Scripture
Psalm 30 (NLT)

1   *I will exalt you, Lord, for you rescued me.*
      you refused to let my enemies triumph over me.

2   *O Lord my God, I cried to you for help,*
      and you restored my health.

3   *You brought me up from the grave, O Lord.*
      You kept me from falling into the pit of death.

4 *Sing to the Lord, all you godly ones!*
Praise his holy name.
5 *For his anger lasts only a moment,*
but his favor lasts a lifetime!
Weeping may last through the night,
but joy comes with the morning.

6 *When I was prosperous, I said,*
"Nothing can stop me now!"
7 *Your favor, O Lord, made me as secure as*
a mountain.
Then you turned away from me, and I was
shattered.

8   *I cried out to you, O Lord.*
  I begged the Lord for mercy, saying,

9   *"What will you gain if I die,*
  if I sink into the grave?
Can my dust praise you?
  Can it tell of your faithfulness?

10   *Hear me, Lord, and have mercy on me.*
  Help me, O Lord."

11 *You have turned my mourning into joyful dancing.*

You have taken away my clothes of mourning and clothed me with joy,
12 *that I might sing praises to you and not be silent.*

O Lord my God, I will give you thanks forever!