

## Psalm 30<sup>[a]</sup>

**A psalm. A song. For the dedication of the temple.<sup>[b]</sup> Of David.**

- <sup>1</sup> I will exalt you, LORD,  
for you lifted me out of the depths  
and did not let my enemies gloat over me.
- <sup>2</sup> LORD my God, I called to you for help,  
and you healed me.
- <sup>3</sup> You, LORD, brought me up from the realm of the dead;  
you spared me from going down to the pit.
- <sup>4</sup> Sing the praises of the LORD, you his faithful people;  
praise his holy name.
- <sup>5</sup> For his anger lasts only a moment,  
but his favor lasts a lifetime;  
weeping may stay for the night,  
but rejoicing comes in the morning.
- <sup>6</sup> When I felt secure, I said,  
"I will never be shaken."
- <sup>7</sup> LORD, when you favored me,  
you made my royal mountain<sup>[c]</sup> stand firm;  
but when you hid your face,  
I was dismayed.
- <sup>8</sup> To you, LORD, I called;  
to the Lord I cried for mercy:
- <sup>9</sup> "What is gained if I am silenced,  
if I go down to the pit?  
Will the dust praise you?  
Will it proclaim your faithfulness?"
- <sup>10</sup> Hear, LORD, and be merciful to me;  
LORD, be my help."
- <sup>11</sup> You turned my wailing into dancing;  
you removed my sackcloth and clothed me with joy,
- <sup>12</sup> that my heart may sing your praises and not be silent.  
LORD my God, I will praise you forever.