1 Lord, you have been our refuge from one generation to another.

2 Before the mountains were brought forth, or the earth and the world were formed, from everlasting to everlasting you are God.

3 You turn us back to dust and say: Turn back, O children of earth.

4 For a thousand years in your sight are but as yesterday, which passes like a watch in the night.

5 You sweep them away like a dream; they fade away suddenly like the grass.

6 In the morning it is green and flourishes; in the evening it is dried up and withered.

7 For we consume away in your displeasure; we are afraid at your wrathful indignation.

8 You have set our misdeeds before you and our secret sins in the light of your countenance.

9 When you are angry, all our days are gone; our years come to an end like a sigh.

10 The days of our life are three score years and ten, or if our strength endures, even four score.
yet the sum of them is but labour and sorrow,
Å Å Å Â for they soon pass away and we are gone.

11Å Â Who regards the power of your wrathÅ Â â¶
and your indignation like those who fear you?

12Å Â So teach us to number our daysÅ Â â¶
that we may apply our hearts to wisdom.

13Å Â Turn again, O Lord; how long will you delay?Å Â â¶
Have compassion on your servants.

14Å Â Satisfy us with your loving-kindness in the morning,Å Â â¶
that we may rejoice and be glad all our days.

15Å Â Give us gladness for the days you have afflicted us,Å Â â¶
and for the years in which we have seen adversity.

16Å Â Show your servants your works,Å Â â¶
and let your glory be over their children.

17Å Â May the gracious favour of the Lord our God be upon us;Å Â â¶
prosper our handiwork; O prosper the work of our hands.

Å

Common Worship: Services and Prayers for the Church of England, material from which is included here,
is copyright © The Archbishops' Council 2000 and published by Church House Publishing.

Copy to clipboard