

Approaching the Word



PSALM 90

BOOK FOUR (Psalms 90-106)

PSALM 90

A prayer of Moses, the man of God.

¹Lord, through all the generations
you have been our home!
²Before the mountains were created,
before you made the earth and the
world,
you are God, without beginning or end.
³You turn people back to dust, saying,
"Return to dust!"
⁴For you, a thousand years are as yesterday!
They are like a few hours.
⁵You sweep people away like dreams that
disappear
or like grass that springs up in the
morning.
⁶In the morning it blooms and flourishes,
but by evening it is dry and withered.
⁷We wither beneath your anger;
we are overwhelmed by your fury.
⁸You spread out our sins before you—
our secret sins—and you see them all.
⁹We lie; our lives are beneath your wrath.
We end our lives with a groan.
¹⁰Seventy years are given to us,
Some may even reach eighty,
But even the best of these years are filled
with pain and trouble;
soon they disappear, and we are gone.
¹¹Who can comprehend the power of your
anger?
Your wrath is as awesome as the fear you
deserve.
¹²Teach us to count our days as dust,
so that we will not waste our time.
¹³O Lord, do not be angry with us,
How long will you be angry?
Take pity on us in the morning,
Satisfy us in the morning
with your unfailing love,
so we may sing for joy
all our lives.
¹⁴Give us gladness in proportion
to the troubles we have
endured.

and make our efforts successful.
Yes, make our efforts successful!

PSALM 91

¹Those who live in the shelter of the Most
High
will find rest in the shadow of the
Almighty.
²This I declare of the Lord:
He alone is my refuge; my place of safety,
he is my God, and I am trusting him.
³For he will rescue you from every trap
and protect you from the fatal plague.
⁴He will rescue you with his wings,
He will carry you with his feathers.
His faithfulness is your armor and
his trust is your shield.
⁵Do not be afraid of the terrors of the night,
of the arrows that stalk in
the day,
of the pestilence that stalks in
the darkness,
of the plague that strikes at midday.
The Lord will be with you,
and he will protect you from all
evil.
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PSALM 92

A psalm to be sung on the Lord's Day. A song.

¹It is good to give thanks to the Lord,
to sing praises to the Most High.
²It is good to proclaim your unfailing love in
the morning,
your faithfulness in the evening,
accompanied by the harp and lute
and the harmony of the lyre.
³You thrill me, Lord, with all you have done
for me!
I sing for joy because of what you have
done.
⁴O Lord, what great miracles you do!
And how deep are your thoughts.
Only an ignorant person would not know
this!
Only a fool would not understand it.
Although the wicked flourish like weeds,
and evildoers blossom with success,
there is only eternal destruction ahead of
them.
The Lord will be exalted in the heavens.
O Lord, continue forever.
The Lord will surely perish;
the wicked will be scattered.
The Lord is as strong as a wild
olive tree.
The Lord will be exalted by your power!
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PSALM 94

The world is firmly established,
it cannot be shaken.
²Your throne, O Lord, has been established
from time immemorial.
You yourself are from the everlasting
past.
³The mighty oceans have roared, O Lord.
The mighty oceans roar like thunder;
the mighty oceans roar as they pound the
shore.
⁴But mightier than the violent raging of the
seas,
mightier than the breakers on the
shore—
the Lord above is mightier than these!
⁵Your royal decrees cannot be changed.
The nature of your reign, O Lord, is
holiness forever.

PSALM 94

¹O Lord, the God to whom vengeance
belongs,
O God of vengeance, let your glorious
justice be seen!
²Arise, O judge of the earth.
Sentence the proud to the penalties they
deserve.
³How long, O Lord?
How long will the wicked be allowed to
gloat?
⁴Hear their arrogant
How these evildoers boast!
They oppress your people, Lord,
hating those you love.
⁵They kill widows and foreigners
and murder orphans.
⁶The Lord isn't looking," they say,
"and besides, the God of Israel? doesn't
care."
⁷Think again, you fools!
When will you finally catch on?
Is the one who made your ears deaf?
Is the one who formed your eyes blind?
He punishes the nations—won't he also
punish you?

What do you see?



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with pain and trouble;
soon they disappear, and we are gone.
¹¹Who can comprehend the power of your
anger?
Your wrath is as awesome as the fear you
deserve.
¹²Touch a mountain and it trembles at our time,
so the hills melt away.
¹³O Lord, call to mind your days of old,
How long will you be angry?
Take pity on your people,
Satisfy us in the morning
with your unfailing love,
so we may sing for joy
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to the years we serve you.

and make our efforts successful.
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His faithfulness is your armor and
shield.
⁵Do not be afraid of the terrors of the night,
of the arrows that stalk in
darkness,
of the pestilence that strikes at midday,
or of the plague that kills at noon.
The Lord is your helper and
protector.
The Lord is your refuge,
and he will deliver you from every
danger.
If you say, "The Lord is my refuge,"
you will not be afraid of the wrath of
the king or of the anger of the ruler.
For he will say to you,
"You are my dove, my dear one,
my rock, my fortress, my stronghold."
The Lord will deliver you from every
danger.
The Lord is your refuge,
and he will deliver you from every
danger.

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