### Psalms

## Chapter 90

A prayer of Moses, the man of God.   
  
  
  
  
1O Jehovah, You’ve been our refuge  
 From one generation to another.  
 2Before the mountains existed,  
 And the earth (the dwelling of man) took its shape…  
 Throughout ages of ages, You’ve been there.  
  
3So, please don’t humble Your people.  
 For You said:  
  
 ‘Return to Me, sons of men!’  
  
4Why, a thousand years in Your eyes, O Jehovah,  
 Are like yesterday, after they’ve passed…  
 They’re like a watch in the night.  
 5But the years [of men] are looked on in scorn,  
 For like sprouting plants, we just pass away…  
 6In the morning, we blossom and sprout,  
 And in the evening, we dry up and fall.  
  
7Now, we’ve failed in the face of Your anger,  
 And we’ve been disturbed by Your rage.  
 8For the Laws that we’ve broken are all there before You…  
 They stand in the light of Your face.  
  
9Yes, all of our days have been failures,  
 And we’ve even failed when it comes to Your rage.  
 Our years are as brief as the time that it takes  
 For a spider to think [of catching its prey].  
  
10Our days may last for 70 years,  
 Or if You command, until 80.  
 But they’re mostly spent in misery and toil,  
 ‘Til we mellow and accept [Your] correction.  
  
11Who knows the power of Your rage?  
 And because of the fear of Your anger,  
 How can we number our days?  
  
12So, please expose Your right hand to me,  
 And send Your wisdom into my heart,  
 That I may receive Your correction.  
  
13How long will it be, O Jehovah,  
 Until You turn back to us?  
 Please send comfort to Your servants!  
  
14For, in the morning, O Lord,  
 We were filled with Your mercy…  
 We shouted in joy and were happy each day.  
 15We were grateful for even the days we were humbled,  
 After many years of seeing the bad.  
  
16So please, look on Your servants (Your works),  
 And to our sons, send Your guidance.  
 17Send us Your light, O Jehovah our God,  
 And bless all things that we do with our hands…  
 Yes, please bless the works of our hands!