

- 1 *I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me.*
- 2 *O LORD my God, I cried unto thee, and thou hast healed me.*
- 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.*
- 4 *Sing unto the LORD, O ye saints of his, and give thanks at the remembrance of his holiness.*
- 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.*
- 6 *And in my prosperity I said, I shall never be moved.*
- 7 *LORD, by thy favour thou hast made my mountain to stand strong: thou didst hide thy face, [and] I was troubled.*
- 8 *I cried to thee, O LORD; and unto the LORD I made supplication.*
- 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?*
- 10 *Hear, O LORD, and have mercy upon me: LORD, be thou my helper.*
- 11 *Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;*
- 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. (Psalms 30)*

"Thou hast lifted me up:" I shall never be cast down. "Not let my foes rejoice over me:" I shall never be defeated. "Healed me:" sickness, spiritual disorders have no power over me. "Kept me alive lest I should have died and gone to hell:" He preserved me in my enmity. How much more will He preserve me in reconciliation. "Turned my mourning into dancing:" I shall never have occasion for lasting grief or sorrow. "Put off my sackcloth and clothed me with gladness:" He has wiped the tears from my eyes and I shall wear the garment of joy forever.

All these actions of God are in the present perfect tense: truly done, fully now and forever. Contrast this "you hid your face and I was troubled," past tense. "His anger is but for a moment." "His favor is for life." The times of God's displayed anger are but for a moment and *gone*. But the blessing of His salvation is forever.

-C.M.