

Psalm 90:1-8.12

George Black

Introduction. Cantor sings refrain. All repeat refrain. Cantor sings verses. All sing refrain after each group of verses. In the psalm-tone the singer leaves the reciting note on the underlined word or syllable.

Introduction

Teach us to num - ber our days.

- (1) Lord, you have been our refuge
- (2) from one generation to another.
- (3) Before the mountains were brought forth
- (3) or the land and the earth were born
- (4) from age to age you are God. *Refrain.*

You turn us back to dust and say,
"Go back, O child of earth."
For a thousand years in your sight are like yesterday when it is past
and like a watch in the night. *Refrain.*

You sweep us away like a dream;
we fade away suddenly like the grass.
In the morning it is green and flourishes;
in the evening it is dried up and withered. *Refrain.*

- (1) For we consume away in your displeasure;
- (1) we are afraid because of your wrathful indignation.
- (2) Our iniquities you have set before you,
- (3) and our secret sins in the light of your countenance.
- (3) So teach us to number our days
- (4) that we may apply our hearts to wisdom. *Refrain.*