

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!