



Prayer Guide: Psalm 30

By Daniel Henderson at strategicrenewal.com

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

2 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.

4 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.

6 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.

8 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!”

11 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!

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REVERENCE

- Draws/lifts us up- v. 1
- Delivers us from our foes – v. 1
- Hears our cry – vv. 1, 8, 10

- Heals us – v. 2
- Delivers- v. 3
- Restores us to life – v. 3
- Worthy of praise – vv. 4, 12
- Worthy of thanks – vv. 4, 12
- Holy – v. 4
- Angry toward sin – v. 5
- Enduring favor/grace – v. 5
- Giver of Joy after tears – v. 5
- Imparts strength/stability- v. 7
- Merciful – v. 8, 10
- Faithful – v. 9
- Helper – v. 10
- Imparts gladness – v. 11
- Eternal – v.12

Prayer Prompts

- I praise You Lord that You have drawn me up from...
- Thank You for hearing my cry when...
- I praise You for healing me of...
- Your name is holy because You are...
- Thank You that You made me strong when...
- Thank You for Your faithfulness to me, even when...
- Thank You for restoring gladness to my life, especially after...

RESPONSE

- I confess that my heart is broken over _____ and I trust You to restore my joy.
- Father, I confess that in my prosperity, I wrongly believe _____. Help me trust in Your favor alone.
- I have sometimes been dismayed and felt distant because I have _____. Thank You for hearing my plea for mercy.
- I confess that I need Your mercy and help right now because...

REQUEST

- Lord, be my helper as I deal with...
- I pray that You will help _____ (name) as they...
- I pray for Your healing grace in the life of _____ (name) as they...
- Lord, even though I am weeping over _____, give me Your surpassing joy.
- Lord, by Your favor make me strong as I deal with...
- Lord, I pray that by Your favor, You will give strength to _____ (name) in the midst of...
- I pray that You will give Your gladness to _____ (name) and sustain them as they...

READINESS

- Do not let the enemy of _____ have victory over us.
 - Antiphonal response: "Draw us up by Your power."
- We cry to You to deliver us from ...
 - Antiphonal response: "We will tell of Your faithfulness!"
- Even when we encounter _____, we trust You for fill us with joy.
 - Antiphonal response:
- Men: "We will sing Your praise and not be silent!"
- Women: "And give thanks to You forever!"