

Psalm 30

Psalm 30

A Psalm *and* Song *at* the dedication of the house of David.

¹ I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

² O LORD my God, I cried unto thee, and thou hast healed me.

³ O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.

⁴ Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.

⁵ For his anger *endureth but* a moment; in his favour *is* life: weeping may endure for a night, but joy *cometh* in the morning.

⁶ And in my prosperity I said, I shall never be moved.

⁷ LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, *and* I was troubled.

⁸ I cried to thee, O LORD; and unto the LORD I made supplication.

⁹ What profit *is there* in my blood, when I go down to the pit? Shall the dust praise thee? shall it declare thy truth?

¹⁰ Hear, O LORD, and have mercy upon me: LORD, be thou my helper.

¹¹ Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

¹² To the end that *my* glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.