



THE ORCHARD

Series: Our Refuge and Strength

Title: Pray for Joy

Passage: Psalm 30:1-12

Pastor Tom Yoon

October 19, 2025

Outline:

1. He lifts you up.
2. He hears your prayer.
3. He gives you life.
4. He brings you justice.
5. He forgives your sin.
6. He changes your heart.
7. He works for your good.

Questions:

1. What stood out to you most from this week's sermon, and why?
2. David said, "You lifted me up." Where in your life have you felt like you were "in the pit," and how did God pull you out?
3. Psalm 30 shows that God hears our cry. How does knowing that God always hears, even when He seems silent shape the way you pray?
4. David recognized that his sickness was God's loving discipline. How can we tell the difference between God's discipline and ordinary suffering in a broken world?
5. What are some ways pride can quietly grow in our hearts during seasons of success? How can we guard against that pride before it takes root?
6. How have you seen God use discipline or hardship to change your heart or draw you closer to Him? What did that experience teach you about His character?
7. Psalm 30 ends with praise: "You turned my mourning into dancing." What does this verse teach us about God's ability to redeem even our lowest moments?
8. Romans 8:28 says that God works all things for good. How can we hold on to that truth when the outcome we hoped for doesn't happen?
9. Do you have any other comments or questions regarding this passage?