

## Psalm 30

1<sup>st</sup> Scripture Reading for May 4, 2025

*(found on page 505 of the Old Testament in our pew Bibles)*

- <sup>1</sup> I will extol you, O Lord, for you have drawn me up,  
and did not let my foes rejoice over me.
- <sup>2</sup> O Lord my God, I cried to you for help,  
and you have healed me.
- <sup>3</sup> O Lord, you brought up my soul from Sheol,  
restored me to life from among those gone down to the Pit.
- <sup>4</sup> Sing praises to the Lord, O you his faithful ones,  
and give thanks to his holy name.
- <sup>5</sup> For his anger is but for a moment;  
his favor is for a lifetime.  
Weeping may linger for the night,  
but joy comes with the morning.
- <sup>6</sup> As for me, I said in my prosperity,  
“I shall never be moved.”
- <sup>7</sup> By your favor, O Lord,  
you had established me as a strong mountain;  
you hid your face;  
I was dismayed.
- <sup>8</sup> To you, O Lord, I cried,  
and to the Lord I made supplication:
- <sup>9</sup> “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?
- <sup>10</sup> Hear, O Lord, and be gracious to me!  
O Lord, be my helper!”
- <sup>11</sup> You have turned my mourning into dancing;  
you have taken off my sackcloth  
and clothed me with joy,
- <sup>12</sup> so that my soul may praise you and not be silent.  
O Lord my God, I will give thanks to you forever.