



- 4 1 Lord, you have / been our / refuge
 from / one gene- / ration to a- / nother.
- 2 Before the mountains were brought forth, or the land and the / earth were / born,
 from / age to / age you are / God.
- W 3 You turn us back to the / dust and / say,
 “Go / back, O / child of / earth.”
- 4 4 For a thousand years in your sight are like yesterday / when it is / past
 and / like a / watch in the / night.
- W 5 You sweep us a- / way like a / dream;
 we fade away / sudden-ly / like the / grass.
- M 6 In the morning it is / green and / flourishes;
 in the / evening it is / dried up and / withered.
- 4 7 For we consume away in / your dis- / pleasure;
 we are afraid because of your / wrath-ful / in-dig- / nation.
- 8 Our iniquities you have / set be- / fore you,
 and our secret / sins in the / light of your / countenance.
- U 9 When you are angry, all our / days are / gone;
 we bring our / years to an / end like a / sigh.
- 10 The span of our life is seventy years, perhaps in strength / e-ven / eighty;
 yet the sum of them is but labor and sorrow, for they pass away / quickly and / we are / gone.
- 4 11 Who regards the / pow'r of your / wrath?
 who rightly / fears your / in-dig- / nation?
- 12 So teach us to / number our / days
 that we may ap- / ply our / hearts to / wisdom.
- 4 Glory to the Father, and / to the / Son,
 and / to the / Ho-ly / Spirit:
- as it was in the be- / ginning, is / now,
 and / will be for- / ever. || A- / men.