

687 Our God, Our Help in Ages Past

(Psalm 90)

1 Our God, our help in a - ges past, our
 2 Be - neath the shad - ow of thy throne thy
 3 Be - fore the hills in or - der stood, or
 4 A thou - sand a - ges in thy sight are

hope for years to come, our shel - ter from the
 saints have dwelt se - cure; suf - fi - cient is thine
 earth re - ceived its frame, from ev - er - last - ing
 like an eve - ning gone, short as the watch that

storm - y blast, and our e - ter - nal home:
 arm a - lone, and our de - fense is sure.
 thou art God, to end - less years the same.
 ends the night be - fore the ris - ing sun.

- 5 Time, like an ever rolling stream,
 bears all our years away;
 they fly forgotten, as a dream
 dies at the opening day.
- 6 Our God, our help in ages past,
 our hope for years to come,
 be thou our guard while life shall last,
 and our eternal home.

Many people sing this hymn unaware that it paraphrases Psalm 90, partly because this text speaks so immediately to the human condition. Since the middle of the 19th century, it has usually been joined to this tune named for the London parish where the composer was organist.