Jesus Christ, joy can be yours
- _____ in Jesus alone and what He has accomplished for you
- embrace Jesus and His grace and _____ from your sin and live for Him

2) Christian, Be Thankful
a) reasons we ought to be most grateful

- Jesus Christ has saved us from judgment
- Jesus has given us a new heart
- Jesus has reconciled us to God
- Jesus has adopted us into His family (now we are children of God)
- Jesus Christ has wiped away all our sin (God remembers our sin no more)
- Jesus Christ has declared us righteous before God (we have the perfect righteousness of Christ)

b) a role model of gratitude
- hear this story about how John Wesley was convicted by a poor man who had virtually nothing:

During his student days, John Wesley met a poor porter on a cold night. Noticing the man's thin coat, Wesley suggested he get another one.
"This is the only coat I have," the man replied, "and I thank God for it." When Wesley asked if he had eaten, the man said, "I've had nothing but water today, but I thank God for that." Wesley pressed further: "And if you are locked out with nowhere to sleep?"
"I will thank God that I have dry stones to lie on." Amazed, Wesley asked what else he could possibly be thankful for.
The man answered simply, "I thank God that He has given me life, a heart to love Him, and a desire to serve Him."

c) examine your heart

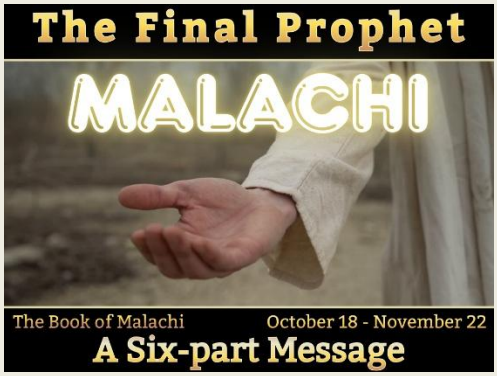
- examine your heart and _____ your envy, pride, greed, selfishness (we all struggle with these things)
- _____ yourself of the amazing grace of Jesus
- be _____ for what the Lord has done for you

3) To Live is Christ, To Die is Gain
a) clearing up some confusion
- some have found Psalm 30 confusing
- some think that David is saying that there is no life after death when he says this in Psalm 30:9

Psalm 30:9 "What profit is there in my death, if I go down to the pit? Will the dust praise you? Will it tell of your faithfulness?

- but what David is teaching in Psalm 30 is that he wishes to stay alive so that he can praise the Lord on earth
- he wants people to hear him praise the Lord
- David wants to speak about the grace of God and tell of the Lord's excellent greatness on earth

b) do you desire to glorify God like David?
- Christian, do you have this amazing attitude of gratitude for what the Lord has done for you?
- or are you just holding onto this earth hoping to live a bit longer for earthly pleasures?
- do you hope to_____ for Christ and _____ about His grace?

- Christian, if you are alive, your life must be for Christ, and you do _____ for the glory of Christ

Philippians 1:21-23 For to me to live is Christ, and to die is gain. [22] If I am to live in the flesh, that means fruitful labor for me. Yet which I shall choose I cannot tell.