

**Psalm 90:1-12**

- 1 Lord, you have been our | dwelling place*
in all gener- | ations.
- 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 chil- | dren 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 be- | fore you,*
our secret sins in the light of your | presence.
- 9 For all our days pass away un- | der 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.