

Tehilim Perek 30

Welcome to NachDaily, covering the entire TANACH one perek at a time. I'm Rabbi Shaya Sussman, and today we'll be discussing Tehilim, chapter 30.

Note that this perek is said at the beginning of Pessukei D'zimra in davening every day.

Dovid composed this psalm to be said at the "Chanukat Habayit," inauguration of the Beis Hamikdash.

More information on some of the background can be found in Shmuel Beis, chapter seven. Click on the NachDaily archives at the bottom of the email.

Rashi and the Radak explain that Dovid said this perek about the spiritual salvation he received when he was forgiven for his "sins" with Bas Sheva. Dovid's detractors tried to cause him much stress and anxiety about keeping his throne. They predicted that Shlomo, Bas Sheva's son, would never be the king of Yisrael, and that Dovid had forfeited his share of the World to Come.

The Radak emphasizes that Dovid knew that this son would be the one to build the Beis Hamikdash, as he was told by Nassan Hanavi that Shlomo would be the next King of Yisrael. This was a clear indication that Hashem forgave Dovid for what happened with Bas Sheva.

This perek is therefore full of Dovid's gratitude to Hashem for saving him from the lowest place and raising him to the highest. Hashem saved him from his enemies. I cried out to You, and felt healed. God's anger is only temporary.

In verse 4 it says

יְהוָה הֶעֱלִיתָ מִן־שְׁאֵוֹל נַפְשִׁי חַיִּיתִנִּי מִיֹּרְדֵי־[מִיֹּרְדֵי]־בֹר:

God, You brought me up from hell, preserved me from going down into the Pit.

The simple meaning is that Dovid was thankful for being saved from the lowest of the low places. As many literally wanted him dead, he had felt as if he were in Sheol- hell, full of pain and suffering caused by evil people.

Dovid related that in his prosperity he feels strong, but if God were to hide Himself, he would be frightened. What will be gained by my death?

“Shall the dust praise You? Shall it declare Your truth?”

Dovid ended with thanking Hashem for turning his suffering into dancing and expressed his desire to thank God forever!

As we’ve often stated, Dovid said Tehilim for all of Klal Yisrael, and every word applies to every individual at all times.

Rav Nosson of Nemirov explains in Hilchos Sheloach Hakain that since this chapter applies to all of us, Chazal instituted that we say it to begin the Pessukei D’zimra in the morning prayers. Rav Nosson also weaves the following idea through all the verses in the perek:

Hashem, with His great chessed, continually saves us. It is fitting, therefore, to thank Him for all that He’s done for us each day. With all of the challenges that a person faces at every moment, the mere fact that one is able to daven, wear a talis and tefillin, and stand before the Creator is in of itself a huge favor. If not for God’s intervention, who knows if you’d merit standing in front of Him every morning in prayer.

Therefore, we thank Hashem immediately for raising us up from the lowest places. One as lowly as I merit to wear Tefilin, which are the “kisrin d’malka – kings’ crowns!” Hashem has truly raised me up from the lowest places and turned my pain into simcha, happiness. As it says in passuk 12;

הִפַּכְתָּ מִסְפָּדִי לְמַחֹל לִי פָתַחְתָּ שְׂקִי וַתִּאֲזָרְנִי שִׂמְחָה:

You turned my depression into dancing, you removed my sackcloth and filled me with joy.

Rav Nosson goes on to explain that hisrachus is hiskarvus, the distancing is really bringing closer. Therefore, Dovid's sadness was turned into dancing.

Dovid had lifted his eyes above to the Creator of all that we see, touch and hear. He was able to connect with the truth of the Yichud Hashem, the absolute, undivided oneness of God and understood that his suffering could change in a heartbeat!

And that's why Dovid ended with

לְמַעַן | יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם יְהוָה אֱלֹהֵי לְעוֹלָם אֻדְּרָךְ:

That my whole being might sing praise to You endlessly, God, My Lord, I will give thanks to You forever.

May we too merit seeing God as the infinite Source behind all life. Like Dovid Hamelech, may we never stop thanking Him.

Thank you for listening and have a wonderful day.