

## **Psalm 30 (NLT)**

- <sup>1</sup>**I will exalt you, Lord, for you rescued me.  
You refused to let my enemies triumph over me.**
- <sup>2</sup>**O Lord my God, I cried to you for help,  
and you restored my health.**
- <sup>3</sup>**You brought me up from the grave, O Lord.  
You kept me from falling into the pit of death.**
- <sup>4</sup>**Sing to the Lord, all you godly ones!  
Praise his holy name.**
- <sup>5</sup>**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.**
- <sup>6</sup>**When I was prosperous, I said,  
"Nothing can stop me now!"**
- <sup>7</sup>**Your favor, O Lord, made me as secure as a mountain.  
Then you turned away from me, and I was shattered.**
- <sup>8</sup>**I cried out to you, O Lord.  
I begged the Lord for mercy, saying,**
- <sup>9</sup>**"What will you gain if I die, if I sink into the grave?  
Can my dust praise you? Can it tell of your faithfulness?"**
- <sup>10</sup>**Hear me, Lord, and have mercy on me. Help me, O Lord."**
- <sup>11</sup>**You have turned my mourning into joyful dancing.  
You have taken away my clothes of mourning and clothed  
me with joy,**
- <sup>12</sup>**that I might sing praises to you and not be silent.  
O Lord my God, I will give you thanks forever!**