

PSALM 90

$\text{♩} = 76$

Teach us to num - ber our days, that we ap - ply our hearts un - to wis - dom.

music: *The De Beauvoir Psalter*, Ryan Connolly; © 2024

- 1 Lord, thou hast | been our | refuge :
from one gener- | ation | to a- | nother.
- 2 Before the mountains were brought forth, or ever the earth and the | world were | made :
thou art God from ever- | lasting, · and | world with- | out end.
- 3 Thou turnest man | to de- | struction :
again thou sayest, Come again, ye | children · of | men.
- 4 For a thousand years in thy sight are | but as | yesterday :
seeing that is past as a | **watch** | in the | night. **R**
- 5 As soon as thou scatterest them they are even | as a | sleep :
and fade away | sudden- · ly | like the | grass.
- 6 In the morning it is green, and | groweth | up :
but in the evening it is cut down, | **dried** | up, and | withered.
- 7 For we consume away in | thy dis- | pleasure :
and are afraid at thy | wrathful | indig- | nation.
- 8 Thou hast set our mis- | deeds be- | fore thee :
and our secret sins in the | **light** | of thy | countenance. **R**

The De Beauvoir Psalter

debeauvoirpsalter.com

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text: Book of Common Prayer

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- 9 For when thou art angry all our | days are | gone :
we bring our years to an end, as it were a | **tale** | that is | told.
- 10 The days of our age are threescore years and ten;
and though men be so strong that they come to | fourscore | years :
yet is their strength then but labour and sorrow;
so soon passeth it a- | way, and | we are | gone.
- 11 But who regardeth the power | of thy | wrath :
for even thereafter as a man feareth, | so is | thy dis- | pleasure.
- 12 So teach us to | number · our | days :
that we may apply our | **hearts** | unto | wisdom. **R**
- 13 Turn thee again, O Lord, | at the | last :
and be gracious | unto · thy | servants.
- 14 O satisfy us with thy mercy, | and that | soon :
so shall we rejoice and be glad all the | **days** | of our | life.
- 15 Comfort us again now after the time that thou hast | **plagued** | us :
and for the years wherein | we have | suffered · ad- | versity.
- 16 Shew thy | servants · thy | work :
and their | children | **thy** | glory.
- †17 And the glorious majesty of the Lord our God | be up- | on us :
prosper thou the work of our hands upon us, O | prosper | thou our | handywork. **R**
- Glory be to the Father | and to · the | Son :
and | to the | Holy | Spirit;
as it was in the be- | ginning · is | now :
and shall be for | ever. A | -- | men.