

Psalm 30 (29): 2 and 4, 5-6, 11-12a and 13b

- I will extol you, LORD, for you have raised me up, \* and have not let my enemies rejoice over me.
  - O LORD, you have lifted up my soul *from the* grave, \* restored me to life from those who sink into *the* pit.
- Sing psalms to the LORD, you faithful ones; \* give thanks to his holy name.

His anger lasts a moment; his favor *all through* life. \* At night come tears, but dawn *brings* joy.

- Hear, O LORD, and have mercy on me; \* be my helper, O LORD.
  - You have changed my mourning *into* dancing, \* O LORD my God, I will thank you *for* ever.