The responsive psalm is **Psalm 30.** We'll be singing **Refrain I**, and it can be found in the **Red Psalter** in your pew.



R

- I will extol you, O LORD, for you have lífted mé úp, and did not let my foes rejoice óvér mé.
- O LORD my God, I cried to you for help, and you have healed me.
- O LORD, you brought up my sóul fróm Shéol, restored me to life from among those gone down tó thé Pít.
- Sing praises to the LORD, O you fáithfúl ónes, and give thanks to God's hólý náme.
- For the Lord's anger is but for a moment; the Lord's favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning. R
- As for me, I said in mý próspérity, "I shall néver bé móved."
- By your favor, O LORD, you had established me as a stróng móuntain; you hid your face; I wás dísmáyed.
- 8 To you, O LORD, I cried, and to the LORD I made súpplicátion:
- "What profit is there in my death, if I go down to the Pit? Will the dust praise you? Will it tell of your faithfulness?
- 10 Hear, O LORD, and be grácious tó mé!

O LORD, bé mý hélper!" R

- You have turned my mourning intó dáncing; you have taken off my sackcloth and clothed mé with jóy,
- so that my soul may praise you and nót bé sílent.

O LORD my God, I will give thanks to you fóréver. R