

Psalm 30

Interpreted by Nan Merrill

I will praise You, O my Beloved, for You have raised me up,
and have not let my fears overwhelm me.

O Compassionate One, I cried for help, and You comforted me.

You, Love, released my soul from despair,
restored me to life from among those who live in fear.

Sing praises to the Beloved, O you saints, and give thanks to Love's holy Name.

Love withdraws when we close our hearts, yet ever awaits an open door.

In the evening we may weep, yet joy comes with the morning.

In my prosperity, I had lost sight of Love, I found power in my wealth.

In your mercy, O Beloved, my foundations You shook,

And, in recognizing my separation from You, I was dismayed.

I cried to You for help; to You, I pleaded for forgiveness:

“What profit in my riches if I am separated from Love?

Will emptiness praise You? Will it tell of your faithfulness?

Hear, O my Beloved, and be gracious to me! O Love, come to my assistance!”

And You turned my mourning into dancing;

You set me free and clothed me with gladness,

Now my soul may praise You and not be silent.

O my Beloved, I will be grateful to You forever and ever. Amen

Questions in Preparation for Worship:

- 1. How have you experienced God/Source/Spirit “raising you up”?*
- 2. Have you ever looked for power in wealth, rather than the Love of God?*
- 3. Have you ever cried out to God, like the psalmist does?*
- 4. Have you ever danced with gladness on the other side of grief?*