

Refrain: Though tears flow for a night, the morning brings new joy.

I will extol you, O God, for you have lifted me up;
you have not let my enemies triumph over me.

O God, my God, I cried to you for help,
and you restored my health.

**You brought me back from the dead;
you saved my life as I was going down to the Grave.**

Let all your servants sing praises to you,
and give thanks to your holy name.

**Your anger is but for a moment,
but your kindness is life eternal. R**

In my prosperity I said,
**"I shall never be shaken;
your favour, O God,
has made me as firm as any strong mountain."**

You turned your face away from me,
and I was greatly dismayed.

I called to you; I made my appeal:
**"What profit is there in my death,
in my going down to the Grave?**

Will the dust give you praise?

Will it proclaim your faithfulness?

**Hear, O God, and be gracious to me;
O God, be my helper." R**

You turned my mourning into dancing;
you stripped off my sackcloth and clothed me with joy,
so that my heart will sing your praise without ceasing.

O God, my God, I will give thanks to you forever. R