

PSALM 30

This psalm of David is a song of thanksgiving for his deliverance from danger and affliction. He calls on all God's saints to celebrate the Lord's goodness, and to remember how prone they are to forget him in prosperity. It is important to let afflictions work the end for which God designed them--to recall us to a sense of our dependence upon him. When we call upon him in heartfelt prayer, he will hear our cry and change sorrow into joy. With everlasting kindness he will have mercy upon us.

A Psalm; a Song at the Dedication of the House. A Psalm of David.

- 1 I will extol you, O YAHWEH,
for you have drawn me up and have not let my foes rejoice over me.
- 2 O YAHWEH my God, I cried to you for help, and you have healed me.
- 3 O YAHWEH, you have brought up my soul from Sheol;
you restored me to life from among those who go down to the pit.

- 4 Sing praises to YAHWEH, O you his saints, and give thanks to his holy name.
- 5 For his anger is but for a moment, and his favor is for a lifetime.
Weeping may tarry for the night, but joy comes with the morning.

- 6 As for me, I said in my prosperity, "I shall never be moved."
7 By your favor, O YAHWEH, you made my mountain stand strong;
you hid your face; I was dismayed.

- 8 To you, O YAHWEH, I cry, and to the Lord I plead for mercy:
9 "What profit is there in my death, if I go down to the pit?
Will the dust praise you? Will it tell of your faithfulness?"
- 10 Hear, O YAHWEH, and be merciful to me! O YAHWEH, be my helper!"

- 11 You have turned for me my mourning into dancing;
you have loosed my sackcloth and clothed me with gladness,
- 12 that my glory may sing your praise and not be silent.
O YAHWEH my God, I will give thanks to you forever!

PRAYER

O Lord our God, your mercy is infinite. You remember that we are poor and helpless sinners in our best estate. Leave us not comfortless. And when we are brought low by sickness or disease, lift our drooping spirits and teach us to resign ourselves wholly to your blessed will. Sanctify all your dispensations to the advantage of our immortal

souls, to the quickening of repentance and strengthening of faith. May our consciences be lightened from the burden of sin, and may we look forward with joy and comfort to your pardoning mercies through Christ Jesus. And when our time of departure comes, may we be presented as evidences of your sovereign grace before the great assembly of saints and angels in your kingdom. Grant this, O merciful Father, for Jesus Christ's sake. Amen.