

Psalm 30



In you, O Lord, I take refuge, let me never be put to shame.
In your justice set me free, it is you who will redeem me, Lord.
Into your hands, O Lord, I commend my spirit.

In the face of all my foes, I am a reproach,
an object of scorn to my neighbours and of fear to my friends.
Into your hands, O Lord, I commend my spirit.

Those who see me in the street run away from me.
I am like a dead man, forgotten in men's hearts, like a thing thrown
away
Into your hands, O Lord, I commend my spirit.

But as for me I trust in you, Lord, I say, "You are my God"
My life is in your hands deliver me from the hands of those who
hate me.
Into your hands, O Lord, I commend my spirit.

Let your face shine on your servant, and save me in your love.
Be strong, let your heart take courage, all you who hope in the
Lord.
Into your hands, O Lord, I commend my spirit.

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