



The Bible Recap
Pastor Lucas Jackson
May 24, 2026

God Transforms Suffering & Pain Into Testimonies of Praise

Scripture: Psalm 30

Life Group Guide

For the week of May 24, 2026

God is always teaching us through his Word, the Bible. As we read through the Old Testament in 2026, we invite you to read along in the YouVersion app through The Bible Recap reading plan. Our sermons will follow along with the readings. May God bless us as we read his Word together as a church family!

1. In Psalm 30:1-5 we see David's joy in rescue and healing, a personal joy that points forward to the joy Jesus brings. Read John 16:20-22 and 2 Cor. 4:17. How has Jesus rescued you, spiritually and personally?

2. Verses 6-10 tell of the foolishness of being prideful in easy circumstances. David had self-confidence rather than "God-confidence." Have you been in that situation? How has God responded?

3. Verses 11-12 are a stark contrast with 6-10. David is exuberant in his praise! Where are you at in the contrast between sackcloth and praise? How can you praise God more fully?