

Psalms of Summer
Riding the Spiritual Roller Coaster
Psalm 30
August 11, 2019

Introductory notes:

Psalm 30 highlights 4 stages we can cycle through spiritually:

- 1) The Gratitude Stage

- 2) The Contagious Stage

- 3) The Pride Stage

- 4) The Praise Stage

Take-away: Choose praise over pride in the good, bad and ugly

Thoughts for discussion...

Which of the 4 stages of the Psalmist's spiritual journey could you most identify with? Which stage are you in right now?

Humility is a difficult characteristic for the "best" of Christians. Take some time to review a few of the following passages that deal with this topic: Micah 6:6-8; Luke 18:9-14; Colossians 3:1-18; Philippians 2:3-11. Where does true, godly humility come from?

When are you more likely to talk about your spiritual life, praise God publicly or be "contagious" about your faith: when things are going well or when you are struggling?

During which of these polar spiritual seasons does God tend to cause you to grow more?

Are you surprised by your answer? Note any unexpected observations about the way God works in your life.

As you reflect on this weekend's sermon from Psalm 30, what one idea or thought stands out to you because it helped you, informed you, offended you or confused you? Make sure you debrief this point with somebody you trust.

This week we learned that there is a fine line between praising God for the things *He does* in our lives and fooling ourselves into believing *we are responsible* for our own prosperity. What are some practical ways you can be more intentional about giving God the credit for the things He is doing in your life?

Take some time to pray. This may be an appropriate week to sing/play your favourite song of praise to God. Acknowledge His power in your life and thank Him for showing you His favour.

Ask God for the perspective to stay humble always, and the gratitude to want to make the name of Jesus known.