Leader: 1 I will extol Thee, O Jehovah; for Thou hast raised me up,

And hast not made my foes to rejoice over me.

Response: **2 O Jehovah my God,**

**I cried unto Thee, and Thou hast healed me.**

Leader: 3 O Jehovah, Thou hast brought up my soul from Sheol;

Thou hast kept me alive, that I should not go down to the pit.

Response: **4 Sing praise unto Jehovah, O ye saints of His,**

**And give thanks to His holy memorial *name*.**

Leader: 5 For His anger is but for a moment;

His favor is for a life-time:

Weeping may tarry for the night,

But joy *cometh* in the morning.

Response: **6 As for me, I said in my prosperity,**

**I shall never be moved.**

Leader: 7 Thou, Jehovah, of Thy favor hadst made my mountain to stand strong:

Thou didst hide Thy face; I was troubled.

Response: **8 I cried to Thee, O Jehovah;**

**And unto Jehovah I made supplication:**

Leader: 9 What profit is there in my blood, when I go down to the pit?

Shall the dust praise Thee? shall it declare Thy truth?

Response: **10 Hear, O Jehovah, and have mercy upon me:**

**Jehovah, be Thou my helper.**

Leader: 11 Thou hast turned for me my mourning into dancing;

Thou hast loosed my sackcloth, and girded me with gladness;

Response: **12 To the end that *my* glory may sing praise to Thee, and not be silent.**

**O Jehovah my God, I will give thanks unto Thee for ever.**