Psalm 30

1. All laud and praise with heart and voice O Lord, I give to thee: Which did not make my foes rejoice, But has exalted me.
2. Of thy good will thou hast called back My soul from hell to save: Thou did revive when strength did lack, And kept me from the grave.
3. For why? His anger for a space Doth last and slake again: But in his favor and his grace, Always doth life remain.
4. When I enjoyed the world at will, Thus would I boast and say: Tush, I am sure to feel none ill, This wealth doth not decay;
5. Wherefore again yet did I cry, To thee, O Lord of might: My God with plaints I did apply, And prayed both day and night.
6. Then didst thou turn my grief and woe Unto a cheerful voice: The mourning weed thou took me fro. And made me to rejoice.

1. O Lord, my God, to thee I cried, In all my pain and grief: Thou gave an ear, and did provide, To ease me with relief.
2. Sing praise, ye saints, that prove and see The goodness of the Lord: In memory of this majesty, Rejoice with one accord.
3. Though grips of grief and pangs full sore Shall lodge with us all night: The Lord to joy shall us restore, Before the day be light.
4. For thou, O God, of thy god grace, Hath sent me strength and aid: But when thou turned away thy face, My mind was sore dismayed.
5. What gain is in my blood, said I, If death destroy my days? Doth dust declare thy majesty, Or yet thy truth doth praise?
6. Wherefore my soul incessantly Shall sing unto thy praise: My Lord, my God, to thee will I Give laud and thanks always.

Edited by B. C. Johnston, 2015. All notes half value of original. Measure 1, Cantus: last note changed from F# to F.