Psalm 30

I will extol you, Lord

Response		
2a	I will extol you, LORD, for you have raised me up	30-1*, 30-2
	Alleluia	30-A
Sundays		
41	Easter Vigil, Psalm after 4th Reading	30-1
48	3rd Sunday of Easter, Year C	30-1
98	13th Sunday in Ordinary Time, Year B	30-1
90	10th Sunday in Ordinary Time, Year C	30-1
Weekdays		
190	Thursday, 3rd Week of Advent	30-2
244	Monday, 4th Week of Lent	30-2

Psalm 30 30-1



- I will extol you, LORD, for you have <u>raised</u> me up, and have not let my enemies rejoice <u>ov</u>er me.
- O LORD, you have lifted up my <u>soul</u> from Sheol, restored me to life from those who sink in<u>to</u> the pit.
- Sing psalms to the LORD, you <u>faithful</u> ones; give thanks to his <u>ho</u>ly name.
- His anger lasts a moment; his favour <u>all</u> through life. At night come tears, but <u>dawn</u> brings joy.
- Hear, O LORD, and have mercy on me; be my helper, O LORD.
- You have changed my mourning <u>in</u>to dancing.
- O Lord my God, I will thank you for ever. \mathbb{R} .

Psalm 30(29):2, 4. 5-6. 11, 12a, 13b. №2a

- 41 Easter Vigil, Psalm after 4th Reading
- 48 3rd Sunday of Easter, Year C
- 90 10th Sunday in Ordinary Time, Year C
- 98 13th Sunday in Ordinary Time, Year B

Psalm 30 30-1i



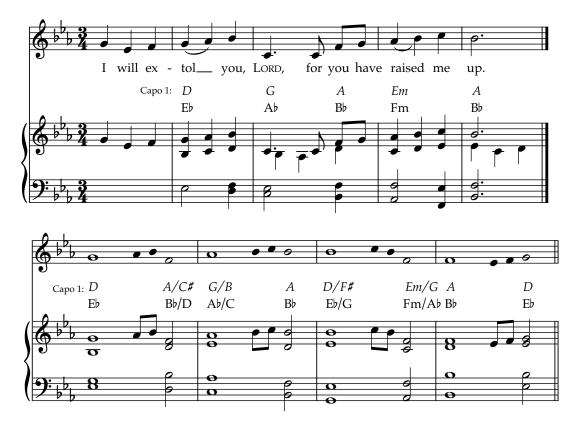
- I will extol you, LORD, for you have <u>raised</u> me up, and have not let my enemies rejoice <u>ov</u>er me.
- O LORD, you have lifted up my <u>soul</u> from Sheol, restored me to life from those who sink in<u>to</u> the pit.
- Sing psalms to the LORD, you <u>faithful</u> ones; give thanks to his <u>ho</u>ly name.
- His anger lasts a moment; his favour <u>all</u> through life. At night come tears, but <u>dawn</u> brings joy.

(cont.)



- Hear, O LORD, and have mercy on me; be my helper, O LORD.
- You have changed my mourning <u>in</u>to dancing.
- O Lord my God, I will thank you for ever. 🛚 🖔

Psalm 30 30-2



- I will extol you, LORD, for you have <u>raised</u> me up, and have not let my enemies rejoice <u>ov</u>er me.
- O LORD, you have lifted up my <u>soul</u> from Sheol, restored me to life from those who sink in<u>to</u> the pit.
- Sing psalms to the LORD, you <u>faithful</u> ones; give thanks to his <u>ho</u>ly name.
- His anger lasts a moment; his favour <u>all</u> through life. At night come tears, but <u>dawn</u> brings joy.
- Hear, O LORD, and have mercy on me; be my helper, O LORD.
- You have changed my mourning <u>in</u>to dancing.
- O Lord my God, I will thank you for ever. R.

Psalm 30(29):2, 4. 5-6. 11, 12a, 13b. R∕2a

- 190 Thursday, 3rd Week of Advent
- 244 Monday, 4th Week of Lent

Psalm 30 30-A



