THE CHURCH OF ENGLAND

Refrain: You brought me up, O Lord, from the dead.

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. [*R*]

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.’ [*R*]

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.

Refrain: You brought me up, O Lord, from the dead.

Lord, you hide your face

when we trust in ourselves;

strip us of false security

and re-clothe us in your praise,

that we may know you

as the one who raises us from death,

as you raised your Son, our Saviour Jesus Christ.

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