Leader: 1 I will extol Thee, O Lord; for Thou hast lifted me up, and hast not made my foes to rejoice over me.

Response: **2 O Lord my God, I cried unto Thee, and Thou hast healed me.**

Leader: 3 O Lord, Thou hast brought up my soul from the grave: Thou hast kept me alive, that I should not go down to the pit.

Response: **4 Sing unto the Lord, O ye saints of His, and give thanks at the remembrance of His holiness.**

Leader: 5 For His anger endureth but a moment; in His favour is life: weeping may endure for a night, but joy cometh in the morning.

Response: **6 And in my prosperity I said, I shall never be moved.**

Leader: 7 Lord, by Thy favour Thou hast made my mountain to stand strong: Thou didst hide thy face, and I was troubled.

Response: **8 I cried to Thee, O Lord; and unto the Lord 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 Lord, and have mercy upon me: Lord, be Thou my helper.**

Leader: 11 Thou hast turned for me my mourning into dancing: Thou hast put off 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 Lord my God, I will give thanks unto Thee for ever.**