**PSALM 30**

In te, Domine, speravi.

*A prayer of a just man under affliction.*

**1** Unto the end, a psalm for David, in an ecstasy.

**2** In thee, O Lord, have I hoped, let me never be confounded: deliver me in thy justice.

**3** Bow down thy ear to me: make haste to deliver me. Be thou unto me a God, a protector, and a house of refuge, to save me.

**4** For thou art my strength and my refuge; and for thy name’s sake thou wilt lead me, and nourish me.

**5** Thou wilt bring me out of this snare, which they have hidden for me: for thou art my protector.

**6** Into thy hands I commend my spirit: thou hast redeemed me, O Lord, the God of truth.

**7** Thou hast hated them that regard vanities, to no purpose. But I have hoped in the Lord:

**8** I will be glad and rejoice in thy mercy. For thou hast regarded my humility, thou hast saved my soul out of distresses.

**9** And thou hast not shut me up in the hands of the enemy: thou hast set my feet in a spacious place.

**10** Have mercy on me, O Lord, for I am afflicted: my eye is troubled with wrath, my soul, and my belly:

**11** For my life is wasted with grief: and my years in sighs. My strength is weakened through poverty and my bones are disturbed.

**12** I am become a reproach among all my enemies, and very much to my neighbours; and a fear to my acquaintance. They that saw me without fled from me.

**13** I am forgotten as one dead from the heart. I am become as a vessel that is destroyed.

**14** For I have heard the blame of many that dwell round about. While they assembled together against me, they consulted to take away my life.

**15** But I have put my trust in thee, O Lord: I said: Thou art my God.

**16** My lots are in thy hands. Deliver me out of the hands of my enemies; and from them that persecute me.

**17** Make thy face to shine upon thy servant; save me in thy mercy.

**18** Let me not be confounded, O Lord, for I have called upon thee. Let the wicked be ashamed, and be brought down to hell.

**19** Let deceitful lips be made dumb. Which speak iniquity against the just, with pride and abuse.

**20** O how great is the multitude of thy sweetness, O Lord, which thou hast hidden for them that fear thee! Which thou hast wrought for them that hope in thee, in the sight of the sons of men.

**21** Thou shalt hide them in the secret of thy face, from the disturbance of men. Thou shalt protect them in thy tabernacle from the contradiction of tongues.

**22** Blessed be the Lord, for he hath shewn his wonderful mercy to me in a fortified city.

**23** But I said in the excess of my mind: I am cast away from before thy eyes. Therefore thou hast heard the voice of my prayer, when I cried to thee.

**24** O love the Lord, all ye his saints: for the Lord will require truth, and will repay them abundantly that act proudly.

**25** Do ye manfully, and let your heart be strengthened, all ye that hope in the Lord.