

SUMMER IN THE PSALMS



Psalm 30 - Rescue from the Pit

A Note to the Parents/Teachers

The movement of this psalm is from prosperity, to pit, to praise. The psalmist and God's people move from thinking nothing will ever shake them to experiencing the depths of loss, but come out on the other side seeing how God is present through all of it. This psalm points us to the ultimate rescue to come in Jesus. Help the kids see how Jesus went from his throne in heaven to the grave on our behalf, so we can enter into eternal praise with him.

- **Big Idea:** Jesus went to the grave to rescue us out of it — so we have joy!

Starter

- **Evidences of Grace**

Ask kids to share ways they've seen God at work lately. Anything, big or small, which is good is from God. Take time to thank God together.

- **What to Wear**

Have this conversation with the kids:

What kind of clothes do you wear in the winter? What about in summer?

What kind of clothes for a wedding? For a funeral? For swimming?

God wants to take away our clothes of sadness and dress us in joy.

What do you think that means?

Sing Together

Psalm 30

A long time ago, King David wrote a psalm to honor the building of God's temple in Jerusalem. It was about how God had done a mighty work to save Israel out of Egypt and make a home for them. But it sounds very personal. It is as if David was also talking about the rescue God had done in his own life. And the words are true for us, too.

Listen to this psalm and see how it connects with you:

Lord, I will give you honor.

You brought me out of deep trouble.

You didn't give my enemies the joy of seeing me die.

Lord my God, I called out to you for help.

And you healed me.

Lord, you brought me up from the place of the dead.

You kept me from going down into the pit.

Sing the praises of the Lord, you who are faithful to Him.

Praise Him, because His name is holy.

His anger lasts for only a moment.

But His favor lasts for a person's whole life.

Weeping can stay for the night.

But joy comes in the morning.

When I felt safe, I said,

"I will always be secure."

*Lord, when you gave me your help,
you made Mount Zion stand firm.*

*But when you took away your help,
I was terrified.*

Lord, I called out to you.

I cried to you for mercy.

I said, "What good will come if I become silent in death?"

What good will come if I go down into the grave?

Can the dust of my dead body praise you?

Can it tell how faithful you are?

Lord, hear me. Have mercy on me.

Lord, help me."

You turned my loud crying into dancing.

You removed my clothes of sadness and dressed me with joy.

So my heart will sing your praises. I can't keep silent.

Lord, my God, I will praise you forever.

[Dialogue Questions - you may use some or all]

- Do you remember how God rescued Israel? *[from slavery in Egypt]*
- Do you know about any times God rescued David personally? *[from King Saul, from lions and bears when he shepherded, from other nations attacking Israel, etc.]*
- Can you think of any times God has rescued you from something?
- What about something sad God turned around to bring joy?
- How has God rescued the whole world from the pit of death and sadness? What did Jesus have to do to bring us life?
[He went into the pit!]
- One day we will have all crying turned into dancing, all sadness turned to rejoicing, and will praise God forever in the presence of Jesus

Breakout Time

• **Prayer:**

God, thank you for rescuing us from sin, death, and brokenness. Thank you for bringing us into new life. Thank you for turning our sadness into joy. We wait for the day you return to make this fully true! Amen.

• **Craft:**

- Using the first sheet attached, have the kids fill in each section of the coat with something God has done for them or something that brings them joy. Then they will cut the coat out in different pieces along the lines, color them different colors, then piece them together as a puzzle and paste onto the person on the next page. Talk about God clothing us with joy as you do this craft.
- OR use the final page for a coloring sheet

BLESS Activity

For kids to do during the week

Because this Story is true, we want to be faithful to live in it. We ask Spirit to help us Bless, Listen, Eat, Speak, and Sabbath (rest & celebrate) in ways that tell the good news of God's Story.

This week, focus on the **Sabbath** rhythm.

How can you take this month to rest in the goodness of God? Talk to your family about some ideas.





