1 I will exalt you, O Lord,
because you have raised me up and have not let my foes triumph over me.

2 O Lord my God, I cried out to you and you have healed me.

3 You brought me up, O Lord, from the dead; you restored me to life from among those that go down to the Pit.

4 Sing to the Lord, you servants of his; give thanks to his holy name.

5 For his wrath endures but the twinkling of an eye,
his favour for a lifetime.

Heaviness may endure for a night,
but joy comes in the morning.

6 In my prosperity I said,
‘I shall never be moved.’

You, Lord, of your goodness,
have made my hill so strong.’

7 Then you hid your face from me and I was utterly dismayed.

8 To you, O Lord, I cried;
to the Lord I made my supplication:

9 ‘What profit is there in my blood, if I go down to the Pit?’
Will the dust praise you or declare your faithfulness?

10 ‘Hear, O Lord, and have mercy upon me; O Lord, be my helper.’

11 You have turned my mourning into dancing; you have put off my sackcloth and girded me with gladness;

12 Therefore my heart sings to you without ceasing; O Lord my God, I will give you thanks for ever.

Common Worship: Services and Prayers for the Church of England, material from which is included here, is copyright © The Archbishops' Council 2000 and published by Church House Publishing.

Related Resources

Buy the Book

Common Worship: Main Volume is available from Church House Publishing
Download the Reflections on the Psalms app

Source URL: https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/common-material/psalter/psalm-30