

Scripture

Psalm 30 (NLT)

A psalm of David. A song for the dedication of the Temple.

- 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!