

# O God, Our Help in Ages Past

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WORDS: Isaac Watts, 1719 (Ps. 90)

**1. O God, our help  
in ages past,  
our hope for years to come,  
our shelter from  
the stormy blast,  
and our eternal home!**

**2. Under the shadow  
of thy throne,  
still may we dwell secure;  
sufficient is thine  
arm alone,  
and our defense is sure.**

**3. Before the hills  
in order stood,  
or earth received her frame,  
from everlasting,  
thou art God,  
to endless 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 who breathe 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 guide  
while life shall last,  
and our eternal home.**