

# Psalm 30

George Black

*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.*

*Introduction*



*Unison*



Lord, you have brought me back from the dead.



1 2 3 4

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

*Text from NZ Prayer Book*

(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.

(4) Tears may linger at nightfall, but joy comes with the dawn. **R.**

(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 helper." **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.**