

Psalm 90 A prayer of Moses, the man of God

¹ LORD, from Adam until now You have been the God we can believe in and follow with confidence. ² It is only right that Israel should do so, because You are God and have existed long before the beginning of time, even before the earth was created.

³ You are eternal, but man is temporal and temporary at that. You bring him into the world, and at some point You declare, "Okay, it's time for you to die and go to the grave where your body will return to the dust from which it was made." ⁴ Although men can only think in terms of time, to You time is immaterial. In Your eyes a thousand years is the same as a few seconds. In fact, for You there is no past, present, or future because You can see the past and the future in the present.

⁵⁻⁶ Men are born, grow into their prime like grass sprouts up in the morning, and soon they grow older where their body and strength start to wither. Then like a flood that sweeps away everything in its path, You call individuals into the sleep of death without regard to rank or age. There they lie until judgment day. ⁷⁻⁸ It's evident that You are extremely angry with us because our public and our secret sins are constantly before Your very eyes. As a result, we have experienced all sorts of troubles, and ultimately we are brought to the end of life. ⁹ Yes, our days are passing away quickly because of Your anger, and You bring our years to an end. When life is finished we give a sigh so as to say, "What was the use? Life was all a waste." ¹⁰ You have ordained that as a general rule we could live as many as 70 years, and if we are especially strong we might live as much as 80 years. No matter how long we live, our years are filled with work and sorrows. I say this because all too soon our life is over, and our spirit flies away while our body rests in a grave somewhere.

¹¹ Is there anyone among us who understands or even takes the time to consider the awesome power of Your anger, or the far-reaching consequences that result when You get so angry that You must punish sin? No, I don't think so. ¹² Since that is the case, please teach us to seriously consider the days we have left to live so that we will not only acquire wisdom but present to You a heart of wisdom to be used as You see fit.

¹³ LORD, please put aside Your anger and once again look upon us with favor. How long will it be before You have pity and be kind to us? ¹⁴ Starting this morning, please pour out Your tender love and kindness upon us. Do it until we are so fully satisfied with Your goodness that we must sing for joy and be glad about it until the day we die. ¹⁵ Make us glad in direct proportion to the severity of the sorrows and difficulties we have had to endure all these years. ¹⁶ Make Your works and Your glorious power be so obvious that Your people and their children will see and recognize Your greatness. ¹⁷ Please favor Israel with Your blessing, and establish all of the work we do with our hands. Yes, please establish and bless all that we do.