

Psalm 030 - A Psalm of Thanksgiving

Psalm 30

Thanksgiving for Deliverance

1 I will exalt You, LORD, for You have lifted me up, And have not let my enemies rejoice over me.

1 I will extol You, O LORD, for You have lifted me up, And have not let my enemies rejoice over me.

1 I exalt you, LORD, for you have lifted me up, and my enemies could not gloat over me.

1 I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.

2 LORD my God, I cried to You for help, and You healed me.

2 O LORD my God, I cried to You for help, and You healed me.

2 LORD, my God! I cried out to you for help and you healed me.

2 O LORD my God, I cried unto thee, and thou hast healed me.

3 LORD, You have brought up my soul from Sheol; You have kept me alive, that I would not go down to the pit.

3 O LORD, You have brought up my soul from Sheol; You have kept me alive, that I would not go down to the pit.

3 LORD, you brought me from death; you kept me alive so that I did not descend into the Pit.

3 O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit.

4 Sing praise to the LORD, you His godly ones, And praise the mention of His holiness.

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

4 You, his godly ones, sing to the LORD, give thanks at the mention of his holiness.

4 Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.

5 For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, But a shout of joy comes in the morning.

5 For His anger is but for a moment, His favor is for a lifetime; Weeping may last for the night, But a shout of joy comes in the morning.

5 For his wrath is only momentary; yet his favor is for a lifetime. Weeping may lodge for the night, but shouts of joy will come in the morning.

5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

6 Now as for me, I said in my prosperity, "I will never be moved."

6 Now as for me, I said in my prosperity, "I will never be moved."

6 As for me, I said in my prosperity, "I will never be moved."

6 And in my prosperity I said, I shall never be moved.

7 LORD, by Your favor You have made my mountain to stand strong; You hid Your face, I was dismayed.

7 O LORD, by Your favor You have made my mountain to stand strong; You hid Your face, I was dismayed.

7 By your favor, LORD, you established me as a strong mountain; Then you hid your face, and I was dismayed.

7 LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, and I was troubled.

8 To You, LORD, I called, And to the Lord I pleaded for compassion:

8 To You, O LORD, I called, And to the Lord I made supplication:

8 I cried out to you, LORD, and I make supplication to the Lord:

8 I cried to thee, O LORD; and unto the **LORD** I made supplication.

- "...LORD" [KJV] - should be "Lord" (Cf. ISV, NASB)

9 "What gain is there in my blood, if I go down to the pit? Will the dust praise You? Will it declare Your faithfulness?

9 "What profit is there in my blood, if I go down to the pit? Will the dust praise You? Will it declare Your faithfulness?

9 "What profit is there in my death if I go down to the Pit? Can dust worship you? Can it proclaim your faithfulness?"

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

10 "Hear, LORD, and be gracious to me; LORD, be my helper."

10 "Hear, O LORD, and be gracious to me; O LORD, be my helper."

10 Hear me, LORD, and have mercy on me!" LORD, help me!

10 Hear, O LORD, and have mercy upon me: LORD, be thou my helper.

11 You have turned my mourning into dancing for me; You have untied my sackcloth and encircled me with joy,

11 You have turned for me my mourning into dancing; You have loosed my sackcloth and girded me with gladness,

11 You have turned my mourning into dancing; you took off my sackcloth and clothed me with a garment of joy,

11 Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

12 That *my* soul may sing praise to You and not be silent. LORD my God, I will give thanks to You forever.

12 That *my* soul may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.

12 so that I may sing praise to you and not remain silent. LORD, my God, I will give you thanks forever!"

12 To the end that my glory may sing praise to thee, and not be silent. O LORD my God, I will give thanks unto thee for ever.