

Psalm 30

- I. [Superscription] (1)
 - A. A psalm, a song (1a)
 - B. For the dedication of the temple (1b)
 - C. Of David (1c)
- II. [Introduction] (2-3)
 - A. [Proclamation of praise] (2a)
 - 1. I will exalt You, O LORD (2a)
 - B. [Summary of reason] (2b-3)
 - 1. for You lifted me out of the depths (2b)
 - 2. and did not let my enemies gloat over me (2c)
 - 3. Lord my God, I called for You to help (3a)
 - 4. and You healed me (3b)
- III. [From the pit to rejoicing] (4-6)
 - A. [Report of need] (4)
 - 1. LORD, You brought me up from the grave (4a)
 - 2. You spared me from going down into the pit (4b)
 - B. [Testimony] (5-6)
 - 1. His pious ones sing to the LORD (5a)
 - 2. And they give thanks with respect to His holiness (5b)
 - 3. For [it is] a moment in His anger (6a)
 - 4. But a lifetime in His goodwill/favor (6b)
 - 5. weeping may remain for a night (6c)
 - 6. but rejoicing comes in the morning. (6d)
- IV. [Center section] (7-8)
 - A. [Secure] (7)
 - 1. In my ease/security, I said, (7a)
 - 2. "I will never be shaken." (7b)
 - B. [Center] (8a-b)
 - 1. LORD, when You favored me (8a)
 - 2. You made my mountain stand firm (8b)
 - C. [Insecure] (8c-d)
 - 1. but when You hid Your face, (8c)
 - 2. I was dismayed (8d)
- V. [From the pit to joy] (9-12)
 - A. [Report of petition and rescue] (9)
 - 1. To You, O LORD, I called; (9a)
 - 2. to the Lord I cried for mercy; (9b)
 - B. [Vow to praise] (10)
 - 1. What gain is there in my destruction (10a)
 - 2. in my going down to the pit? (10b)
 - 3. Will the dust praise You? (10c)
 - 4. Will it proclaim Your faithfulness? (10d)
 - C. [Report of petition and rescue] (11-12)
 - 1. Hear, O LORD, and be merciful to me; (11a)
 - 2. LORD, be the One who helps me (11b)
 - 3. You turned my wailing into dancing (12a)
 - 4. You removed my sackcloth (12b)
 - 5. and clothed me with joy, (12c)
- VI. [Thanksgiving and praise] (13)
 - A. That glory/honor may sing to You (13a)
 - B. And he will not be silent (13b)
 - C. O LORD, my God, I will give You thanks forever. (13c)

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Formal elements:

1. Proclamation of love and praise
I will exalt You, O LORD- v. 1
2. Summary of reason- describing release from crisis
for you lifted me out of the depths
and did not let my enemies gloat over me- v.1
3. Report of need/trouble- implied
depths, enemies- v. 1, healed- v.2, grave, pit- v.3, weeping- v.5, wailing,
sackcloth- v. 11
contrasts time of security with 'when You hid Your face, I was dismayed.'-v. 6-7
4. Report of petition and rescue
O LORD my God, I called to You for help and You healed me. - v.2
O LORD, You brought me up from the grave;
You spared me from going down into the pit. - v.3
To You, O LORD, I called; to the Lord I cried for mercy:...
...Hear, O LORD, and be merciful to me; O LORD, be my help. – vv8-10
5. Testimony
Sing to the LORD, you saints of His; praise His holy Name....
...rejoicing comes in the morning. – vv. 4-5
6. Renewal of vow to praise
Implicit in 'Will the dust praise You? Will it proclaim...?'- v. 9
that my heart may sing to You and not be silent. O LORD my God, I will give
You thanks forever. – v. 12
7. Expression of thanks and praise
You turned my wailing into dancing...
...I will give You thanks forever. vv. 11-12

Note repetition of contrasts:

anger	favor
weeping	rejoicing
wailing	dancing
sackcloth	joy

Contrasting then with now

Note repetition of key words: grave- pit
destruction- pit