Leader: 1 I will extol You, Yahweh, for You have raised me up,

and have not made my foes to rejoice over me.

Response: **2 Yahweh my God, I cried to You,**

**and You have healed me.**

Leader: 3 Yahweh, You have brought up my soul from Sheol

You have kept me alive, that I should not go down to the pit.

Response: **4 Sing praise to Yahweh, you saints of His.**

**Give thanks to His holy name.**

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

His favor is for a lifetime.

Weeping may stay for the night,

but joy comes in the morning.

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

**“I shall never be moved.”**

Leader: 7 You, Yahweh, when You favored me, made my mountain stand strong;

but when You hid your face, I was troubled.

Response: **8 I cried to You, Yahweh.**

**I made supplication to the Lord:**

Leader: 9 “What profit is there in my destruction, if I go down to the pit?

Shall the dust praise you?

Shall it declare your truth?

Response: **10 Hear, Yahweh, and have mercy on me.**

**Yahweh, be my helper.”**

Leader: 11 You have turned my mourning into dancing for me.

You have removed my sackcloth, and clothed me with gladness,

Response: **12 to the end that my heart may sing praise to You, and not be silent.**

**Yahweh my God, I will give thanks to You forever!**