

## Psalm 30: 1-5 & 11-12

**A psalm. A song. For the dedication of the temple.<sup>[b]</sup> Of David.**

- <sup>1</sup> I will exalt you, LORD,  
for you lifted me out of the depths  
and did not let my enemies gloat over me.
- <sup>2</sup> LORD my God, I called to you for help,  
and you healed me.
- <sup>3</sup> You, LORD, brought me up from the realm of the dead;  
you spared me from going down to the pit.
- <sup>4</sup> Sing the praises of the LORD, you his faithful people;  
praise his holy name.
- <sup>5</sup> For his anger lasts only a moment,  
but his favour lasts a lifetime;  
weeping may stay for the night,  
but rejoicing comes in the morning.
- <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 your praises and not be silent.  
LORD my God, I will praise you for ever.

## John 16:15-22

<sup>15</sup> All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.'

### **The disciples' grief will turn to joy**

<sup>16</sup> Jesus went on to say, 'In a little while you will see me no more, and then after a little while you will see me.'

<sup>17</sup> At this, some of his disciples said to one another, 'What does he mean by saying, "In a little while you will see me no more, and then after a little while you will see me," and "Because I am going to the Father"?' <sup>18</sup> They kept asking, 'What does he mean by "a little while"? We don't understand what he is saying.'

<sup>19</sup> Jesus saw that they wanted to ask him about this, so he said to them, 'Are you asking one another what I meant when I said, "In a little while you will see me no more, and then after a little while you will see me"?' <sup>20</sup> Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. <sup>21</sup> A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. <sup>22</sup> So with you: now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.'

