

## HYMN

## 156 O God, our help in ages past

1 O God, our help in a - ges past, our hope for years to come,  
 2 un - der the shad - ow of thy throne thy saints have dwelt se - cure;  
 3 Be - fore the hills in or - der stood, or earth re - ceived her frame,

our shel - ter from the storm - y blast, and our e - ter - nal home:  
 suf - fi - cient is thine arm a - lone, and our de - fence is sure.  
 from ev - er - last - ing thou art God, to end - less years the same.

4 A thousand ages in thy sight  
 are like an evening gone,  
 short as the watch that ends the night  
 before the rising sun.

5 Time, like an ever-rolling stream,  
 bears all its sons away;  
 they fly forgotten, as a dream  
 dies at the opening day.

6 O God, our help in ages past,  
 our hope for years to come,  
 be thou our guard while troubles last,  
 and our eternal home.