

## Psalm 6 – NIV

- <sup>1</sup> O LORD, do not rebuke me in your anger  
or discipline me in your wrath.
- <sup>2</sup> Be merciful to me, LORD, for I am faint;  
O LORD, heal me, for my bones are in agony.
- <sup>3</sup> My soul is in anguish.  
How long, O LORD, how long?
- <sup>4</sup> Turn, O LORD, and deliver me;  
save me because of your unfailing love.
- <sup>5</sup> No one remembers you when he is dead.  
Who praises you from the grave?
- <sup>6</sup> I am worn out from groaning;  
all night long I flood my bed with weeping  
and drench my couch with tears.
- <sup>7</sup> My eyes grow weak with sorrow;  
they fail because of all my foes.
- <sup>8</sup> Away from me, all you who do evil,  
for the LORD has heard my weeping.
- <sup>9</sup> The LORD has heard my cry for mercy;  
the LORD accepts my prayer.
- <sup>10</sup> All my enemies will be ashamed and dismayed;  
they will turn back in sudden disgrace.

## Psalm 6 - NASB

- <sup>1</sup> O LORD, do not rebuke me in Your anger,  
Nor chasten me in Your wrath.
- <sup>2</sup> Be gracious to me, O LORD, for I am pining away;  
Heal me, O LORD, for my bones are dismayed.
- <sup>3</sup> And my soul is greatly dismayed;  
But You, O LORD --how long?
- <sup>4</sup> Return, O LORD, rescue my soul;  
Save me because of Your lovingkindness.
- <sup>5</sup> For there is no mention of You in death;  
In Sheol who will give You thanks?
- <sup>6</sup> I am weary with my sighing;  
Every night I make my bed swim,  
I dissolve my couch with my tears.
- <sup>7</sup> My eye has wasted away with grief;  
It has become old because of all my adversaries.
- <sup>8</sup> Depart from me, all you who do iniquity,  
For the LORD has heard the voice of my weeping.
- <sup>9</sup> The LORD has heard my supplication,  
The LORD receives my prayer.
- <sup>10</sup> All my enemies will be ashamed and greatly dismayed;  
They shall turn back, they will suddenly be ashamed.

## Psalm 6 –NLT

- <sup>1</sup> O LORD, don't rebuke me in your anger  
or discipline me in your rage.
- <sup>2</sup> Have compassion on me, LORD, for I am weak.  
Heal me, LORD, for my bones are in agony.
- <sup>3</sup> I am sick at heart.  
How long, O LORD, until you restore me?
- <sup>4</sup> Return, O LORD, and rescue me.  
Save me because of your unfailing love.
- <sup>5</sup> For the dead do not remember you.  
Who can praise you from the grave?
- <sup>6</sup> I am worn out from sobbing.  
All night I flood my bed with weeping,  
drenching it with my tears.
- <sup>7</sup> My vision is blurred by grief;  
my eyes are worn out because of all my enemies.
- <sup>8</sup> Go away, all you who do evil,  
for the LORD has heard my weeping.
- <sup>9</sup> The LORD has heard my plea;  
the LORD will answer my prayer.
- <sup>10</sup> May all my enemies be disgraced and terrified.  
May they suddenly turn back in shame.

## Psalm 30 – NIV

- <sup>1</sup> ***I will exalt you, O LORD, for you lifted me out of the depths and did not let my enemies gloat over me.***
- <sup>2</sup> ***O LORD my God, I called to you for help and you healed me.***
- <sup>3</sup> ***O LORD, you brought me up from the grave; you spared me from going down into the pit.***
- <sup>4</sup> ***Sing to the LORD, you saints of his; praise his holy name.***
- <sup>5</sup> ***For his anger lasts only a moment, but his favor lasts a lifetime; weeping may remain for a night, but rejoicing comes in the morning.***
- <sup>6</sup> ***When I felt secure, I said, "I will never be shaken."***
- <sup>7</sup> ***O LORD, when you favored me, you made my mountain stand firm; but when you hid your face I was dismayed.***
- <sup>8</sup> ***To you, O LORD, I called; to the Lord I cried for mercy:***
- <sup>9</sup> ***"What gain is there in my destruction, in my going down into the pit? Will the dust praise you? Will it proclaim your faithfulness?"***
- <sup>10</sup> ***Hear, O LORD, and be merciful to me; O LORD, be my help."***
- <sup>11</sup> ***You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,***
- <sup>12</sup> ***that my heart may sing to you and not be silent. O LORD my God, I will give you thanks forever.***

## Psalm 30 - NASB

- <sup>1</sup> I will extol You, O LORD, for You have lifted me up,  
And have not let my enemies rejoice over me.
- <sup>2</sup> O LORD my God,  
I cried to You for help, and You healed me.
- <sup>3</sup> O LORD, You have brought up my soul from Sheol;  
You have kept me alive, that I would not go down to the pit.
- <sup>4</sup> Sing praise to the LORD, you His godly ones,  
And give thanks to His holy name.
- <sup>5</sup> For His anger is but for a moment,  
His favor is for a lifetime;  
Weeping may last for the night,  
But a shout of joy comes in the morning.
- <sup>6</sup> Now as for me, I said in my prosperity,  
"I will never be moved."
- <sup>7</sup> O LORD, by Your favor You have made my mountain to stand strong;  
You hid Your face, I was dismayed.
- <sup>8</sup> To You, O LORD, I called,  
And to the Lord I made supplication:
- <sup>9</sup> "What profit is there in my blood, if I go down to the pit?  
Will the dust praise You? Will it declare Your faithfulness?"
- <sup>10</sup> "Hear, O LORD, and be gracious to me;  
O LORD, be my helper."
- <sup>11</sup> You have turned for me my mourning into dancing;  
You have loosed my sackcloth and girded me with gladness,
- <sup>12</sup> That my soul may sing praise to You and not be silent  
O LORD my God, I will give thanks to You forever.

## Psalm 30 –NLT

- <sup>1</sup> I will exalt you, LORD, for you rescued me.  
You refused to let my enemies triumph over me.
- <sup>2</sup> O LORD my God, I cried to you for help,  
and you restored my health.
- <sup>3</sup> You brought me up from the grave,  
O LORD.  
You kept me from falling into the pit of death.
- <sup>4</sup> Sing to the LORD, all you godly ones!  
Praise his holy name.
- <sup>5</sup> For his anger lasts only a moment,  
but his favor lasts a lifetime!  
Weeping may last through the night,  
but joy comes with the morning.
- <sup>6</sup> When I was prosperous, I said,  
"Nothing can stop me now!"
- <sup>7</sup> Your favor, O LORD, made me as secure as a mountain.  
Then you turned away from me,  
and I was shattered.
- <sup>8</sup> I cried out to you, O LORD.  
I begged the Lord for mercy,  
saying,
- <sup>9</sup> "What will you gain if I die,  
if I sink into the grave?  
Can my dust praise you?  
Can it tell of your faithfulness?"
- <sup>10</sup> Hear me, LORD, and have mercy on me.  
Help me, O LORD."
- <sup>11</sup> You have turned my mourning into joyful dancing.  
You have taken away my clothes of mourning and clothed me with joy,
- <sup>12</sup> that I might sing praises to you and not be silent.  
O LORD my God, I will give you thanks forever!