Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness; 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. (Psalm 30:11-12)

To gain the full force of today's exposition, one needs to get a Bible and read the entire 30th Psalm and note the "Thou Hasts" which indicate a past and settled work of God.

Verse One: "Thou hast lifted me up." Therefore I can never be cast down.

Verse Two: "Thou has not made my foes to rejoice over me." Therefore I can never be defeated...will always be victorious.

Verse Three: "Thou hast brought me up out of hell." Therefore I have nothing to fear from the grave. Death will be a kind friend to transport me into the arms of my God.

Verse Three also: "Thou has kept me alive that I should not be in hell already." Since His grace has preserved me unto salvation, I can be assured that He will preserve me in salvation.

Verse Seven: "Thou has made my mountain to stand strong." Therefore I shall never be weak. He has endowed me with a strength that is invincible. No longer must I depend upon frail human strength. Deity Himself has bound His power to me.

Verse Eleven: "Thou has turned my mourning into dancing." The person who can truly dance for joy is a mourner whose tears have been wiped away by the Mighty Comforter and has made the very occasion of weeping, that of laughter.

Verse Eleven: "Thou hast put off my sackcloth." Sackcloth is a garment of grief and sorrow. If God has put it off, it is gone forever. It can never return.

These seven "Thou Hasts" contrast sharply with the one "Thou didst hide thy face and I was troubled." The former speaks of a settled transaction of God; the latter speaks of a temporary condition. He hides His face but for a moment that we may once again see our need of Him. He permanently blesses us that we may sing praises to Him forever.

-C.M.