

How Can I Keep from Singing; Psalm 30:11-12

1. Singing.
 - a. The hills are alive.
 - i. The Sound of Music is one of my favorite movies.
 - ii. In the opening scene, Maria (played by Julie Andrews) dances and sings on the mountain.
 - iii. “My heart wants to sing every song it hears.”
 - iv. Surrounded by the beauty of creation, she cannot help but sing.
 - b. Singing is an integral part of humanity (God-given).
 - i. There are approximately 185 songs in the Bible.
 1. Exodus 15:1: “Then Moses and the people of Israel sang this song to the Lord, saying, “I will sing to the Lord, for he has triumphed gloriously; the horse and his rider he has thrown into the sea.”
 2. Exodus 15:21: “And Miriam sang to them: “Sing to the Lord, for he has triumphed gloriously; the horse and his rider he has thrown into the sea.”
 3. Judges 5:1–3: “Then sang Deborah and Barak the son of Abinoam on that day: “That the leaders took the lead in Israel, that the people offered themselves willingly, bless the Lord! “Hear, O kings; give ear, O princes; to the Lord I will sing; I will make melody to the Lord, the God of Israel.”
 4. “There are 150 songs in the book of Psalms. The Song of Solomon is an epic love song between a bride and groom. Lamentations is a set of 5 songs (dirges) mourning the fall of Jerusalem.”¹
 8. I love this spontaneous song in Numbers 21:17–18: “Then Israel sang this song: “Spring up, O well!—Sing to it!— the well that the princes made, that the nobles of the people dug, with the scepter and with their staffs.” And from the wilderness they went on to Mattanah,”
 9. We cannot forget Mary’s beautiful song of praise; we call it Magnificat.
 10. Luke 1:46–47: “And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior,”
 - ii. I think it is safe to say that singing praises to God is essential to our Christianity.
 - c. I want to be like Maria, “my heart wants to sing” to God.
2. Darkest night.
 - a. “I will lift my eyes in the darkest night.”
 - b. For most of us, this is the hardest thing to do: to praise God in our darkest moments.
 - i. Imagine your son trying to kill you. That has to be a dark, dark night!
 1. Psalm 3: title–2: “A Psalm of David, when he fled from Absalom his son. O Lord, how many are my foes! Many are rising against me; many are saying of my soul, “There is no salvation for him in God.” Selah”
 2. Psalm 3:7: “Arise, O Lord! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked.”
 - ii. We know Psalm 22 from Jesus’ words on the cross, but they had meaning to David when he penned them.

¹ Kranz, Jeffrey. “All the Songs in the Bible [Infographic].” OverviewBible, 13 Mar. 2020, overviewbible.com/bible-songs/.

1. Psalm 22:1–2: “My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? O my God, I cry by day, but you do not answer, and by night, but I find no rest.”
2. Psalm 22:6–8: “But I am a worm and not a man, scorned by mankind and despised by the people. All who see me mock me; they make mouths at me; they wag their heads; “He trusts in the Lord; let him deliver him; let him rescue him, for he delights in him!”
3. I could not imagine feeling forsaken by the Almighty!
- c. “And I’ll walk with You, knowing You’ll see me through.”
 - i. We know that God is with us.
 - ii. Emmanuel means “God with us.”
 - iii. Deuteronomy 31:6: “Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”
 - iv. Hebrews 13:5: “Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”
 - v. Listen to Jesus’ last words to His apostles.
 - vi. Matthew 28:18–20: “And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. **And behold, I am with you always, to the end of the age.**”
- d. We have nothing to fear during our darkest night because the Father, the LORD, the God of all creation, is with us!
- e. It makes my heart want to sing!
3. Loved by the King.
 - a. “I am loved by the King, and it makes my heart want to sing.”
 - b. David wrote Psalm 30 for the dedication of the temple.
 - i. I can’t help but think about David when he brought the Ark up to Jerusalem but had to leave the Ark with Obed-edom.
 - ii. He finally figured out what went wrong and had the Levites bring the Ark into Jerusalem (1 Chronicles 15).
 1. Verses 1-24 describe the singers and musicians. God sets aside twenty-five verses for singing and music.
 2. 1 Chronicles 15:27–28: “David was clothed with a robe of fine linen, as also were all the Levites who were carrying the Ark, and the singers and Chenaniah the leader of the music of the singers. And David wore a linen ephod. So all Israel brought up the Ark of the covenant of the Lord with shouting, to the sound of the horn, trumpets, and cymbals, and made loud music on harps and lyres.”
 - iii. I can see why David penned the last two verses of Psalm 30.
 - iv. Psalm 30:11–12: “You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!”
 - c. We can turn our mourning into dancing.
 - i. We were once (or still are) alienated from God, separated, and doomed for destruction.

1. Ephesians 2:1–3: “And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.”
2. We were enemies of God.
3. Romans 5:8–10: “but God shows his love for us in that while we were still sinners, Christ died for us. Since, therefore, we have now been justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.”
- ii. But we are loved by the King.
 1. Ephesians 2:4–6: “But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus,”
 2. We were (are) enemies; we were dead, and God thought that we had (have) value.
 3. God has placed a value on our lives, and it is the life of His Son, Jesus.
 4. God chose to create us in His image.
 5. We bear the image of God.
 6. Matthew 22:20–21: “And Jesus said to them, “Whose likeness and inscription is this?” They said, “Caesar’s.” Then he said to them, “Therefore render to Caesar the things that are Caesar’s, and to God the things that are God’s.”
- iii. And it makes my heart want to sing!
4. How can I keep from singing?
 - a. “How can I keep from singing your praise?”
 - b. You are with us in our darkest night.
 - c. You turn our mourning into dancing.
 - d. You are the King who loves us.