

Psalm 30 (New International Version)

- ¹ I will exalt you, O LORD,
for you lifted me out of the depths
and did not let my enemies gloat over me.
- ² O LORD my God, I called to you for help
and you healed me.
- ³ O LORD, you brought me up from the grave;
you spared me from going down into the pit.
- ⁴ Sing to the LORD, you saints of his;
praise his holy name.
- ⁵ For his anger lasts only a moment,
but his favour lasts a lifetime;
weeping may remain for a night,
but rejoicing comes in the morning.
- ⁶ When I felt secure, I said,
"I will never be shaken."
- ⁷ O LORD, when you favoured me,
you made my mountain stand firm;
but when you hid your face,
I was dismayed.
- ⁸ To you, O LORD, I called;
to the Lord I cried for mercy:
- ⁹ "What gain is there in my destruction,
in my going down into the pit?
Will the dust praise you?
Will it proclaim your faithfulness?"
- ¹⁰ Hear, O LORD, and be merciful to me;
O LORD, be my help."
- ¹¹ You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,
- ¹² that my heart may sing to you and not be silent.
O LORD my God, I will give you thanks forever.