

Psalm 90 – A Prayer of Moses
(Paraphrased)

Lord, forever You are our place of refuge;
You existed before all took place in existence;
You are eternal- without beginning or end;
You turn men to dust from where You formed them
To You a thousand years are like yesterday and as a short time in the watch of the night.
You take the disobedient away through death in the prime of their years; their lives are like a sleep and soon they are forgotten; they flourish in the morning and in the evening they are no more.
We are consumed by Your anger and by your wrath we are troubled, overwhelmed and frightened away; our iniquities are ever before You;
We pass our days in the wilderness experiencing your wrath; we live as if in a told tale, without reaching Canaan's land;
The days of our pilgrimage in this earth is seventy years or eighty, if we have the strength, yet in the later years we see only labor and sorrow, for they pass fast and we are no more.
In our sinful nature we cannot know the depth of your anger neither of your wrath; we cannot connect it with the fear due You;
Teach us to know the brevity of life given us in this earth, for us to acquire a heart of wisdom;
How long will it be before You turn away Your anger against us?
Be compassionate to us and revoke your sentence against Your servants;
While we are still young, satisfy us with your mercy and loving-kindness, so we will live our days rejoicing in You;
Make us glad in the measure of days to which You afflicted us and of years in which we suffered under Your wrath;
Let Your beauty, delightfulness and favor be on us; establish what we do; establish and confirm the works of our hands.