Psalm 30

Exaltabo te, Domine
tone VIII1

I WILL magnify thee, O Lord, for thou hast set me up: and not made my foes to triumph over me. 2. O Lord my God, I cried unto thee: and thou hast healed me. 3. Thou, Lord, hast brought my soul out of hell: thou hast kept my life from them that go down to the pit. 4. Sing praises unto the Lord, O ye saints of his: and give thanks unto him for a remembrance of his holiness. 5. For his wrath endureth but the twinkling of an eye, and in his pleasure is life: heaviness may endure for a night, but joy cometh in the morning. 6. And in my prosperity I said, I shall never be removed: thou, Lord, of thy goodness hast made my hill so strong. 7. Thou didst turn thy face from me: and I was troubled. 8. Then cried I unto thee, O Lord: and gat me to my Lord right humbly. 9. What profit is there in my blood: when I go down to the pit? 10. Shall the dust give thanks unto thee: or shall it declare thy truth?

Hear, O Lord, and have mercy upon me: Lord, be thou my
helper. 12. Thou hast turned my heavy-ness in-to joy: thou hast put off my
sackcloth, and girded me with gladness. 13. Therefore shall ev-ery good man sing
of thy praise without ceasing: O my God, I will give thanks un-to thee for
ev-er. Glory be to the Father, and to the Son: and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be: world without end.

Amen