

God's Story Our Story™



Psalm 30

July 2, 2017

Use this resource at home to guide your household's daily devotions.



Pray: Light a candle and open your devotion time with a prayer.

God of life, you have the power to bring us up even from the depths of death. Dry our tears and lift our heads to the light of your healing love, through Jesus Christ our Lord, Amen.



Read: Read the key verses from Sunday's reading.

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

³*O Lord, you brought up my soul from Sheol, restored me to life from among those gone down to the Pit. (Psalm 30:2-3)*



Reflect: Reflect on the scripture summary.

The praise of a soul lifted up from despair cannot be silenced. The psalmist knows deep grief; thanksgiving for deliverance from that grief is deeper still.



Connect: Connect in conversation with others in your household.

What was a high point of your day? What was a low point?

Tell of a time you felt God restored you from grief or illness. How did it feel when you were grieved or sick? How did it feel to be restored?

Wonder: If sadness was a place, what would it look like?



Bless: Close your devotion with a blessing.

May God restore you to wholeness. Amen.



Do: By acting on what we learn, we make God's word come alive. Do the following activity this week.

Reach out to someone who has recently experienced a loss. Bring a meal or offer a listening ear.



Go Deeper: Go to clergystuff.com/daily-devotions for devotions on the daily readings.

Sunday, Psalm 30

Monday, Psalm 34

Tuesday, Psalm 40

Wednesday, Psalm 57

Thursday, Psalm 66

Friday, Psalm 116

Saturday, Psalm 138