Addressing the Heart of **Prideful Thinking**

Pride is at the heart of life's many problems. It is a spiritual cancer, invisible on the surface, but with multi-varied symptoms that cause us harm. For this reason, the God who loves us hates our pride and will discipline His children to expose our false security in human strength. You can humble a prideful heart by recounting God's all-sufficient grace and His everyday mercies as you place your confidence solely in Him.

How to do this study:

Begin by prayerfully reading through Psalm 30 and picture David as he rejoices in the Lord. Next, thoughtfully work through the guided questions and journaling prompts below. When you are finished, review what you have learned. Then, consider inviting a trusted friend or discipler to pray Psalm 30 with you.

1. Identify areas in your life where you need help, healing, and hope. Specifically name your desires and desperation as you pray to the Lord.

2. Identify any ways your prideful self-confidence has led you to drift away from God. How does remembering and recounting God's holy name lead you to confess your pride and to humbly depend on Him (Psalm 30:4, 12; also Exodus 3:14–15)?

3. How would the knowledge that you are a child of God help you better relate to your Father in heaven? How would it help you to frame God's discipline as loving toward you instead of vindictive (Hebrews 12:5–11)?

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4. Make two columns to show the contrast in Psalm 30. On the left, list all the consequences of "God's Discipline." Then, on the right, list all the blessings of "God's Mercy."

God's Discipline of the Proud	God's Mercy for the Humble
e.g., God's righteous anger (v. 5).	e.g., "You have healed me" (v. 2).

5. Take a moment to memorize Psalm 30:4–5, "Sing praises to the Lord, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning." Note especially how these contrasts have been true in your own personal experience. Once you meditate on these truths, write your own psalm of praise in response to Scripture.

6. What living hope did Jesus establish for you through His resurrection from the grave (1 Peter 1:3–9)? Which of those spiritual blessings do you experience in Christ right now, and which of them direct you to God's lasting favor in eternity?

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7. Does your life faithfully testify to the manifold glories of God? Listen to Psalm 30 set to music. Then, consider how you, like David, can exhort your fellow believers to "sing praises to the LORD…and give thanks to His holy name" (v. 4).

8. Pray Psalm 30 back to God following the themes below:
    - O Lord, I lift you high, for You have lifted me from the pit of my dismay (vv. 1, 3, 9).
    - You are my Helper, Healer, and everlasting Hope (vv. 2, 10).
    - I will praise You among the nations and call others to give You thanks (vv. 4, 12).
    - Forgive my prideful self-sufficiency and permit me to stand with You (vv. 6–8).
    - I trust You to turn my sorrow into joy and my mourning into dancing (vv. 5, 11).

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