

## DAY 34 – Joy Comes in the Morning

### **Psalm 30**

**30** I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

<sup>2</sup> O LORD my God, I cried unto thee, and thou hast healed me.

<sup>3</sup> O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.

<sup>4</sup> Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.

<sup>5</sup> For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

<sup>6</sup> And in my prosperity I said, I shall never be moved.

<sup>7</sup> LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.

<sup>8</sup> I cried to thee, O LORD; and unto the LORD I made supplication.

<sup>9</sup> What profit is there in my blood, when I go down to the pit? Shall the dust praise thee? Shall it declare thy truth?

<sup>10</sup> Hear, O LORD, and have mercy upon me: LORD, be thou my helper.

<sup>11</sup> Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

<sup>12</sup> To the end that my glory may sing praise to thee, and not be silent.

O LORD my God, I will give thanks unto thee for ever.

**Focus:** From Weeping to Worship

**Psalm 30** holds one of the most quoted promises in Scripture: “Weeping may endure for a night, but joy comes in the morning.” Lent carries both sorrow and hope. There is reflection on sin and suffering, but there is also anticipation of restoration.

David reflects on being lifted from despair. God turned mourning into dancing. Resurrection always follows redemption. Night seasons do not last forever. God specializes in reversal.

This psalm reminds us that sorrow has a limit, but joy has a future. Morning is coming.

**Prayer:** God of restoration, thank You that sorrow does not last forever. Turn our mourning into joy and renew our praise. Amen.

