



FAITH 5 WITH FLAT JESUS!

The week of Sunday, July 2

SHARE – Share at least One High and One Low from the day or the week.

READ – Psalm 30

I will extol you, O LORD, for you have drawn me up,
and did not let my foes rejoice over me.

²O LORD my God, I cried to you for help,
and you have healed me.

³O LORD, you brought up my soul from Sheol,
restored me to life from among those gone down to the
Pit.^[a]

¹¹You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,

¹²so that my soul^[b] may praise you and not be silent.
O LORD my God, I will give thanks to you forever.

TALK –

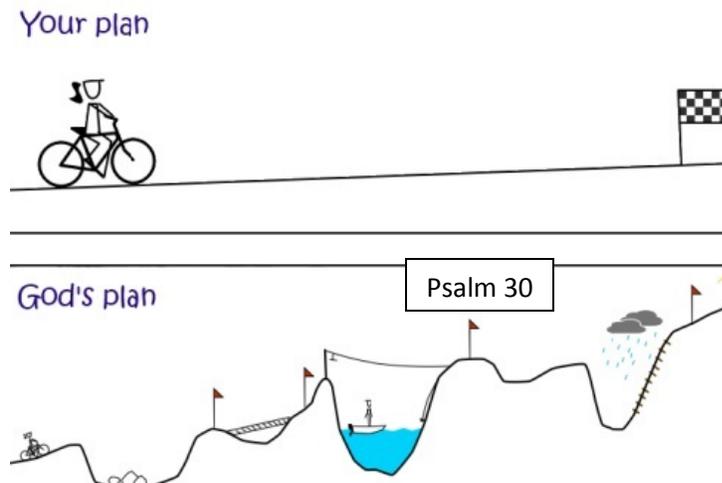
A little background info:

Psalm 30 is a song of thanks. Through this Psalm we hear the poetic story about a time when person of faith has made it through the time of crisis. They experienced some of the worst that life has to offer, and now that they have made it through, they have a different perspective on life.

As such, Brueggemann calls these poems "psalms of reorientation (or new orientation)."

Psalm 30 reminds us that God often surprises us. And the path that we would choose for ourselves rarely matches up with God's path for us in our lives.

I think that Psalm 30 is perfectly summed up in this drawing from <https://xkcd.com/> (words edited)



I would put Psalm 30 on the third flag from the left. The author of this Psalm has already experienced some of the best and worst that life has to offer. And because of that, the author of the psalm, now has a better understanding of how God was there for them in the best and worst parts of their life.

They recognize that the ship has sailed through the storm and they have reached the top of the next hill. At this point, they realize that there is no going back. They will never be the person they once were. The only way to move is forward. They know that they will face even more hills and valleys, but before they start hiking again, they take a moment to praise God for getting them that far.

Discussion Questions

There are a few things that this Psalm can help us do as we seek the same perspective for our lives:

This Psalm calls for praise (1-5). The psalmist wants to celebrate the time that God “brought him out of the pit”, and wants us to celebrate with him. What are some times that God rescued you from trouble? How can we help others celebrate times God has rescued them? Why is praise an important part of our faith?

This Psalm describes the time of crisis and how the psalmist asked God for help (6-10). The psalmist is honest about the tough stuff that he has been through, and admits he could not have done it without God’s help. How can we be honest about the bad stuff we have faced in our own lives? What are some things that hold us back from telling our own stories? How can we encourage each other to tell our own stories? How might being more honest and vulnerable help us to rely more on God?

This Psalm describes the help that God gave (11-12). Is it hard to recognize God’s presence during the worst parts of our lives? Why/why not? Is it hard to recognize God’s presence during the worst parts of other people lives? Why/why not? How can we depend on God even if God’s plans for us look like the xkcd picture above?

How does this Scripture relate or connect to your life and faith, your Highs and Lows?

PRAY – You can hold hands or fold your hands when you pray together...

Thank God for the Highs you shared with each other.

Ask God for whatever kind of help and support you need for the Lows you shared with each other.

If you want, you can pray the Lord’s Prayer together.

BLESS – Mark each other with the sign of the Cross on the forehead and say this, or some other blessing you may think of:

Remember that Jesus loves you and the Holy Spirit is within you!