

Finding Joy - Songs in the night

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[0 : 00] I'm talking about joy, joy in the morning. Have you ever felt like crying? It's the very first thing we do when we're born, isn't it?

When we come into the world, we cry. And King David shows us how to find joy when we feel like crying, when darkness overwhelms. He knew all about it, crying and weeping.

Even though we're overcome with weeping and woe, David tells us how we can find joy. We can find joy. It's God's promise.

Weeping may endure for a night, but joy cometh in the morning. Let's pray. Lord, we thank you again for this time, for your word. May it be crystal clear what you want to tell us, Lord, from your word.

May we hear it and act upon it. Lord, encourage every heart that might be downcast. Those that might feel like weeping, Lord, give us that joy. That joy that is your joy.

[1 : 00] That joy that is beyond compare. That joy that you give that is more than anything this world can ever give. As far as joy. Lord, that we can have that joy. That eternal joy of knowing you.

In Jesus' name we pray. Amen. David cried out in despair. He cried out from the depths of his despair.

And Psalm 30 is a song of dedication of the house of David. Psalm 30, verse 1. It reads, I will extol thee, O Lord, for thou hast lifted me up, and hast not made my foes to rejoice over me.

So David's praising God here. He's praising God for lifting him out of some kind of a pit. And the word lift here, it means like a letting down of a bucket to draw water.

It's like there's a deep, deep dreadful pit, a deep well here. And David had sunk deep, deep down into this dreadful pit.

[2 : 09] And he talks about this in Psalm 40. And this is probably what he looked like. Psalm 40, verse 2. He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.

So David knew what it was to be in a horrible pit, in a miry clay. He knew those times of despair, a horror. David knew some deep sorrow and pain in his life.

And he tells of his heart overwhelmed. In another Psalm, Psalm 61, verse 2, it says, From the end of the earth will I cry unto thee, when my heart is overwhelmed, lead me to the rock that is higher than I.

David was going through some heavy stuff. Have you ever felt like you were in the pits? Thank God he pulls us out, doesn't he? And he helps us and he pulls us out.

We might have a time in the pit, but he's going to pull us out. He's going to lead us to the rock that is higher than I. He sets our feet on the rock. And if we are in some kind of a pit experience, we can know God's help.

[3 : 22] There's healing for the soul. He promises it. Back to Psalm 30, verse 2. Here was David.

He'd known those depths of that pit, that horrible pit, of that pit of affliction, of anguish, the pit of despair. He says, The Lord lifted me up. He pulled me up out of that, out of the depths of that.

And David knew what it was to be alone, to be downhearted, overwhelmed and hurting. I'm just reading through some of the early chapters of his life and in recent times of getting into the word myself and how he was hounded and chased after and he was a hunted man and he was a man with a target on his back.

He was a marked man and he was constantly in this state, under attack. And he knew what it was to be injured, to be in heaviness. How about you?

Is there a heaviness for you? Look, it happens for all of us. We all can have those times. I can say that. The Lord knows your weights and he can lift you up.

[4 : 33] He promises to. Amen? It's his promise. Just like David cried, you can cry. And just like David got healed, you can be healed. He can lift you up.

And you can know that healing, the healing of the soul, of your deepest hurts. And he can lift you out of that pit and take that weight of your sorrow and pain.

Many scriptures tell us this. Psalm 34, 17, for example, it says, The righteous cry, and the Lord heareth, and delivereth them out of all their troubles.

It says, If we cry, he's going to hear, and he's going to deliver you out. He's going to lift you out. Lift you up out of those things that you're troubled by.

And it says, The Lord is nigh unto them that are of a broken heart, and saveth such as be of a contrite spirit. So when you're feeling broken hearted, he's even closer then, isn't he?

[5 : 34] Even closer when we have a broken heart. So sometimes it's just what we need. It's just what we need.

And you might say, Preacher, that's easy for you to say. Friends, we can all have those times. But the good news is, he will deliver you. He hears you, and he will deliver you when your heart is hurting.

And, you know, this can be real for people here. I know there's sad things been happening in our church family. There's sad things that make me want to cry, and I don't understand what's happening.

You know, we can all feel that hurt for our brothers and sisters when things are going wrong, when there's some uncertainty, just some sadness that you can't explain and understand.

When your heart is hurt and breaking, he's near to you. When trouble besets you, he's there for you. He's close by for you. The great heart doctor can heal your wounded spirit.

[6 : 29] That's who he is. And when David cried out to the Lord, it says, he could testify of how the Lord heard him and healed him. And that's true for you. It's true for me in all those darkest times of our lives, in the most downcast times and seasons.

It's the same for you. God hears you. He says he'll hear you, and he heals your hurts. As he did for David, he can do for you. We read on Psalm 30, as David testifies, verse 3, thou hast brought up my soul from the grave.

Thou hast kept me alive that I should not go down to the pit. Here's David. He thought he was going to die. We can get to that point. At the edge of our grave, as it were, yet he found God's help there.

And he thought he was going to sink down forever into this pit. But God set him free. God can set you free. Sister, brother, God can set you free. He's the same deliverer as he always has been.

And we read in Psalm 30, verse 4, that David prayed for divine intervention. Verse 4, Sing unto the Lord, O ye saints of his, and give thanks at the remembrance of his holiness.

[7 : 39] Sing, it says, saints. Sing, saints. We can reach out to God and find his help. He can put a song on your lips. You can know his salvation. And in the trouble, you can sing when we least want to.

Now, I don't know if you felt like it this morning. It was a bit of a miserable morning. You might have thought, oh, this is a good morning to have a lie-in. And, you know, it's a bit wet and cold.

you know, there's more comfortable places to be than to come to church. And you might not have felt like singing this morning. But it's those times when we least want to sing that he puts a song in our heart, doesn't he?

And singing is good therapy. You glorify God. It's a, I know where I used to work in disability, they had music therapy. Because music is a therapy, isn't it?

There's something about music. As we know, as happened with Saul and David, we see the ministry of music, the ministry of song. It's a ministry of itself. And hear the words of one pastor recently in prison for his faith.

[8 : 47] This is a quote from a pastor who wrote from prison where he was imprisoned, he was persecuted and in prison for his faith. And he says this, when we were in prison, we sang almost every day because Christ was alive in us.

And they put chains on our hands and feet. They chained us to add to our grief. Yet we discovered that chains are splendid musical instruments.

When we clang them together in rhythm, we could sing, this is the day, clink, clank. This is the day, clink, clank. This is the day, clink, clank, which the Lord has made, clink, clank, which the Lord has made, clink, clank.

You know, they could even find joy in their chains that they could use them as musical instruments. Sing, ye saints. It's a command. Sing, ye saints.

It will bless your soul and your singing truth when you sing. We want to dwell on this next verse in this message this morning, which we're going to come back to again. And here's the key, the key for you, for me, for finding joy, for finding joy.

[9 : 58] Verse 5, For his anger endureth but a moment, in his favour is life. Weeping may endure for a night, but joy cometh in the morning.

Weeping may last for a night. We all have those seasons of weeping and sorrow. Yes, all of us have those times. Yet God says, joy comes in the morning.

Those night-time tears will pass away. God intervenes in our lives and he gives joy. He gives a song. As it reads in Job, God my maker who giveth songs when?

In the night. Even in the night he gives these songs to us. In the very darkest hour we can have a song. Now, of course, night here is a symbol of affliction, of suffering.

Notice, God is the giver of the song. God my maker who giveth songs in the night. You don't get it off of the, any source of men necessarily.

[11 : 13] He's the source of the song. He gives the songs in the night. He's the one who puts that song in our heart. And we don't have to pay for copyright. He gives the songs. Amen?

He gives the songs in the night. And it sounds like what happened when Paul and Silas were in jail in Philippi. Something holy and heavenly happened there behind the prison bars at Philippi.

They had been beaten up. They were hurting. But it didn't stop their praises. You think of Paul and Silas, they probably didn't feel like a praise and worship service.

They probably didn't feel like praying, let alone praising. Here they were beaten. They were bruised and their backs hurting.

chained in stocks and held. Their hands and feet would have been sore. It wasn't like they might have felt like praising God.

[12 : 14] But they did. Acts 16, 25, and at midnight Paul and Silas prayed and they sang praises unto God and the prisoners heard them.

Weeping may endure for the night. Paul and Silas didn't wait for the morning. It was midnight. They didn't wait for the morning for the joy.

Even at midnight they praised. Can you imagine being one of their cellmates or in the cell next door and they're having a nice little sleep and suddenly, I don't know if they sang very well or not, there's Paul and Silas, but you're having a good sleep there.

Midnight is not the time to sing. necessarily. And maybe they thought, well, are they wailing after having all that beating that they had, after they got bashed up and beaten?

Are they wailing? and they would have tuned their ears and, no, they're worshipping. They're not wailing, they're worshipping. Are they complaining? No, they're praising.

[13 : 28] Something about what was in them. And in life's darkest moments, we can be like Paul and Silas. When we're sore and bruised, when we don't feel like praising God, we can praise him.

When we're hurting, yes, even then, we can find praise. Because it's God who gives songs in the night. God gives the songs in the night to you.

Sometimes you've just got to open your mouth and sing them. Amen? We're going to come back to this theme of joy in the morning. Let's see what else David found through the psalm.

We can know God's delivering power, his healing, his restoration. Believe, persevere, receive it. David found that he had to depend upon the Lord.

We read on in Psalm 30 verse 6. David says, And in my prosperity I said, I shall never be moved. Lord, by thy favour thou hast made my mountain to stand strong.

[14 : 30] Thou didst hide thy face and I was troubled. So here we could understand that it tells us some kind of false confidence. Some are secure, they're self-reliant, they're self-assured, everything's going pretty cool and good, life is easy breezy.

In my prosperity I said, I shall never be moved. Things were pretty rosy, he might have felt pretty comfortable. He was feeling strong.

But then it says, you hid your face and I was troubled. When the testing comes, people that are self-assured and depending on themselves, they are troubled.

The man who trusts in himself feels it when his world gets rocked. And sometimes God allows such times, and they're the toughest times, aren't they?

When we're feeling self-assured and bang, where did that come from? That curve ball. It's then that we can learn to depend, to depend upon him. And we can cry out to him and we can find his

resource, his sustaining power.

[15:48] And that's what happened. Verse 8, I cried to thee, O Lord, and unto the Lord I made supplication. What profit is there in my blood when I go down to the pit? Shall the dust praise thee?

Shall it declare thy truth? David no longer self-assured, he wanted God to work, to supply, that he would have yet more time to live for God.

He says, I'm at death's door here. My blood, I'll go down to the pit. It's good for us to realise our own mortality, isn't it? To realise, hey, we're not going to live forever in this shell.

It's finite. You feel it, don't you? The aches and pains. I'm a bit closer, I've got a few more. pains than I used to have and this old body is about to get worse and one day it's going to get so bad it's going to be the end of this body.

If we realise our mortality, we realise what our true purpose is, it's only found in him, it's found only in him. And so we have this sense well, is the dust going to praise thee?

[16:59] I've got to praise him now while I have life. Am I going, is my dead body going to serve him? No. Serve him now while you've got a living body. Declare his truth now, be a witness now, tell others now, be God's servant now while you have life, life.

Because one day mortality will end. Verse 10, Hear, O Lord, and have mercy upon me. Lord, be thou my helper.

Friends, God is our helper, and we can trust him. We can trust in the grace, the faithfulness of God. We can know his rescue. And while we've got mortality, let's make it count, amen?

While we've got life, David finishes his psalm with more praise. Verse 11, Thou hast turned my mourning into dancing. Thou hast put off my sackcloth and girded me with gladness.

What a transformation here. He turns our mourning into joyful praise and dancing. He will lift you up. He promises to. As he did for David, he can do for you.

[18:07] He can turn that mourning, that grief, that weeping into joyful praise. That's what he can do. He tells you that, sister, brother. Verse 12, to the end my glory.

Well, you could talk off his lips, his tongue. My glory may sing praise to thee and not be silent. O Lord, my God, I will give thanks unto thee forever.

Give him praise. Brother, sister, give him praise, your forever praise. I will give thanks unto thee how long? Forever. Have you got that forever perspective?

This life is only a passing vapour, but our thanks can be forever. Our praise can be forever. And we can praise him. And so we should not be silent, but have that forever perspective about what counts in your life, about what really counts, and that you would count him.

Notice, truly, my God. David says, you're my God. Amen. You can say that, can't you? I pray that you can say that, that you can know that.

[19:14] He's mine, and I'm his. He's my God. And there's thankfulness unto him. Let's get back to the main point of the psalm. David's telling of joy in the morning.

Joy in the morning. We can know joy. Yes, we can. We can know joy, truly, everlasting joy. It's found in Christ. Consider again the promise of joy in the morning.

Weeping may endure for a night. Yes, it may. But joy cometh in the morning. God can fill you with his joy.

There's many verses that talk about the joy that we can have. Romans 15, 13 says, the God of hope fill you with all joy and peace in believing that you may abound in hope through the power of the Holy Ghost.

When we trust in God, it says we've got peace and joy in believing. He fills us with that hope by the overflowing of his spirit and his power.

[20:18] And we can have a heart of praise, even though we feel like we're weeping, even though we feel like there's a pit there, even though we're feeling discouraged, we can have encouragement.

Because God's promises are our encouragement. And even though we encounter sadness, and yes, we will. And that's our lot, that's our lot in life. Sometimes there's a lot of it in our life too.

But there's a sadness, there's a sorrow there. Yes, there is. But joy cometh in the morning. Friends, joy comes. And we can always find joy in the Lord. You can.

You can find it. Search for it and find it and claim it for yourself. The Lord Jesus says to his disciples, you shall be sorrowful. He says you're going to have tribulation.

Yes, much tribulation it talks about. You shall have trouble. But I have overcome the world. He says that you can have a sorrow, but that sorrow is going to be turned into joy.

[21 : 17] Your sorrow shall be turned into joy. Believe it. Believe that for yourself. We will all experience times of darkness and sorrow in our lives. And, you know, often I'm acquainted with it because others tell me of their hurts and their sadness.

And my wife as well. We hear the hurts. We hear the stories of hurts. And it weighs us down too. Pray for us that we won't get overwhelmed with the hurts of others.

And we, as you, might minister to your friends and loved ones. And we think of our sister of late. We think of brothers. We think of hurting ones. Souls are hurting. People are hurting.

And when we help, we can also feel it. And sometimes those nights are long and so dark. The night seasons of our lives. And we may experience sorrow in life, in this life.

Yet God will transform. Your sorrow shall be turned into joy. You can find joy in the Lord. He is the true source of joy. And even when you're going through the most difficult of times, and I know some of you, you've got things that you're grappling with.

[22 : 27] There's skeletons in your cupboard. There's shadows. There's memories. There's hurts. There's real things happening right here and now. And you don't know what's coming.

But God is there. And joy is going to come in the morning. Joy will come. The sunlight is coming. There's a night season, yes, but the sunlight is coming.

As sure as tomorrow is dawn. You can trust in your Lord to fill you with joy and peace as you navigate life's challenges. We've got some nights to endure.

What could they be? Maybe the night times of disappointment, the night times of illness, of sickness, of grief, of loss, of depression, of anxiety. Now I mentioned this scripture last week, but it's true today too.

So I'm going to tell you it again. What time I am afraid, I will trust in thee. What time I am afraid, I will trust in thee.

[23 : 29] It's like a little child can be afraid. And they want the night lights on, don't they? I know some older people need the night lights on too. But yet know this child of God, the morning light is going to shine through.

It will. And mornings they speak of newness, of freshness, of starting over. The morning's coming. Now there's a lady, people would know the name, likely Helen Keller.

She was born blind and deaf. Blind and deaf, imagine that. And she used to sit on the porch and wait for the sunrise.

She couldn't see it, but she could feel its warmth on her face. Morning is coming. And you're going to feel the warmth on your face, brother, sister.

You're going to feel the warmth on your face. One day there'll be no more night. And it will be eternal day. A little girl asked her mother, it was a bad night, a stormy night, and she says, what was God doing last night during the storm?

[24 : 41] You know, it was a terrific storm. And before the mum could answer, the little girl said, and she answered her own question, oh, I know, he was making the morning.

You know, when the storm is happening, God's making the morning. The morning will follow the storm. And in those dark, stormy nights of life, our God is making the morning.

He's making the morning for you. You know, brother, sister, there's real hurts. We've got this PTSD seminar. There's people crying out for help. There's hurting people all around us.

And some have had great trauma. Some might have just one shocking thing happen, an accident, a hurt, and they fall into pieces. The whole life has been damaged.

God is making the morning. God is making the morning for you. And for the meantime, we've got some tears, some weeping in the night. Think of it, through the word of God, to save people, we still have some weeping, like many of the saints of old.

[25 : 49] The book's filled with these stories, these examples. We can learn from them. Mary, the sister of Lazarus, she wept at the feet of Jesus. She shed her tears there at his feet.

When her brother had died, joy came. Hours later, when Christ raised her brother from the dead. Joseph, son of Jacob, he was reunited with his brothers.

They'd sold him into slavery. And he was overcome with emotion. And it says he wept so loudly that the Egyptians and his own household heard him.

But joy came as forgiveness flowed in Joseph's life. Hannah, the mother of the prophet Samuel, she wept bitterly because she was barren and desired a child. She poured out her heart to God in the temple and her fervent prayers with tears were answered. Joy came when she conceived and gave birth to Samuel.

[26 : 46] Rachel, beloved wife of Jacob, wept bitterly when she was unable to conceive children while her sister Leah had several. And Rachel's deep longing for children and her sense of inadequacy caused her great distress.

Joy came to Rachel. When God opened her womb and she gave birth to Joseph and later Benjamin. Look at Nehemiah. He heard about the distress of Jerusalem, the broken down walls, the ruin of his city and he wept and he mourned and he fasted and he prayed and God gave joy. God gave joy to Nehemiah and used Nehemiah to be the answer, to rebuild the city. Joy came to Nehemiah. After Job lost his wealth, his children, his health, he sat in the ashes, he was grieving and weeping on this rubbish heap of ashes, lamensing.

Joy came to Job and restored his life. Think of a woman known as a sinner. We don't even know her name but we know she was a sinner.

When Jesus was dining at the house of the Simon the Pharisee, a woman known to be a sinner, she came and she washed Jesus' feet.

[28 : 05] She washed his feet with her tears. She wiped them with her hair and she anointed him with perfume and there was joy. There was joy in her worship. Ezekiel, Jeremiah, they were moved to tears as they brought messages of judgment, of warning.

They wept bitterly. Yet ultimately there was a message of joy even then, of salvation. Think of Elijah fearing for his life, running from Jezebel.

He sat under the juniper tree. He asked God, take my life. In his despair he wept at the seeming hopelessness, the loneliness that he felt.

But joy came later for Elijah when the Lord took up Elijah into heaven by whirlwind. That's joy, isn't it? That would be a joyful thing, wouldn't it?

Joy came to Elijah. God hears our weeping. He hears your weeping. And God collects our tears, it tells us. Every tear that you've ever shared is known by God. Whenever you've been hurting, he's heard.

[29 : 10] And he's heard those cries. He knows you're hurting and he cares. And he gives us songs in the night. In the night. There's a day yet coming when our crying days will be over.

For the meantime there's some moments of weeping and darkness. Yet we can hold on to the assurance that joy is coming. God says so. The dawn will break. A new day will dawn upon our lives.

A day of joy. Joy cometh in the morning. So think of it, friends, the promises of joy. There's many we could tell. Look through your concordance at the word joy of joyful.

Joy is powerful. And this joy that we have is not given by the world or dependent on how we feel. We can know a deep abiding peace and joy that comes from knowing Christ.

It is eternal joy. It's eternal joy. And we have this joy even when we're feeling lousy. We can find this joy in the midst of, in the night, in the midst of our suffering.

[30 : 13] How? By trusting in his promises. By holding on to his hand. By believing his word and worshipping him in the circumstances that are hard.

Because God is faithful, friends. Know it today. God is faithful, even though it doesn't feel like it. Even in the midst of our suffering, we can find our joy in him.

This joy of faith. Isaiah 41.10. It's a promise here for you. Fear thou not, he says, for I am with thee. Be not dismayed, for I am thy God.

I will strengthen thee. I will help thee, he says. I will help thee. Yea, I will uphold thee with the right hand of my righteousness. Know that our weeping is only temporary.

God's anger endures for a moment, but for a moment. Life's trials will come. Our Lord will grant eternal life. For those that trust him, he wants to give life.

[31 : 12] His favour is life. In his favour is life. Weeping may endure for a night, but joy cometh in the morning. It's interesting how it says here that weeping may endure for a night.

And the word endure, apparently it means to lodge, to pass the night, to stop over. It's got the sense of for a little time. The weeping is for a little time, just a night.

It's like you could put it as a short time, like someone staying overnight in a hotel. It's like someone who's like a stranger who visits one night and then leaves the next day.

But then it says joy comes in the morning. Joy comes to stay. David is showing us that sorrow, hurts and loneliness, trial, tribulations, they're here but for a short time.

Because we know it says that this light affliction is but for a moment. And so it's got the sense for you sister, brother today, that sorrow is going to pass away.

[32 : 19] It's for a night. It's not going to stay. It's passing. It's going to pass away. So our troubles are here but for a moment.

But compare that to the eternal joy that you know in Christ, that you have an eternity. You've got an eternal saviour. You have eternal life. You've got something that you can know is forever.

God. Here's eternal joy. Joy comes, says David, in the morning. And this word joy, it's got apparently it's got the sense of singing, of shouting, of delight.

It's a lively joy. There's a jubilant joy. There's something about this joy joy that is lively. It's a shouting. It's a rejoicing joy.

It's a glad joy. It's a delightful joy. There's a joy that we can know that gives us a heart of praise. There will be one eternal day.

[33 : 18] And we can praise God in all our circumstances. Like Paul tells us in 1 Thessalonians 5, 18, in everything, give thanks. For this is the will of God in Christ Jesus concerning you.

So in the night, at midnight, in the pit, in everything, give thanks. There's a joy that comes from the heart of worship because it's centred in him.

It's his will. That's what matters. And his presence, as it relates in Psalm 16, they will show me the path of life. In thy presence is fullness of joy.

At thy right hand there are pleasures forevermore. So this morning, joy is going to come for you in the morning.

There may be still some difficult times of earthly night. But you can have the true joy of Christ, your Saviour, his peace. We can know earthly trials and loss and tribulation and sorrow, confusion.

[34 : 29] It's temporary for a season. There's a morning coming. And believer, believer this morning, there's a promise for you. There's a morning coming without trials.

There's a joy beyond compare. A joy that this world cannot know. A joy that only Jesus can give. There's a new day on the horizon. A new day dawning.

Here's what some old commentator of old said. The sorrows of this life are but for a moment. And they will be succeeded by the light and the joy of heaven. Then, if not before, all sorrows of the present life, however long they may appear to be, will seem to have been but for a moment.

Weeping, though it may have made life here, but one unbroken night will be followed by one eternal day without a sigh or a tear.

I urge you today, if you've yet to trust Christ, make today that day that you'll trust him. In Christ we can know a new life, a real joy. The joy of relationship with God by faith.

[35 : 36] It says we have peace with God through our Lord Jesus Christ. It's through faith in Jesus. He's the one that we need to help us through. He knows the tomorrow.

He knows the morning. And he's already there for you. And you can know him who is eternal. You can know him in your heart now by faith as you trust him. The relationship with God is true joy.

That's true joy. In Christ. In Christ. Let us pray. Lord, we pray for every heart. Lord, we've all got this human experience of loss, of lack, of hurt.

The horrible pit. Lord God. We pray for each one. Wherever we're all at, Lord God, we know that you are the one that we need. That's going to lift us out of the pit.

Lord, you're going to give us a rock to stand on. We don't have to stay in that miry clay bogged down anymore. Lord, we can know your setting free power. Lord, we pray each one might know that by faith.

[36 : 38] That you took everything of our punishment and penalty and you paid for it in full. Lord, let us simply trust you. And look to you.

And Lord, give us a song in our heart. Give us that joy. Even songs in the night, even. Even at midnight. That even we can sing your praises.

Even when we don't feel humanly like doing that. Lord God, we pray if there's any hurting ones here that they can find the healer of the brokenhearted. That you are the one who so truly cares and loves us so.

That you've given everything that we need. Lord, everything that we have need of is you. Lord, we thank you for these things. In Jesus' name. Amen. Amen.