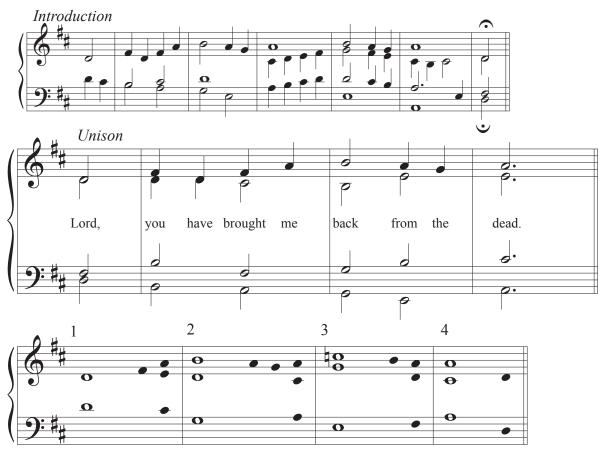
Psalm 30

Introduction. Cantor sings refrain. All repeat refrain. Cantor sings verses. All sing refrain after each group of verses. In the psalm-tone the singer leaves the reciting note on the underlined word or syllable.



(1) I will extol you, O Lord, for you have lifted me up;

- (2) you have not let my enemies triumph over me.
- (1) O Lord my God, I cried to you for help,
- (2) and you have restored my health.
- (3) Lord, you have brought me back from the dead;
- (4) you have saved my life from among those going down to the Abyss. *R*.
- (1) Let all your servants sing praises to you, O Lord,
- (2) and give thanks to your holy name.
- (3) For your anger is but for a moment, and in your kindness there is life. *R*.
- (4) Tears may linger at nightfall, but joy comes with the dawn.
- (1) In my prosperity I said,
 - "I shall never be shaken;
- (1) your favour, O Lord, has made me as firm as any strong mountain."
- (2) You turned your face away from me, and I was greatly dismayed.
- (3) I called to you, O God;
- (4) to the Lord I made my appeal. *R*.
- (1) "What profit is there in my death,

in my going down to the grave?

(2) Will the dust give you praise.

or will it proclaim your faithfulness?

- (3) Hear, O Lord, and be gracious to me;
- (4) O Lord, be my <u>help</u>er." *R*.
- (1) You have turned my mourning into dancing;
- (2) you have stripped off my sackcloth and clothed me with joy.
- (3) so that my heart shall sing out your praise without ceasing.
- (4) O Lord my God, I will give thanks to you for ever. *R*.

Text from NZ Prayer Book