

Week 5: Psalm 90

English Standard Version

- 1 Lord, you have been our dwelling place
in all generations.
- 2 Before the mountains were brought forth,
or ever you had formed the earth and the world,
from everlasting to everlasting you are God.
- 3 You return man to dust
and say, "Return, O children of man!"
- 4 For a thousand years in your sight
are but as yesterday when it is past,
or as a watch in the night.
- 5 You sweep them away as with a flood; they are like a dream,
like grass that is renewed in the morning;
- 6 in the morning it flourishes and is renewed;
in the evening it fades and withers.
- 7 For we are brought to an end by your anger;
by your wrath we are dismayed.
- 8 You have set our iniquities before you,
our secret sins in the light of your presence.
- 9 For all our days pass away under your wrath;
we bring our years to an end like a sigh.
- 10 The years of our life are seventy,
or even by reason of strength eighty;
yet their span is but toil and trouble;
they are soon gone, and we fly away.
- 11 Who considers the power of your anger,
and your wrath according to the fear of you?
- 12 So teach us to number our days
that we may get a heart of wisdom.
- 13 Return, O Lord! How long?
Have pity on your servants!
- 14 Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days.
- 15 Make us glad for as many days as you have afflicted us,
and for as many years as we have seen evil.
- 16 Let your work be shown to your servants,
and your glorious power to their children.
- 17 Let the favor of the Lord our God be upon us,
and establish the work of our hands upon us;
yes, establish the work of our hands!