

# Psalm 90

## A prayer of Moses the man of God.

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

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