Ps 30

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| Fr. Lazarus | Edited | AI | Psalter according 70 | Psalter for prayer | NETS | Brenton | OSB |
| 1 (A Psalm by David. Of Madness) | 1 (A Psalm by David. Of alarm) | N/A | For the end: a psalm of David, in time of sudden fear. | Unto the end, a Psalm of David, of rapture. | Regarding completion. A Psalm. Pertaining to David. Of alarm. | For the end, a Psalm of David, an utterance of extreme fear. | For the End; a psalm by David; of ecstasy. |
| 2 In You, O Lord, I hope and trust;  let me never be put to shame.  Rescue me and deliver me in Your righteousness.[[1]](#footnote-1) | 2 I have hoped in You, O Lord;  let me never be put to shame;  rescue me and deliver me in Your righteousness.[[2]](#footnote-2) |  | In Thee, O Lord, have I hoped, let me not be put to shame in the age to come; in Thy righteousness deliver me, and rescue me. | IN Thee, O Lord, have I put my trust; let me never be confounded, but rescue me in Thy righteousness, and deliver me. | In you, O Lord, I hoped;  may I never be put to shame;  in your righteousness rescue me, and deliver me. | O Lord, I have hoped in thee; let me never be ashamed: deliver me in thy righteousness and rescue me. | In You, O Lord, I hope; may I not be ashamed forever;  In Your righteousness deliver and rescue me. |
| 3 Incline Your ear to me;  make haste to deliver me.  Be my God and protector,  my house of refuge to save me. | 3 Incline Your ear to me;  make haste to deliver me.  Be my protector-God,  and a house of refuge, to save me. |  | Bow down Thine ear unto me, make haste to rescue me, be Thou unto me a God to defend me and a house of refuge to save me. | Bow down Thine ear to me; make haste to deliver me, and be Thou unto me a defending God, and a house of refuge to save me. | Incline your ear to me;  be quick to deliver me.  Become to me a protector-god  and a house of refuge, to save me, | Incline thine ear to me; make haste to rescue me: be thou to me for a protecting God, and for a house of refuge to save me. | Incline Your ear to me;  Rescue me speedily;  Be to me a God who protects me,  And a house of refuge to save me. |
| 4 For You are my strength and my refuge,  and for Your Name’s sake  You will guide me and support me. | 4 For You are my strength and my refuge,  and You will guide me and sustain me  for Your Name’s sake. |  | For my strength and my refuge art Thou, and for Thy Name’s sake wilt Thou guide me and nourish me. | For Thou art my strength, and my safe haven; be Thou also my guide, and my provider, for Thy Name’s sake. | because you are my empowerment and my refuge,  and for your name’s sake you will guide me and nourish me; | For thou art my strength and my refuge; and thou shalt guide me for thy name’s sake, and maintain me. | For You are my strength and my refuge,  And for Your name’s sake You will guide and sustain me; |
| 5 You will get me out of this trap  which they have hidden for me,  for You are my protector, O Lord. | 5 You will bring me out from this snare,  which they have hidden for me,  for You are my protector, O Lord. |  | Thou wilt bring me out of this snare which they have hid for me, for Thou art my defender, O Lord. | Thou shalt draw me out of this net that they laid privily for me; for Thou art my protector, O Lord. | you will bring me out of this snare, which they hid for me,  because you are my protector. | Thou shalt bring me out of the snare which they have hidden for me; for thou, O Lord, art my defender. | For You will bring me out from the snare they hid for me;  For You are my protector. |
| 6 Into Your hands I entrust my spirit;[[3]](#footnote-3)  for You have redeemed me, O Lord God of truth, | 6 Into Your hands I entrust my spirit;[[4]](#footnote-4)  You have redeemed me, O Lord God of truth. |  | Into Thy hands I will commit my spirit; Thou hast redeemed me, O Lord God of truth. | Into Thy hands will I commend my spirit, for Thou hast redeemed me, O Lord, Thou God of truth. | Into your hands I will entrust my spirit;  you redeemed me, O Lord, God of truth. | Into thine hands I will commit my spirit: thou hast redeemed me, O Lord God of truth. | Into Your hands I shall entrust my spirit;  You redeemed me, O Lord God of truth. |
| 7 You hate those who observe empty follies;[[5]](#footnote-5)  but I trust in the Lord. | 7 You hate those who observe empty vanities;[[6]](#footnote-6)  but I hope in the Lord. |  | Thou hast hated them that cling to empty vanities; but I have hoped in the Lord. | Thou hast hated them that hold of superstitious vanities, but my hope hath been in the Lord. | You hated those who carefully guarded vanities uselessly,  but as for me, I hoped in the Lord. | Thou has hated them that idly persist in vanities: but I have hoped in the Lord. | You hate those who maintain their empty vanities, But I hope in the Lord. |
| 8 I will rejoice and be glad in Your mercy,  for You have regarded my humility  and have saved my soul from wants. | 8 I will rejoice and be glad in Your mercy,  for You have regarded my humiliation;  You saved my soul from dire straits. |  | I will rejoice and be glad in Thy mercy, for Thou hast regarded my lowliness; Thou hast saved my soul out of necessities, | I will be glad, and rejoice in Thy mercy, for Thou hast considered my lowliness, and hast saved my soul from adversity. | I will rejoice and be glad in your mercy,  because you looked upon my humiliation;  you saved my soul from dire straits | I will exult and be glad in thy mercy: for thou hast looked upon mine affliction; thou hast saved my soul from distresses. | I will greatly rejoice and be glad because of Your mercy,  For You beheld my humiliation;  You saved my soul from distress, |
| 9 And You have not shut me up  in the hands of my enemies,  but have set my feet in fields of freedom. | 9 And You have not imprisoned me  in the hands of my enemies,  but have set my feet in fields of freedom. |  | And hast not shut me up in the hands of enemies; Thou hast set my feet in a spacious place. | And Thou hast not shut me up into the hand of the enemy, but hast set my feet in a place of liberty. | and did not imprison me in an enemy’s hands;  you set my feet in a spacious place. | And thou hast not shut me up into the hands of the enemy: thou hast set my feet in a wide place. | And did not shut me up into the hands of the enemy;  You set my feet in a wide place. |
| 10 Have mercy on me, O Lord,  for I am distressed;  my eye is troubled with anger,  my soul and my body also. | 10 Have mercy on me, O Lord,  for I am afflicted;  my eye is troubled with anger,  so are my soul and my body. |  | Have mercy on me, O Lord, for I am afflicted; mine eye is troubled with anger, and also my soul and my belly. | Have mercy upon me, O Lord, for I am in trouble; mine eye is troubled with anger; yea, my soul and my body. | Have mercy on me, O Lord, because I am being afflicted;  my eye was troubled by vexation [anger],  my soul and my belly. | Pity me, O Lord, for I am afflicted: my eye is troubled with indignation, my soul and by belly. | Have mercy on me, O Lord, for I am afflicted;  My eye is troubled with anger;  So are my soul and my stomach. |
| 11 For my life is spent with grief  and my years with sighing;  my strength has weakened from poverty,  and my bones are troubled. | 11 For my life is wasted with grief  and my years with sighing;  my strength has weakened from poverty,  and my bones are troubled. |  | For my life is spent with grief, and my years with groanings; my strength hath grown weak in poverty, and my bones are troubled. | For my life hath been used up in suffering, and my years in sighing; my strength failed me, because of my poverty, and my bones were troubled. | Because my life failed in pain  and my years in sighing,  my strength grew weak in poverty,  and my bones were troubled. | For my life is spent with grief, and my years with groanings: my strength has been weakened through poverty, and my bones are troubled. | For my life is wasted with grief  And my years with sighing;  My strength is weakened with poverty,  And my bones are troubled. |
| 12 I have become a reproach among all my enemies,  and especially among my neighbours,  and a horror to my acquaintances;  those who see me outside shun me. | 12 I have become a reproach among all my enemies,  and especially among my neighbours,  and a horror to my acquaintances;  those who see me outside fled from me. |  | I am becoming a reproach among all mine enemies, and greatly for my neighbours also, and a fear to mine acquaintances. They that saw me without fled from me. | I became a reproof among all mine enemies, but especially among my neighbors, and they of mine acquaintance were afraid of me; and they that did see me without fled from me. | With all my enemies I became a reproach,  and to my neighbors, very much,  and a fright to my acquaintances;  those who would see my outside fled from me. | I became a reproach among all mine enemies, but exceedingly so to my neighbours, and a fear to mine acquaintance: they that saw me without fled from me. | I became a reproach among all my enemies,  And especially to all my neighbors,  And a fear to all my acquaintances;  Those who saw me outside fled from me. |
| 13 I am forgotten like a buried corpse;  I am become like a broken pitcher. | 13 I am forgotten like a buried corpse;  I am become like a broken pitcher. |  | I am forgotten by the heart like a dead man. I am become like a broken vessel. | I am clean forgotten, as a dead man out of mind; I am become like a broken vessel. | I passed out of mind like one who is dead;  I became like a broken vessel, | I have been forgotten as a dead man out of mind: I am become as a broken vessel. | I am forgotten like one whose heart is lifeless;  I was made like a vessel that is utterly broken. |
| 14 For I hear the blame of many  who hover round me,  as they conspire together against me  and plot to take my life. | 14 For I heard the blame of many  who hover around me,  as they gathered together against me  and plotted to take my life. |  | For I have heard the reproach of many that dwell round about; when they assembled together against me, they devised to take away my life. | For I have heard the blasphemy of the multitude who dwell on every side, while they conspired together against me, and took their counsel to take away my life. | because I heard censure from many  sojourning all around;  when they gathered together against me,  they plotted to take my soul. | or I heard the slander of many that dwelt round about: when they were gathered together against me, they took counsel to take my life. | For I heard the blame of many who dwell round about  When they were gathered together against me,  When they plotted to take my life. |
| 15 But I trust in You, O Lord.  I say: ‘You are my God.’ | 15 But, as for me, I trust in You, O Lord.  I say: ‘You are my God.’ |  | But as for me, I have hoped in Thee, O Lord; I said: Thou art my God; in Thy hands are my lots. | But I have put my trust in Thee, O Lord; I said, Thou art my God, | But as for me, I hoped in you, O Lord;  I said, “You are my God.” | But I hoped in thee, O Lord: I said, Thou art my God. | But as for me, I hope in You, O Lord;  I said, “You are my God.” |
| 16 My life is in Your hands.  Deliver me from the hand of my enemies  and from those who persecute me. | 16 My life is in Your hands.  Deliver me from the hand of my enemies,  and from those who persecute me. |  | Deliver me from the hands of mine enemies, and from them that persecute me. | My lots are in Thy hand; deliver me from the hand of mine enemies, and from them that persecute me. | My times are in your hands;  rescue me from my enemies’ hands and from my persecutors. | My lots are in thy hands: deliver me from the hand of mine enemies, | My times are in Your hands;  Deliver me from the hand of my enemies,  And from those who persecute me. |
| 17 Let Your face shine on Your servant;  save me in Your mercy. | 17 Let Your face shine on Your servant;  save me in Your mercy. |  | Make Thy face to shine upon Thy servant, save me in Thy mercy. | Show Thy servant the light of Thy countenance, and save me for Thy mercy’s sake. | Shine your face upon your slave;  save me in your mercy. | and from them that persecute me. Make thy face to shine upon thy servant: save me in thy mercy. | Make Your face shine upon Your servant;  Save me in Your mercy. |
| 18 O Lord, let me not be disappointed,  for I call upon You.  Let the godless be disappointed  and brought down to hell. | 18 O Lord, my I not be put to shame,  for I call upon You.  Let the godless be ashamed,  and brought down to hades. |  | O Lord, let me not be put to shame, for I have called upon Thee; let the ungodly be put to shame and let them be brought down into hades. | Let me not be confounded, O Lord, for I have called upon Thee; let the ungodly be put to confusion, and be brought down into hell. | O Lord, may I not be put to shame,  because I called on you;  may the impious be shamed  and be brought down to Hades. | O Lord, let me not be ashamed, for I have called upon thee: let the ungodly be ashamed, and brought down to Hades. | O Lord, do not let me be ashamed, because I call upon You;  Let the ungodly be ashamed,  And lead them down into Hades. |
| 19 Let lying lips be dumb  which forge iniquity against the righteous  in pride and contempt. | 19 Let lying lips become speechless,  when they speak iniquity against the righteous  in pride and contempt. |  | Speechless be the deceitful lips which speak iniquity against the righteous man with arrogance and contempt. | Let the lying lips be put to silence which disdainfully, and scornfully, speak iniquity against the righteous. | Let the deceitful lips become speechless,  which speak lawlessness against the righteous  with pride and contempt. | Let the deceitful lips become dumb, which speak iniquity against the righteous with pride and scorn. | Let deceitful lips become speechless  When they speak lawlessness against the righteous  With arrogance and contempt. |
| 20 O how great is Your infinite goodness, O Lord,[[7]](#footnote-7)  which You have hidden for those who fear You  and wrought for those who trust in You  before the sons of men! | 20 How great is Your infinite goodness, O Lord,[[8]](#footnote-8)  which You have hidden for those who fear You,  and which You work for those who trust in You,  before the sons of men! |  | How great is the multitude of Thy goodness, O Lord, which Thou hast hid for them that fear Thee, which Thou hast wrought for them that hope in Thee before sons of men. | O Lord, how plentiful is the abundance of Thy goodness, which Thou hast laid up for them that fear Thee, and that Thou hast prepared for them that put their trust in Thee, before the sons of men! | O how much is the abundance of your kindness [O Lord],  which you hid for those who fear you;  you accomplished it for those who hope in you,  before the sons of men! | How abundant is the multitude of thy goodness, O Lord, which thou hast laid up for them that fear thee! thou hast wrought it out for them that hope on thee, in the presence of the sons of men. | How great, O Lord, is the abundance of Your goodness  You hide for those who fear You,  Which You will work for those who hope in You  In the sight of the sons of men. |
| 21 You hide them in the secrecy of Your presence  from the disturbance of men;  You shelter them in Your sanctuary  from the strife of tongues. | 21 You hide them in the secret place of Your presence,  free from the disturbance of men;  You shelter them in Your tabernacle  from the strife of tongues. |  | Thou shalt hide them in the secrecy of Thy presence from the disturbance of men; Thou shalt shelter them in the tabernacle from contradiction of tongues. | Thou shalt hide them in the secret place of Thy presence from the provoking of all men; Thou shalt shelter them from the strife of tongues. | You shall hide them in a secret place of your presence  from human disturbance;  you will shelter them in a tent  form the contention of tongues. | Thou wilt hide them in the secret of thy presence from the vexation of man: thou wilt screen them in a tabernacle from the contradiction of tongues. | You shall hide them in the secret of Your presence from the disturbance of men;  You will shelter them in Your tabernacle from the contradiction of tongues. |
| 22 Blessed is the Lord,  for He has shown the wonder of His mercy  in a besieged city. | 22 Blessed is the Lord,  for He has shown the wonder of His mercy  in a besieged city. |  | Blessed is the Lord, for He hath made His mercy wondrous in a fortified city. | Blessed be the Lord, for He hath marvelously showed His mercy in a strong city. | Blessed be the Lord,  because he wondrously showed his mercy  in a city under siege. | Blessed be the Lord: for he has magnified his mercy in a fortified city. | Blessed is the Lord,  For He magnified His mercy in a fortified city. |
| 23 Yet I said in my madness:  ‘I am an outcast to Your watchful presence.’[[9]](#footnote-9)  But You did hear the voice of my prayer  when I cried to You. | 23 Yet I said in my alarm[[10]](#footnote-10):  “I have been cast from before Your eyes.”[[11]](#footnote-11)  Therefore You heard the voice of my prayer  when I cried to You. |  | But as for me, I said in mine ecstasy: I am cast away from the presence of Thine eyes. Therefore hast Thou heard the voice of my supplication when I cried unto Thee. | But in my confusion, I said, I am cast out of the sight of Thine eyes; therefore, Thou heardest the voice of my prayer when I cried unto Thee. | But as for me, I said in my alarm,  “I have been cast from before your eyes.”  Therefore you listened to the voice of my petition,  Which I cried out ot you. | But I said in my extreme fear, I am cast out from the sight of thine eyes: therefore thou didst hearken, O Lord, to the voice of my supplication when I cried to thee. | But I said in my ecstasy,  “Indeed, I am cast away from the countenance of Your eyes.”  Therefore You heard the voice of my supplication  When I cried to You. |
| 24 Love the Lord, all you His Saints  for the Lord requires truth  and fully repays those who act with pride.[[12]](#footnote-12) | 24 Love the Lord, all you His Saints  for the Lord requires truth,  and fully repays those who act with pride.[[13]](#footnote-13) |  | O love ye the Lord, all ye His saints, for the Lord requireth truth; and unto them that act with exceeding pride, He rendereth them their due. | O love the Lord, all ye His saints, for the Lord requireth truth, and plenteously rewardeth the proud doer. | Love the Lord, all you his devout,  because the Lord seeks out truth  and repays those who act excessively with pride. | Love the Lord, all ye his saints: for the Lord seeks for truth, and renders a reward to them that deal very proudly. | Love the Lord, all you His saints,  For the Lord seeks out truth,  And He repays those who act with great arrogance. |
| 25 Have courage and let your heart be strong,  all you who trust in the Lord. | 25 Take courage and let your heart be strong,  all you who hope in the Lord. |  | Be ye manful, and let your heart be strengthened, all ye that hope in the Lord. | Be of good courage and let your heart stand firm, all ye that put your trust in the Lord. | Take courage, and let your heart be strong,  all you who hope in the Lord. | Be of good courage, and let your heart be strengthened, all ye that hope in the Lord. | Be courageous, and let your heart be strengthened,  All who hope in the Lord. |

1. Christ is our righteousness and holiness (1 Cor. 1: 30). ‘If anyone is in Christ, he is a new creation; the past is dead and gone, everything has become new’ (2 Cor. 5:17). [↑](#footnote-ref-1)
2. Christ is our righteousness and holiness (1 Cor. 1: 30). ‘If anyone is in Christ, he is a new creation; the past is dead and gone, everything has become new’ (2 Cor. 5:17). [↑](#footnote-ref-2)
3. Luke 23:46. [↑](#footnote-ref-3)
4. Luke 23:46. [↑](#footnote-ref-4)
5. ‘By follies he means distractions of the present life, by occupying ourselves with which we labour in vain’ (St. Athanasius). By Biblical usage ‘empty foilies’ could also refer to idolatry (cp. Syriac: ‘false worship’). [↑](#footnote-ref-5)
6. ‘By vanities he means distractions of the present life, by occupying ourselves with which we labour in vain’ (St. Athanasius). By Biblical usage ‘empty vanities could also refer to idolatry (cp. Syriac: ‘false worship’). [↑](#footnote-ref-6)
7. Supreme Goodness, God, Heaven is hidden in all things. Seek (See) and you will find. The apparent defeat and shame of the Cross is the supreme victory, blessing and grace of eternal Redemption (cp. Ps. 73:12; 110:9). [↑](#footnote-ref-7)
8. Supreme Goodness, God, Heaven is hidden in all things. Seek (See) and you will find. The apparent defeat and shame of the Cross is the supreme victory, blessing and grace of eternal Redemption (cp. Ps. 73:12; 110:9). [↑](#footnote-ref-8)
9. The sense of separation from God is the great illusion and madness. [↑](#footnote-ref-9)
10. [JS] Fr. Lazarus has “madness”. NETS has “alarm”. OSB and Psalter According to the Seventy have “ecstasy”. Psalter for prayer has “confusion”. [↑](#footnote-ref-10)
11. The sense of separation from God is the great illusion and madness. [↑](#footnote-ref-11)
12. *Or:* and repays those who act with excessive pride. [↑](#footnote-ref-12)
13. *Or:* and repays those who act with excessive pride. [↑](#footnote-ref-13)