

WEeping
MAY STAY
FOR THE NIGHT,
BUT REJOICING
COMES IN
THE MORNING.

PSALM 30:5



PSALM 30:1-12

HEART CHECK & PRAYER



FROM WEeping TO WORSHIP
A HEART THAT REMEMBERS, A LIFE THAT PRAISES.

*The night
is real,
but the
morning
is coming.*



HEART CHECK

TAKE A MOMENT TO REFLECT

- 1 Do I remember what God has already done for me?
Have I paused to thank Him for past deliverance?
- 2 Am I turning to God first when I'm in the pit?
Do I pray, or do I try to fix things on my own?
- 3 Have I allowed success, comfort, or stability to make me forget my need for God?
Am I relying on His favor or my own strength?
- 4 How do I respond when God feels distant?
Do I keep seeking Him, trusting His character even when I don't feel His presence?
- 5 Am I choosing praise, even while I wait for the morning?
Can I worship in the night, trusting that joy is coming?
- 6 Is my life a testimony of God's faithfulness that points others to Him?
Do I share what He's done and give Him the glory?

DON'T CONFUSE THE SEASON YOU'RE IN
WITH THE STORY GOD IS WRITING.
NIGHT IS A CHAPTER — NOT THE END.



PRAYER

A PRAYER FROM PSALM 30

Lord,

You lifted me out of the pit.
You heard my cry and healed me.
You turned my mourning into dancing
and removed my sackcloth.

When I feel overwhelmed, remind me
that Your anger lasts only a moment,
but Your favor lasts a lifetime.
Help me to trust that weeping may stay
for the night, but rejoicing comes
in the morning.

Keep me from becoming proud when things
go well, and keep my heart dependent on You
in every season. Teach me to call on You quickly,
knowing You are my helper.

Give me a heart that always remembers
Your faithfulness — a heart that sings Your praises
and does not remain silent.

May my life be a testimony of Your grace,
so others will see what You have done
and praise Your holy name.

In Jesus' name,

Amen.



LORD MY GOD,
I WILL PRAISE YOU
FOREVER.
PSALM 30:12



REMEMBER

- The pit is real, but it's not the end.
- God hears our cries.
- His discipline is temporary, but His favor is everlasting.
- Night is real, but morning is coming.
- Our story can become someone else's hope.



RENEW

- Choose gratitude over complaint.
- Choose dependence over self-reliance.
- Choose praise, even in the waiting.
- Choose to share what God has done.
- Choose to live with an eternal perspective.



RESPOND

- Pray today, don't delay.
- Worship in the present moment.
- Encourage someone who is in the night.
- Look for ways to use your story for God's glory.
- Live each day as a testimony of His faithfulness.

THE ANONYMOUS DISCIPLE
REAL PEOPLE • REAL QUESTIONS • A FAITHFUL GOD

*Joy still
has the last word.*

