

From Shame to Praise  
Psalm 30  
Pastor Chad Cowan  
June 14, 2026

1. God brings blessing.
  - a. The blessing and favor of God (30:7ab)
  
  - b. We are blessed.
  
2. We fail to see God's blessing.
  - a. David denied God's favor and exalted himself. (30:6)
  
  - b. We praise ourselves for God's blessings.
  
3. God disciplines us.
  - a. God corrected David. (30:7cd)
  
  - b. David experienced various consequences. (30:1–5, 9–11)
  
  - c. God corrects our wrong attitudes.
  
4. We plead for grace.
  - a. David pleaded for God's grace. (30:2, 9–10)
  
  - b. God's grace is always present.
  
5. We praise God.
  - a. David praised and thanked God! (30:1, 4, 11–12)
  
  - b. Learn contentment and praise the Lord!