

Psalme 30

*A prayer of a iust man exceedingly afflicted stil confident in God, 11. describing his manie calamities (in respect of his enemies) vndeferued, 18. prayeth for his owne deliuerie, and their iust punishment. 20. Praifeth and thanketh God for his goodnes. 24. Exhorteth al others to do the fame.*

How to pray in affliction.  
The 7. key.

Vnto <sup>a)</sup>the end, the Pfalme of Dauid, for <sup>b)</sup>exceffe of minde.

*Pfal. 70.* **I**n thee <sup>o</sup> Lord <sup>c)</sup>haue I hoped, <sup>d)</sup>let me not be confounded for euer: in thy iustice deliuer me.  
<sup>3</sup> Incline thine eare to me, make haft to deliuer me. Be vnto me for a God protector: and for a house of refuge, that thou mayst faue me.

<sup>4</sup> Because thou art my strength, and my refuge: and for thy name thou wilt conduct me, and wilt nourish me.

<sup>5</sup> Thou wilt bring me out of this snare, which they haue hid for me: because thou art my protector.

*Luc. 23.* <sup>6</sup> Into <sup>e)</sup>thy handes I commend my spirit: thou haft <sup>f)</sup>redeemed me <sup>o</sup> Lord God of truth.

<sup>7</sup> Thou haft hated them that obserue vanities, vnprofitably.

But I haue hoped in our Lord: <sup>8</sup> I shal reioyce and be ioyful in thy mercie.

Because thou haft respected my humilitie, thou haft faued my foule out of necessities.

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<sup>a</sup> Perteyning to the new Testament:

<sup>b</sup> especially to the iust troubled and almoste distracted in mind in great affliction. See *v. 23.*

<sup>c</sup> How greuoufly foeuer I am afflicted yet I trust in thee,

<sup>d</sup> therefore I pray thus.

<sup>e</sup> I offer and refigne my selfe to thee.

<sup>f</sup> Thou haft often deliuered me. This verse is most aptly applied in al refignatiōs of our foules to Gods wil, namely whenfoeuer we receiue the B. Sacrament; likewise in the houre of death, and at manie other times.

<sup>9</sup> Neither <sup>a</sup>)haft thou shut me vp in the handes of the enimie: thou haft fet my feete in a large place.

<sup>10</sup> Haue mercie vpon me ô Lord becaufe I am in tribulation: myne eie is trubled for wrath, my foule, and my bellie:

<sup>11</sup> Becaufe <sup>b</sup>)my life is decayed for forrowe: and my yeares for gronings.

My ftrength is weakened for pouertie; and my bones are trubled.

<sup>12</sup> Aboue al myne enemies I am made a reproch both to my neighbours excedingly: and <sup>c</sup>)a feare to my acquaintance.

They that faw me, fled forth from me: <sup>13</sup> I am forgotten, from the hart as one dead.

I am made as a veffel deftroyed: <sup>14</sup> becaufe I haue heard the reprehention of manie that abide round about:

In that whiles, they affembled together againft me, they confulted to take my foule.

<sup>15</sup> But I haue hoped in thee ô Lord: I fayd: Thou art my God: <sup>16</sup> my lottes are in thy handes.

Deliuier me out of the handes of my enemies, and from them that perfecute me.

<sup>17</sup> <sup>d</sup>)Illustrate thy face vpon thy feruant, <sup>e</sup>)faue me in thy mercie:

<sup>18</sup> Lord let me not be confounded, becaufe I haue inuocated thee.

Let the impious be ashamed, and brought downe into hel: <sup>19</sup> let the deceitful lippes be made mute.

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<sup>a</sup> Not fuffered me to be shut vp.

<sup>b</sup> Al my partes external and internal, body and mind are trubled.

<sup>c</sup> My freindes dare not conuerfe with me, left they incurre difpleafure for my fake.

<sup>d</sup> Make thy light fo fhine in my foule, that I may vnderftand that is right,

<sup>e</sup> and through thy mercie deliuier me from the force of myne aduerfaries.

Which speake iniquitie againft the iuft, <sup>a</sup>)in pride, and <sup>b</sup>)abufe.

<sup>20</sup> How great is the multitude of thy fweetneffe ô Lord; which thou <sup>c</sup>)haft hid for them that feare thee.

Thou haft perfited it for them that hope in thee, <sup>d</sup>)in the fight of the children of men.

<sup>21</sup> Thou <sup>e</sup>)shalt hide them in the fecrete of <sup>f</sup>)thy face from the difturbance of men.

Thou shalt protect them in thy tabernacle from the contradiction of tongues.

<sup>22</sup> Bleffed be our Lord: becaufe he hath made his mercie meruelous to me in the fenfed citie.

<sup>23</sup> But I haue faid in <sup>g</sup>)the exceffe of my minde: I am caft away from the fight of thine eies.

Therefore thou haft heard the voice of my praier, whiles I cried to thee.

<sup>24</sup> <sup>h</sup>)Loue our Lord al ye his fainctes: becaufe our Lord wil require truth, & wil repay them abundantly that doe proudly.

<sup>25</sup> Do ye <sup>i</sup>)manfully, and let your <sup>j</sup>)hart take courage, al ye that <sup>k</sup>)hope in our Lord.

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<sup>a</sup> So proudly behauing them felues, as if they had no fuperior, neither in earth nor in heauen, to whom they fhall at laft render account:

<sup>b</sup> and abufing their prefent powre and authoritie, which they haue of God.

<sup>c</sup> As yet in this prefent life the reward of the iuft is hidde:

<sup>d</sup> but fhall be made manifelt in fight of al men.

<sup>e</sup> In the meane time the iuft is in great eftimation in the fecrete knowledge of God.

<sup>f</sup> Title of honoure, as we fpeake to a king, *your maieftie*: or to a noble man, *your Lordshippe*.

<sup>g</sup> In myn extreme affliction being almoft diftracted in my mind, I faid that in reafon I would not haue fayd. Holie Iob fpake fome things in fuch ftate of affliction. *ch. 3. & 42.*

<sup>h</sup> The prophet, or other iuft perfon exhorted al the feruants of God, <sup>i</sup> to conftancie,

<sup>j</sup> longanimitie,

<sup>k</sup> and final perfeuerance to the end.