

Proper 9 Year C (SC Track)

Psalm 30

Mode 5 **Refrain**

You have re - stored my life, O Lord.

1. I will exalt you, O Lord, because you have lifted me up and have *not* let my enemies tri - umph o - ver 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 going down to the grave. **Refrain**

4. Sing to the Lord, you servants of his; give thanks for the remembrance of his ho - li - ness. 5. For his wrath endures but the twinkling of an eye, his favor for a life - time. 6. Weeping may spend the night, but *joy* comes in the morn - ing. **Refrain** 7. While I felt secure, I said, "I shall never 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? **Refrain**

11. Hear, O Lord, and have mercy up - on me; O *Lord*, be my help - er."

12. You have turned my wailing into danc - ing; you have *put* off my sack-cloth and
clothed me with joy. 13. Therefore my *heart* sings to you without ceas - ing;
O Lord my *God*, I will give you thanks for ev - er. **Refrain**

Alleluia *ad libitum*