

Psalm 90

A prayer of Moses the man of God.

- ¹ Lord, you have been our dwelling place
throughout all generations.
- ² Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.
- ³ You turn people back to dust,
saying, "Return to dust, you mortals."
- ⁴ A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
- ⁵ Yet you sweep people away in the sleep of death—
they are like the new grass of the morning:
- ⁶ In the morning it springs up new,
but by evening it is dry and withered.
- ⁷ We are consumed by your anger
and terrified by your indignation.
- ⁸ You have set our iniquities before you,
our secret sins in the light of your presence.
- ⁹ All our days pass away under your wrath;
we finish our years with a moan.
- ¹⁰ Our days may come to seventy years,
or eighty, if our strength endures;
yet the best of them are but trouble and sorrow,
for they quickly pass, and we fly away.
- ¹¹ If only we knew the power of your anger!
Your wrath is as great as the fear that is your due.
- ¹² Teach us to number our days,
that we may gain a heart of wisdom.

- ¹³ Relent, LORD! How long will it be?
Have compassion on your servants.
- ¹⁴ Satisfy us in the morning with your unfailing love,
that we may sing for joy and be glad all our days.
- ¹⁵ Make us glad for as many days as you have afflicted us,
for as many years as we have seen trouble.
- ¹⁶ May your deeds be shown to your servants,
your splendor to their children.
- ¹⁷ May the favor^[a] of the Lord our God rest on us;
establish the work of our hands for us—
yes, establish the work of our hands.