

Psalm 30 - Thankful

Notices - Sunday, 29th July 2018

**What is the way to Joy?**

**The King's joy in the LORD**

**v1-3**

**The King's invitation to share his joy**

**v4-5**

**The King's journey to joy**

**v6-12**

**The descent v6-7**

**The plea v8-10**

**The rise v11-12**

1) Summer BBQs (6:00pm on Sundays until 2nd September)

This Summer, we will be looking at some of the Psalms and, as in previous years, having BBQs outside before the evening service. Please do come along for food and fellowship!

2) Summer Central (8:00pm, Wednesdays until 29th August)

We will meet at 8:00pm on Wednesdays over the Summer for a short bible study and time of prayer. No meal beforehand but there will be plenty of tea, coffee & cake!

3) Pot luck lunch (12:30pm onwards, Sunday 5th August)

Join us after the morning service next Sunday, 5th August for a church pot luck lunch - everyone welcome. Bring a favourite dish and taste other people's favourites too! This will also be Alex Berry's, Janet Arnold's, and Michelle Chan's last Sunday with us before they head off to Croydon, Zimbabwe, and Shanghai respectively so please pray for them and take the opportunity to say goodbye!

4) Picnic & Pool Party (12:30-6:00pm, Sunday 12th August)

John & Gillian Lawson are once again very kindly opening up their home on Sunday 12th August at 7, Oakhill Way, NW3 7LR after the morning service for a picnic and pool party for the whole church. All are invited! Please bring your own picnic (BBQ will be lit) plus swimming gear - perfect weather guaranteed!

5) Weekend Away (5-7th October 2018)

The online booking form is available on our website at [www.sjdh.org](http://www.sjdh.org) so *do sign up* asap. Paper forms are also available at the back of church - please put any completed forms in the 'Donations' box at the back of church or hand them to a member of the staff team.

For Further Discussion:

1) In what places do we search for contentment and joy? Why do we long for these things?

2) What's made the King so thankful?

3) What journey has David taken to find joy?

4) What are the depths you think David experienced? How are they similar to the ones we face?

5) How does this Psalm find its fulfilment in Christ?

6) What might it look like to sing the King's song?

7) How can we not lose heart in the depths we experience? How can we be a support to brothers and sisters struggling in the depths?

**Applications**

**1) Sing the King's song**

**2) Don't lose heart in the depths**