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

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

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

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

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.

In my prosperity I said, 'I shall never be moved. You, Lord, of your goodness, have made my hill so strong.'

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

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.

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