

Psalme 30

*A prayer of a iust man exceedingly afflicted ftill 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 fnare, 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.

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

<sup>b</sup> especially to the iust troubled and almost 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 resignatiōs 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 theemie: 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 ftrengh 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 exceedingly: 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 ſeruant, <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 conuerſe with me, left they incurre difpleaſure for my fake.

<sup>d</sup> Make thy light ſo ſhine in my foule, that I may vnderſtand that is right,

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

Which speake iniquitie againſt the iuſt, <sup>a</sup>)in pride,  
and <sup>b</sup>)abuſe.

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

Thou haſt perſited 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 ſecrete of <sup>f</sup>)thy face  
from the diſturbance of men.

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

<sup>22</sup> Bleſſed be our Lord: becauſe he hath made his  
mercie meruelous to me in the fenced citie.

<sup>23</sup> But I haue ſaid in <sup>g</sup>)the exceſſe of my minde: I  
am caſt away from the fight of thine eies.

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

<sup>24</sup> <sup>h</sup>)Loue our Lord al ye his ſainctes: becauſe 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 ſelues, as if they had no ſuperior, nei-  
ther in earth nor in heauen, to whom they ſhal at laſt render  
account:

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

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

<sup>d</sup> but ſhal be made manifeſt in fight of al men.

<sup>e</sup> In the meane time the iuſt is in great eſtimation in the ſecrete  
knowledge of God.

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

<sup>g</sup> In myn extreme affliction being almoſt diſtracted in my mind, I  
ſaid that in reaſon I would not haue ſayd. Holie Iob ſpake ſome  
things in ſuch ſtate of affliction. *ch. 3. & 42.*

<sup>h</sup> The prophet, or other iuſt perſon exhorteth al the ſeruants of God,  
<sup>i</sup> to conſtancie,

<sup>j</sup> longanimitie,

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