**30. EXTOL**

**C F/C Am7 G/B F**

**I will extol thee, O Lord; For thou hast lifted me up,**

**C F/C Am7 G/B F C/E**

**And hast not made my foes To rejoice over me.**

**Dm7 G C C/E F C/E Dm7 G C F C**

**O Lord my God, I cried unto thee, and thou hast healed me.**

**Dm7 G C C/E F C/E Dm7 G C F C G**

**O Lord, thou hast brought up my soul from the grave:**

**C F/C Am7 G/B F**

**Thou hast kept me alive, that I should not go down to the pit.**

**C F/C Am7 G/B F C/E**

**Sing unto the Lord, O ye saints of his,**

**Dm7 G C-C/E F C/E Dm7-G C F C**

**And give thanks at the remembrance of his holiness.**

**Dm7 G C C/E F C/E Dm7 G C F C**

**For his anger endureth but a moment; In his favour is life:**

**G C Dm G C F C**

**Weeping may endure for a night, but joy cometh in the morn.**

**G Am G F G**

**And in my prosperity I said, I shall never be moved.**

**F C/E G Am G F C/E G**

**Lord, by thy favour thou hast made my mountain to stand strong:**

**C F Am7 G/B F**

**Thou didst hide thy face, and I was troubled. I cried to thee, O Lord;**

**C F Am7 G/B F C/E**

**And unto the Lord I made supplication. What profit is there in my blood,**

**Dm7 G C C/E F C/E**

**When I go down to the pit? Shall the dust praise thee?**

**Dm7 G C F C**

**Shall it declare thy truth?**

**C F/C Am7-G/B-F**

**Hear, O Lord, and have mercy upon me:**

**C F/C Am7-G/B-F C/E**

**Lord, be thou my helper.**

**Dm7 G C- C/E-F C/E Dm7 G C F C**

**Thou hast turned for me my mourning in to dancing:**

**Dm7 G C- C/E-F C/E Dm7 G C F C**

**Thou hast put off my sackcloth, and girded me with gladness;**

**C F/C Am7-G/B- F**

**To the end that my glo ry may sing**

**C F/C Am7-G/B-F**

**Praise to thee, and not be silent.**

**Dm7 G C C/E F C/E**

**O Lord my God, I will give thanks**

**Dm7 G C F C**

**Unto thee for ever.**