

Psalm 30

- 5) What's going on in Psalm 30? What has taken place to cause all the giddiness?
- 6) a. When the 10th century B.C. Jew was "in the pits", what does that mean (ref.: 30:3, 9; 6:5)? Is there any evidence in either psalm of a belief in life after death? What happens when David is "brought...up from the grave" or "spared...from the pit" (30:3)?
- b) How does the 21st century A.D. English-speaking Christian feel when he's "in the pits"?
- 7) If you interpret Psalm 30 from your perspective, from what or whom are you rescued, and to what or whom are you restored? Is it valid to apply these 3,000 year-old verses to our own experiences (or to apply our experiences to these 3,000 year-old verses)?
- 8) When has the Lord "turned [your] wailing into dancing; removed [your] sackcloth and clothed [you] with joy"? How? If you are "in the pits" now (or might be later), what hope does the study of these two psalms offer?