

## Psalm 30

**1** I will extol you, O LORD, for you have | drawn me up\*  
and have not let my foes rejoice | over me.

**2** O LORD my God, I cried to | you for help,\*  
and you have | healed me.

**3** O LORD, you have brought up my soul | from Sheol;\*  
you restored me to life from among those who go down | to the pit.

**4** Sing praises to the LORD, O | you his saints,\*  
and give thanks to his | holy name.

**5** For his anger is but for a moment, and his favor is for a | lifetime.\*  
Weeping may tarry for the night, but joy comes with the | morning.

**6** As for me, I said in my pros- | perity,\*  
“I shall nev- | er be moved.”

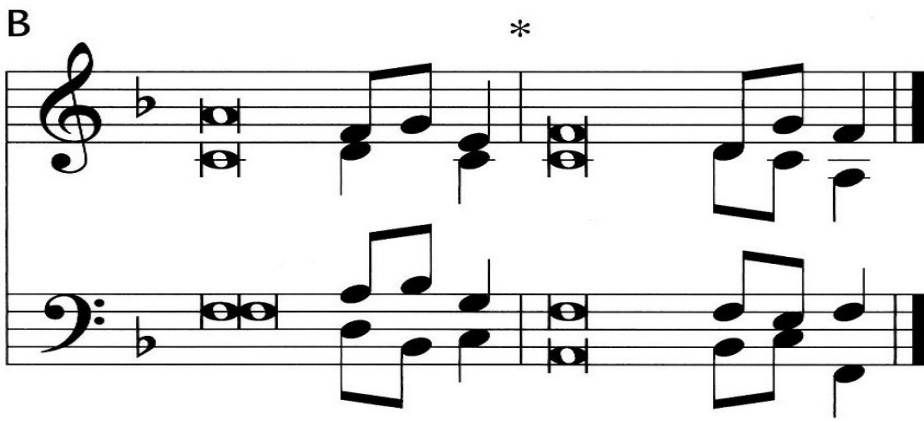
**7** By your favor, O LORD, you made my mountain | stand strong;\*  
you hid your face; I | was dismayed.

**8** To you, O | LORD, I cry,\*  
and to the Lord I plead for | mercy:

**9** “What profit is there in my death, if I go down | to the pit?\*

Will the dust praise you? Will it tell of your | faithfulness?

Over...



**10** Hear, O LORD, and be merci- | ful to me! \*  
O LORD, be my | helper!”

**11** You have turned for me my mourning into | dancing; \*  
you have loosed my sackcloth and clothed me with | gladness,

**12** that my glory may sing your praise and not be | silent. \*  
O LORD my God, I will give thanks to you for- | ever!