Psalm 90 (VU 805-806 , parts 1 and 3)

R: In every age, O God, you have been our refuge.

God, you have been our refuge in every generation.
Before the mountains were brought forth,
Before earth and world were formed,
from age to age everlasting, you are God.
You turn frail humans back to dust, saying "Return, you mortals."
For a thousand years in your sight are as yesterday,
A day is past, a watch in the night.
You sweep them away in a dream, like grass that is fresh in the morning,
Like grass which in the morning is green,
But in the evening is dried up and withered. R.

Turn back , O god! How long ? Have compassion on your servants.
Satisfy us in the morning with your steadfast love,
That we may rejoice and be glad all our days.
Make us glad as many days as you have afflicted us,
As many years we have suffered adversity.
Show your servants your work, and let their children see your glory.
Let the favour of our God be upon us, and prosper the work of our hands.
Prosper the work of our hands. R.