

# Psalm 30:11-12

*You have turned for me my mourning into dancing; you have put off my sackcloth and clothed (girded in KJ) me with gladness, to the end that my glory may sing praise to you and not be silent. O Lord my God, I will give thanks to you forever. NKJV*

*You have turned my mourning into joyful dancing. You have taken away my clothes of mourning and clothed me with joy, that I might sing praises to you and not be silent. O Lord my God, I will give you thanks forever. (NLT)*

## **Turned:**

Haphak-to turn about or over; by implication, to change, overturn, return.

## **Mourning:**

Micepd-a lamentation.

## **Dancing:**

Machowl-a (round) dance.

## **Sackcloth:**

Saq-a mesh (as allowing a liquid to run through), i.e. coarse loose cloth or sacking (used in mourning and for bagging); hence, a bag (for grain, etc.).

## **Clothed (girded):**

'Azar-to belt.

## **Gladness:**

Simchah-blithesomeness or glee, (religious or festival).

## **End:**

Ma` an-heed, i.e. purpose; on account of (as a motive or an aim), teleologically, in order that.

## **Glory:**

Kabowd-weight, but only figuratively in a good sense, splendor or copiousness: - glorious (-ly), glory, honor (-able).

## **Sing praise:**

Zamar-striking with the fingers]; properly, to touch the strings or parts of a musical instrument, i.e. play upon it; to make music, accompanied by the voice; hence to celebrate in song and music.

## **Silent:**

Damam-to be dumb; by implication, to be astonished, to stop; also to perish.

## **Thanks:**

Yadah-to use (i.e. hold out) the hand; physically, to throw (a stone, an arrow) at or away; especially to revere or worship (with extended hands); intensively.

You might read this verse like this: “You have overturned my grief and replaced it with dancing. You have taken off the clothes I grieved in and put clothes of cheerfulness on me. You did this so that everything that is glorious about me would celebrate you in song and music and not be quiet about who you are and what you have done. I will lift my hands to you in reverence and worship you forever.”

**Note:** Sackcloth was usually made of goat or camel hair and was used for mourning garments as well as for straining liquids or sacks. When used for mourning garments it was worn as outer garments, over the outer garments or next to the skin. Sackcloth was coarse so it probably chafed the skin when worn next to the body. A girdle or belt was used to help keep the sackcloth in place.

The psalmist writes that the reason God has turned his (the psalmist) mourning into dancing is for the purpose of God being praised. He made it clear that he would not keep this blessing to himself. He would not be silent about what God had done and sealed it with a declaration to give God thanks forever.

Our response should be no different. Whatever good comes to us, whatever blessings we receive from God is for the express purpose of God being praised. How can we be silent when God comes to the rescue? We should use not only our mouths but our bodies to declare the goodness of God and express our gratitude to him.

### **Scripture references:**

Psalm 149:3

*Let them praise his name with the dance; let them sing praises to him with the timbrel and harp.*

Psalm 150:4

*Praise him with the timbrel and dance; praise him with stringed instruments and flutes!*

Jeremiah 31:13

*Then shall the virgin rejoice in the dance, and the young men and the old, together; For I will turn their mourning to joy, will comfort them, and make them rejoice rather than sorrow.*

Psalm 100:2

*Serve the Lord with gladness; come before his presence with singing.*

Proverbs 10:28

*The hope of the righteous will be gladness, but the expectation of the wicked will perish.*

Psalm 18:49

*Therefore I will give thanks to you, O Lord, among the Gentiles, and sing praises to your name.*

Psalm 79:13

*So we, your people and sheep of your pasture, will give you thanks forever; we will show forth your praise to all generations.*

Psalm 106:1

*Praise the Lord! Oh, give thanks to the Lord, for he is good! For his mercy endures forever.*

Psalm 118:29

*Oh, give thanks to the Lord, for he is good! For his mercy endures forever.*