Psalm 30:1-6, 12-13

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

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

Refrain

3 You brought me up, O Lord, from the dead; *
   you restored my life as I was going down to the grave.

4 Sing to the Lord, you servants of his; *
   give thanks for the remembrance of his holiness.

Refrain

5 For his wrath endures but the twinkling of an eye, *
   his favor for a lifetime.

6 Weeping may spend the night, *
   but joy comes in the morning.

Refrain

12 You have turned my wailing into dancing; *
   you have put off my sack-cloth and clothed me with joy.

13 Therefore my heart sings to you without ceasing; *
   O Lord my God, I will give you thanks for ever.

Refrain