



Living in Victory Part 1: Spiritual Growth Notes

KEY VERSE

“You have turned for me my mourning into dancing;
You have loosed my sackcloth and girded me with
gladness” (Psalm 30:11).

DISCOVERY QUESTION

Read Psalm 30:1-3. What are some of the things that David experienced in his life that could have kept him in a state of sadness if God did not turn things for him?

LIFE REFLECTION POINT #1

Think about some things in your past that caused you sadness and mourning. How did God turn things around for you? Have you experienced similar life challenges to David, such as severe health problems, a significant injury, and personal attacks from others against you? Was your response to things that caused you great sadness to cry out to God for help like David? Why or why not?

LIFE REFLECTION POINT#2

The Hebrew word for “turn” in Psalm 30:11 means overturn, turn around, change, transform. How did God turn mourning into peace and joy in David’s life (see 2 Samuel 12:20)? God would bring the gift of a baby named Solomon as a direct result of David worshipping God in the middle of his sadness. In the message Pastor Matt reveals the meaning of the name Solomon. So, what does God bring to your life as a result of your worship? (Hint: The answer is the meaning of the name of Solomon). How does this turn your sadness into joy?
