

# PSALM 30 UPLIFTING

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## LYRICS

**www.DiDoReflections.com** CCLI pending.  
dedicated to God Who lifts us up!, 7 February 2011

Fast, Syncopated

Album: Amazing Psalms 'n' Promises

A lively musical quotation of the Psalmist's praise to LORD GOD in Psalm 30.

**1**

I will extol You, LORD, for You lifted  
me up above my Sorrow Seas.  
I deeply praise You, for You have not let  
my foes rejoice over me!

*(Reference to one of earliest  
DiDoReflections songs,  
ABOVE MY SORROW SEAS)*

**2**

I cried to You, LORD, and You healed me.  
You brought my soul up from the grave.  
You kept me above that I should not go  
down to the pit. I LIFT Your praise!

**3**

Your words through David in Psalm 30  
lift my heart up above Sorrow Seas!  
I thank and praise Your Holy Name, LORD.  
Psalm 30: Verse 4 -- I LIFT Your praise!

**4**

Your anger is for just a moment.  
I ask forgiveness, and You give grace.  
My weeping my last through the night, but  
You, LORD bring joy in the morning!

**5**

Though You LORD lifted me with prosperity,  
still I refuse to move from You!  
You are my LORD and by Your favor,  
You lift my mountain so I stand strong!

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© 2011 DianaDee Osborne page 2 of 2

6

I lifted my voice and cried to You, LORD,  
when in those dark times, I could not see.  
I prayed, "God save me from this pit, so  
I can lift Your praise, and say Your Truth!"

### INTERLUDE

### TAG

Psalm 30 tells us God shall lift us.  
He'll turn our sorrows into dancing!  
God raises us up when we praise Him.  
We lift our praise to You, LORD!

### Song Story.

Here is my journal entry for 7 February 2011:

This is so cool! First God gave me the full music, in minutes, which I entitled "Untitled 2-2-2011" when I recorded its entire piano track in my home studio. Two days later, I took the piano track to Valley Worship & Praise Studio, and Claxton needed a "real" title. I just flipped through my journal -- which I'd started only 23 days earlier for this one, so had only 80 pages to search for lyrics. I noticed that my sketched concept for a song based on Psalm 30 was pretty close in 4/4 time and its beat, so I gave Claxton that as a title plus the psalmist's key word, "Uplifting." He added drum tracks and gave me the draft file to take home and work with.

Two mornings later, I could not sleep, so I took my New KJV Bible and simply "filled in the grid" of its words as I listened to my draft music. God's Words fell easily into the beat. The recorded song, completed and on the World Wide Web a few days later, is the FIRST DRAFT.

**You know that's more evidence of God!** -- all those words! I'd been praying fervently that God could use me to bring His Word back to a form easy for people to remember by singing.... as the Psalmist David did. I humbly, deeply thank Him for this song gift to you through me.