



O God, Our Help in Ages Past

Then Sings My Soul #3

1 Lord, You have been our dwelling place in all generations. **2** Before the mountains were born or You gave birth to the earth and the world, even from everlasting to everlasting, You are God. **3** You turn man back into dust and say, “Return, O

Psalm 90

children of men.” **4** For a thousand years in Your sight are like yesterday when it passes by, or as a watch in the night. **5** You have swept them away like a flood, they fall asleep; in the morning they are like grass which sprouts anew. **6** In the

Psalm 90

morning it flourishes and sprouts anew;
toward evening it fades and withers away.

7 For we have been consumed by Your
anger and by Your wrath we have been
dismayed. **8** You have placed our iniquities
before You, our secret sins in the light of

Psalm 90

Your presence. **9** For all our days have declined in Your fury; we have finished our years like a sigh. **10** As for the days of our life, they contain seventy years, or if due to strength, eighty years, yet their pride is but labor and sorrow; for soon it

Psalm 90

is gone and we fly away. **11** Who understands the power of Your anger and Your fury, according to the fear that is due You? **12** So teach us to number our days, that we may present to You a heart of wisdom. **13** Do return, O Lord; how long

Psalm 90

will it be? And be sorry for Your servants.

14 O satisfy us in the morning with Your lovingkindness, that we may sing for joy and be glad all our days. **15** Make us glad according to the days You have afflicted us, and the years we have seen evil.

Psalm 90

16 Let Your work appear to Your servants and Your majesty to their children. **17** Let the favor of the Lord our God be upon us; and confirm for us the work of our hands; yes, confirm the work of our hands.

Psalm 90





Our Help

God is not limited by time.

Our Help



God is not limited by time.

God is not limited in power.

Our Help





Our Hope

Our sins are known to God.

Our Hope



Our sins are known to God.

Our lives are fleeting.

Our Hope





Our Home

Teach us to number our days.

Our Home



Teach us to number our days.

Make us glad in our days.

Our Home

