

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.

Common Worship: Daily Prayer, material from which is included here,

is copyright © [The Archbishops' Council](#) 2005 and published by [Church House Publishing](#).

[Copy to clipboard](#)

Prayer During the Day
Common Worship

[Join us in Daily Prayer](#)



[Buy the Book](#)

[Daily Prayer 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/daily-prayer/psalter/psalm-30>