

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.