

Psalm 30

JPS [\[Online\]](#)

You Turned My Mourning into Dancing

1A Psalm; a Song at the Dedication of the House; of David. I will extol thee, O LORD, for Thou hast raised me up, And hast not suffered mine enemies to rejoice over me.

2O LORD my God, I cried unto Thee, and Thou didst heal me;

3O LORD, Thou broughtest up my soul from the nether-world; Thou didst kept me alive, that I should not go down to the pit.

4Sing praise unto the LORD, O ye His godly ones, And give thanks to His holy name.

5For His anger is but for a moment, His favour is for a life-time; Weeping may tarry for the night, But joy cometh in the morning.

6Now I had said in my security: 'I shall never be moved.'

7Thou hadst established, O LORD, in Thy favour my mountain as a stronghold—Thou didst hide Thy face; I was affrighted.

8Unto Thee, O LORD, did I call, And unto the LORD I made supplication:

9What profit is there in my blood, when I go down to the pit? Shall the dust praise Thee? Shall it declare Thy truth?

10Hear, O LORD, and be gracious unto me; LORD, be Thou my helper.'

11Thou didst turn for me my mourning into dancing; Thou didst loose my sackcloth, and gird me with gladness;

12 So that my glory may sing praise to Thee, and not be silent; O LORD my God, I will give thanks unto Thee for ever.