



SERVING BLESSINGS: RESTORED BEYOND MEASURE

# PSALMS 30

CHALLENGE: DAY 30

NEW  
INTERNATIONAL  
VERSION

PSALM OF THE DAY:

**It is time to put God first!!! Are you ready for the challenge?**

***A PSALM. A SONG. FOR THE DEDICATION OF THE TEMPLE. OF DAVID.***

I will exalt you, Lord,

for you lifted me out of the depths

and did not let my enemies gloat over me.

Lord my God, I called to you for help,

and you healed me.

You, Lord, brought me up from the realm of the dead;

you spared me from going down to the pit.

Sing the praises of the Lord, you his faithful people;

praise his holy name.

For his anger lasts only a moment,

but his favor lasts a lifetime;



weeping may stay for the night,  
but rejoicing comes in the morning.  
When I felt secure, I said,  
“I will never be shaken.”  
Lord, when you favored me,  
you made my royal mountain stand  
firm;  
but when you hid your face,  
I was dismayed.  
To you, Lord, I called;  
to the Lord I cried for mercy:

“What is gained if I am silenced,  
if I go down to the pit?  
Will the dust praise you?  
Will it proclaim your faithfulness?  
Hear, Lord, and be merciful to me;  
Lord, be my help.”  
You turned my wailing into dancing;  
you removed my sackcloth and clothed  
me with joy,  
that my heart may sing your praises and  
not be silent.  
Lord my God, I will praise you forever.



*Restored Beyond Measure*

*Website: [www.servingblessings.com](http://www.servingblessings.com)  
Send prayer requests and praise reports to: [servingblessings7@gmail.com](mailto:servingblessings7@gmail.com)*

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