

13-Mourning Into Dancing

7/16/23

INTRO:

- I. "A psalm for the dedication (*hannukah*) of the house. For David"
For the cleansing of the temple after Anitochus

- II. **→ Psalms 30:1-12**

1 I will exalt you, O LORD,

for you raised me up

and did not let my enemies rejoice over me.

2 O LORD my God, I cried to you,

and you healed me.

3 O LORD, you brought up my soul from Sheol;

you kept me alive so I would not go down to the pit.

→ 4 Sing to the LORD, you his faithful people;

and give thanks for the memory of his holiness.

5 For his anger lasts only a moment,

but his favor lasts a lifetime;

weeping may remain for the night,

but joy comes in the morning.

→ 6 When I felt secure, I said,

"I will not ever be moved."

7 O LORD, by your favor,

you made my mountain stand strong;

but when you hid your face,

I was dismayed.

→ 8 To you, O LORD, I cried;

to the Lord I cried for mercy:

9 "What is gained by my blood,

in my going down to the pit?

Will the dust praise you?

Will it proclaim your faithfulness?

10 Hear, O LORD, and have mercy on me;

O LORD, be my helper."

→ 11 You turned my mourning into dancing for me;
you removed my sackcloth and clothed me with gladness,
12 may I sing of your glory to the end and not be silent.
O LORD my God, I will be thankful forever.

BODY:

I. Anger Into Favor

5 For his **anger** lasts only a moment,
but his **favor** lasts a lifetime;

A. Sometimes our consequences are for our own benefit.

1) **Isaiah 38:17**

*“Surely it was for my benefit
that I suffered such anguish.
In your love you kept me
from the pit of destruction;
you have put all my sins
behind your back.”*

2) **GETTING ALL THE WAY DOWN TO SEE UP**

3) “Two things necessary for change—information and pain.”—John Maxwell

B. But what a blessing when it is over and restoration comes.

1) **1 Peter 5:10**

*And the God of all grace, who called you to his eternal glory
in Christ, after you have suffered a little while, will himself
restore you and make you strong, firm and steadfast.*

2) **THE PRIEST REDEDICATING THE TEMPLE**

II. Weeping Into Joy

weeping may remain for the night,
but **joy** comes in the morning.

A. Sometimes the healthiest thing we can do is weep.

1) **Ecclesiastes 7:3-4**

*Sorrow is better than laughter,
because a sad face is good for the heart.
The heart of the wise is in the house of mourning,
but the heart of fools is in the house of pleasure.*

2) **CRYING UNTIL MY FOREHEAD HURT**

Hanging on and letting go

B. But thank the Lord that joy comes in the morning.

1) **John 16:22**

*So with you: Now is your time of grief, but I will see you
again and you will rejoice, and no one will take away your
joy.*

2) **WATCHING THE KIDS COME TO THE LORD**

III. Mourning Into Dancing

11 You turned my **mourning** into **dancing** for me;
you removed my sackcloth and clothed me with gladness,
12 may I sing of your **glory** to the end and not be silent.
O LORD my God, I will be **thankful** forever.

A. Without adversities in life, there would be no testimonies.

1) **Revelation 14:3**

*And they sang a new song before the throne and before the
four living creatures and the elders. No one could learn the
song except the 144,000 who had been redeemed from the
earth.*

2) **CASABLANCA—Die Wacht am Rhein vs. La Marseillaise**

Madeleine Lebeau fleeing France (d. 2016)

B. The key is finding things to be thankful for.

1) **1 Thessalonians 5:16-18**

*Rejoice always, pray continually, give thanks in all
circumstances; for this is God's will for you in Christ Jesus.*

2) **SOUND GOING OUT AT CAMP**