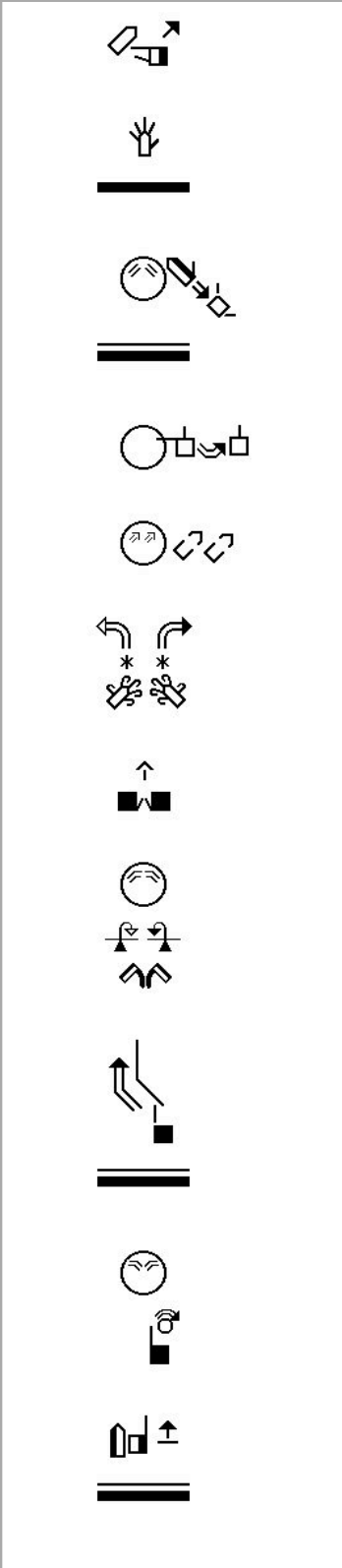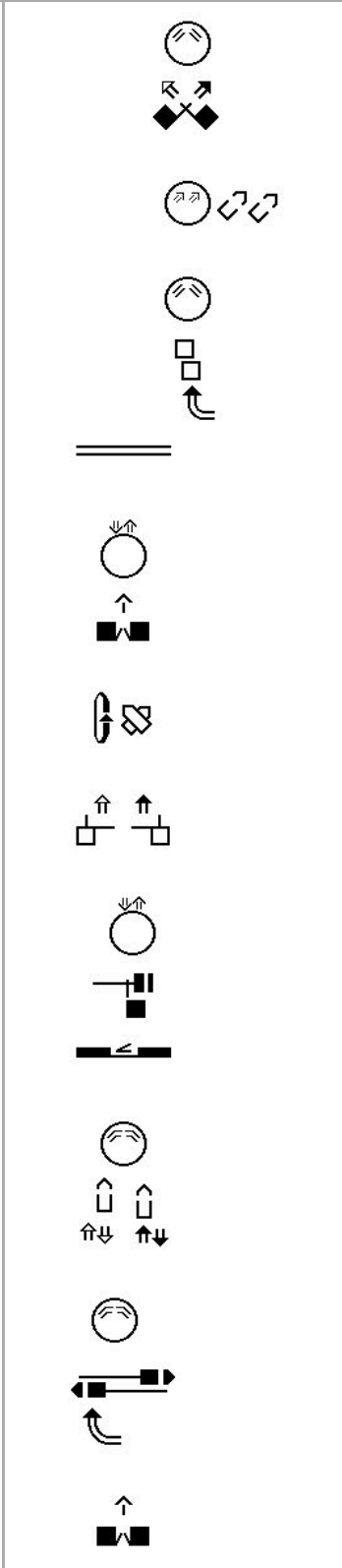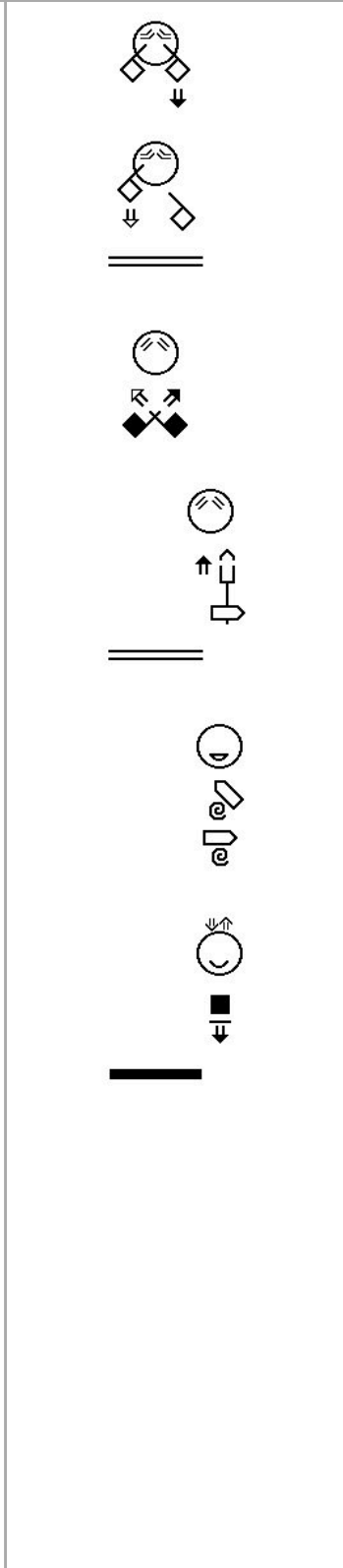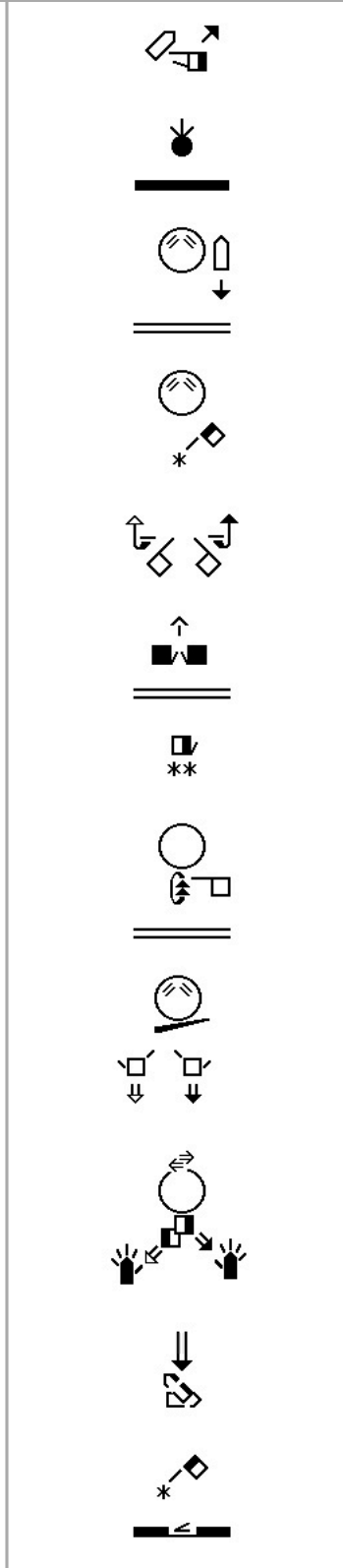Psalm 30. I will exalt you. LORD, for you rescued me. You refused to let my enemies triumph over me. Verse 2. O LORD my God, I cried to you for help, and you restored my health.   NLT

21
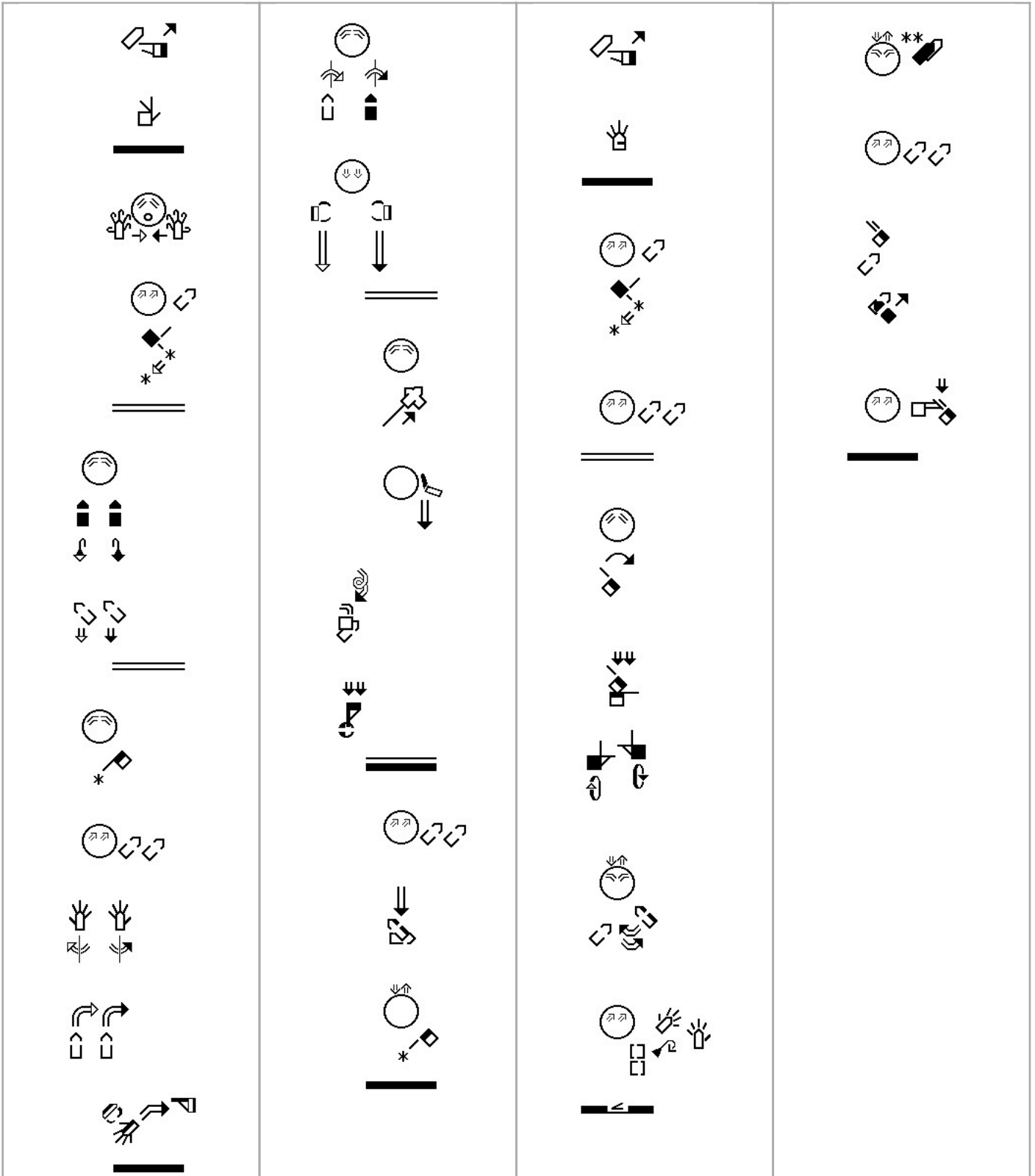
Verse 3. You brought me up from the grave, O LORD. You kept me from falling into the pit of death. Verse 4. Sing to the LORD, all you godly ones! Praise his holy name.   NLT

Verse 5. For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning. Verse 6. When I was prosperous, I said, "Nothing can stop me now!"   NLT

Verse 7. Your favor, O LORD, made me as secure as a mountain. Then you turned away from me, and I was shattered. Verse 8. I cried out to you, O LORD. I begged the Lord for mercy, saying, Verse 9. "What will you gain if I die, if I sink into the grave?   NLT

Can my dust praise you? Can it tell of your faithfulness? Verse 10. Hear me, LORD, and have mercy on me. Help me, O LORD." Verse 11. You have turned my mourning into joyful

NLT
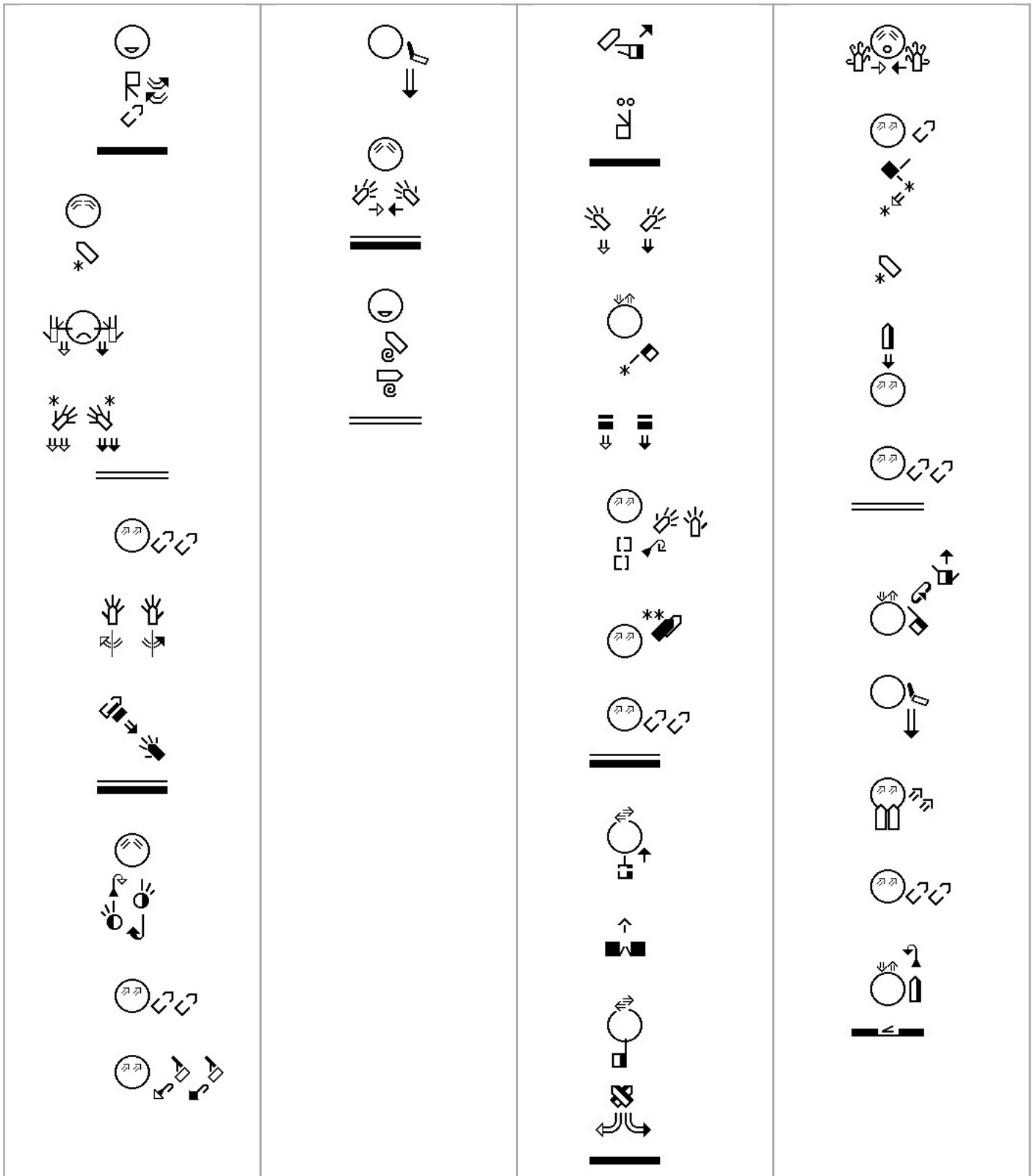
dancing. You have taken away my clothes of mourning and clothed me with joy, Verse 12. that I might sing praises to you and not be silent. O LORD my God, I will give you thanks forever!   NLT