

# Third Sunday of Easter

## Psalm 30

♩ = 108

I will praise you, Lord, for you have rescued me.

I will exalt you, O Lord, because you have lifted me up  
and have not let my enemies triumph over me.

D.C.

O Lord my God, I cried out to you, / and you restored me to health.

You brought me up, O Lord, from the dead;  
you restored my life as I was going down to the grave.  
Sing to the Lord, you servants of his;  
give thanks for the remembrance of his holiness.

For his wrath endures but the twinkling of an eye, / his favour for a lifetime.  
Weeping may spend the night, / but joy comes in the morning.

While I felt secure, I said, "I shall never be disturbed."  
You, Lord, with your favour, made me as strong as the mountains."  
Then you hid your face, / and I was filled with fear.

I cried to you, O Lord; I pleaded with the Lord, saying,  
"What profit is there in my blood, if I go down to the Pit?  
will the dust praise you or declare your faithfulness?  
Hear, O Lord, and have mercy upon me; / O Lord, be my helper."

You have turned my wailing into dancing;  
you have put off my sack-cloth and clothed me with joy.  
Therefore my heart sings to you without ceasing;  
O Lord my God, I will give you thanks for ever.