



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,

for they soon pass away and we are gone.

11 Who regards the power of your wrath □

and your indignation like those who fear you?

12 So teach us to number our days □

that we may apply our hearts to wisdom.

13 Turn again, O Lord; how long will you delay? □

Have compassion on your servants.

14 Satisfy us with your loving-kindness in the morning, □

that we may rejoice and be glad all our days.

15 Give us gladness for the days you have afflicted us, □

and for the years in which we have seen adversity.

16 Show your servants your works, □

and let your glory be over their children.

17 May the gracious favour of the Lord our God be upon us; □

prosper our handiwork; O prosper the work of our hands.

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