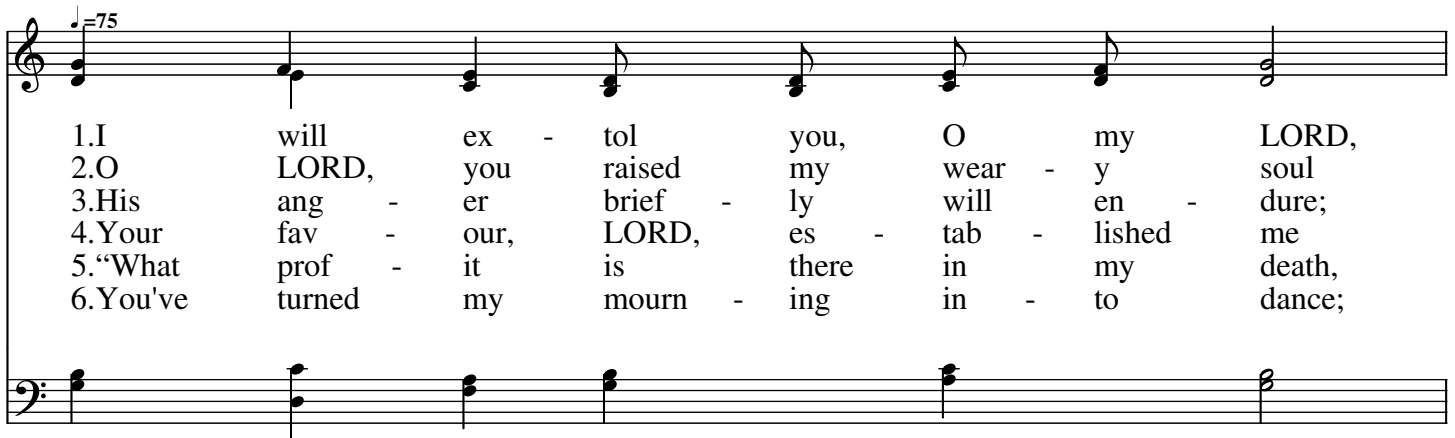
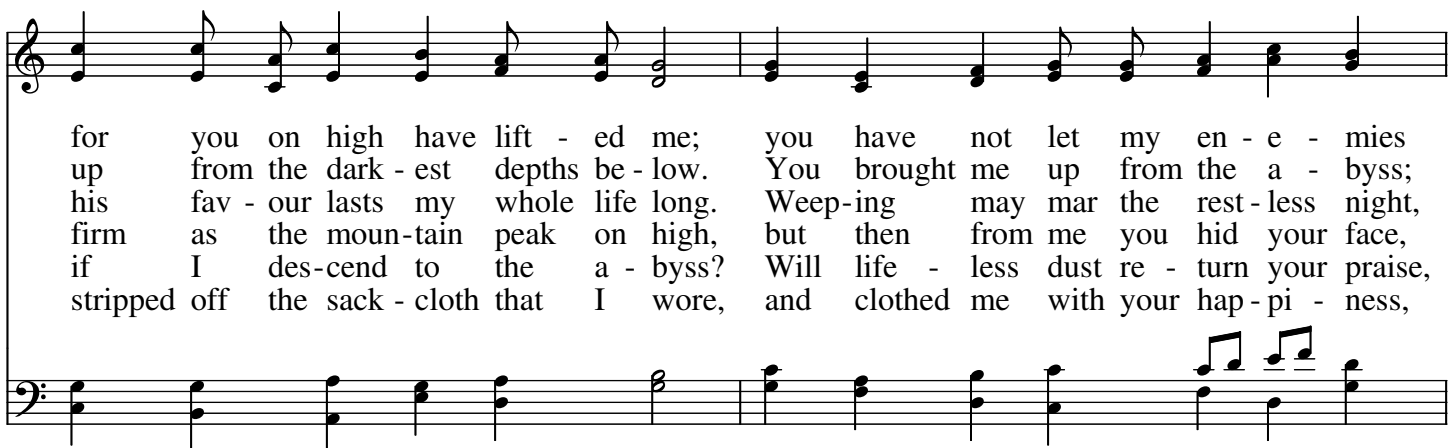


# Psalm 30

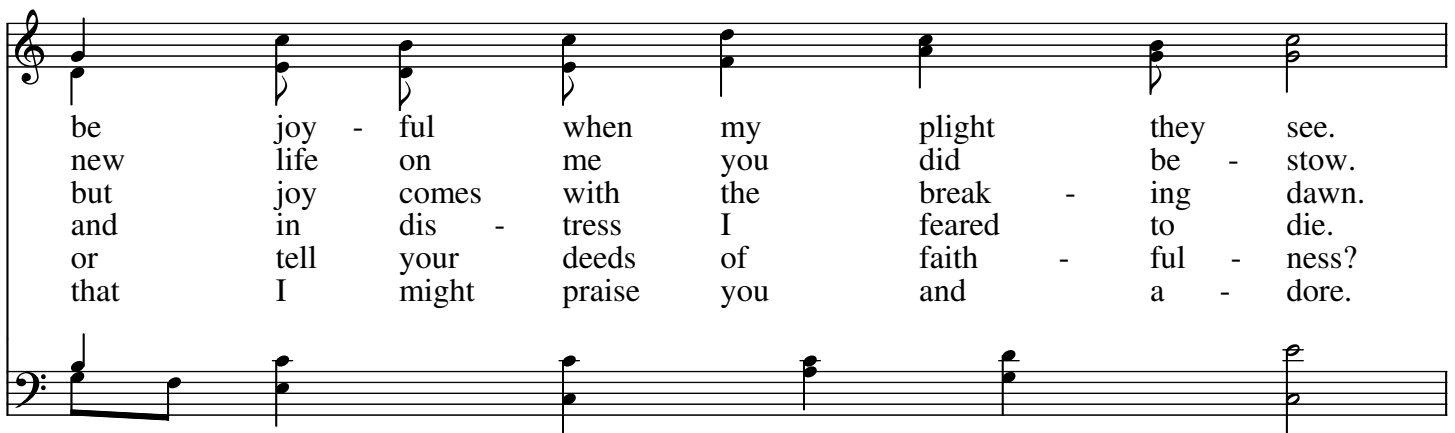
Geneva, 1551



1. I will ex - tol you, O my LORD,  
2. O LORD, you raised my wear - y soul  
3. His ang - er brief - ly will en - dure;  
4. Your fav - our, LORD, es - tab - lished me  
5. "What prof - it is there in my death,  
6. You've turned my mourn - ing in - to dance;



for you on high have lift - ed me; you have not let my en - e - mies  
up from the dark - est depths be - low. You brought me up from the a - byss;  
his fav - our lasts my whole life long. Weep - ing may mar the rest - less night,  
firm as the moun - tain peak on high, but then from me you hid your face,  
if I des - cend to the a - byss? Will life - less dust re - turn your praise,  
stripped off the sack - cloth that I wore, and clothed me with your hap - pi - ness,



be joy - ful when my plight they see.  
new life on me you did be - stow.  
but joy comes with the break - ing dawn.  
and in dis - tress I feared to die.  
or tell your deeds of faith - ful - ness?  
that I might praise you and a - dore.

O LORD, I cried for your as - sis - tance,  
 You saints, sing to the LORD your prais - es,  
 When I was strong, en - joy - ing com - fort,  
 To GOD I made my sup - pli - ca - tion;  
 Hear me, O LORD, and do be grac - ious!  
 O LORD my God, I'll not be si - lent,

and heal - ing you have giv - en to me.  
 and to his name may thanks - giv - ing flow.  
 I said that no - thing could bring me down.  
 to you, O LORD, this is what I'd cry:  
 Help me, O LORD, when I'm in dis - tress!"  
 but give you grat - i - tude ev - er more.