

Proper 8 Year B (GR Track)

Psalm 30

Mode 3 **Refrain**



O Lord my God, I cried out to you, and you re-stored me to health.

1. I will exalt you, O Lord, because you have lift - ed me up
and have *not* let my enemies tri - umph ov - er me. 2. O Lord my God, I
cried out to you, and you re - stored me to health. 3. You brought me up, O
Lord, from the dead; you restored my *life* as I was go - ing down to the grave. **Refrain**
4. Sing to the *Lord*, you ser - vants of his; give thanks for the remembrance
of his ho - li - ness. 5. For his wrath endures but the twink - ling of an eye,
his favor for a life - time. 6. Weep - ing may spend the night,
but *joy* comes in the morn - ing. **Refrain** 7. While I felt secure, I *said*, "I shall
nev - er be dis - turbed. You, *Lord*, with your favor, made me as
strong as the moun - tains." 8. Then you hid your face,

and I was filled with fear. **Refrain** 9. I cried to you, O Lord;

I pleaded with the Lord, say - ing, 10. "What profit is there in my blood,

if I go down to the Pit? will the *dust* praise you or de -

clare your faith - ful - ness? 11. Hear, O *Lord*, and have mer - cy up - on me;

O Lord, be my help - er. **Refrain** 12. You have turned my wailing

in - to danc - ing; you have put off my *sack*-cloth and clothed me with joy.

13. Therefore my *heart* sings to you with - out ceas - ing;

O Lord my *God*, I will give you thanks for ev - er. **Refrain**

Alleluia *ad libitum*