

## Lesson 13 / Psalm 90

### New International Version Psalms 90

1 Lord, you have been our dwelling place throughout all generations.  
2 Before the mountains were born or you brought forth the earth and the world, from everlasting to everlasting you are God.  
3 You turn men back to dust, saying, "Return to dust, O sons of men."  
4 For a thousand years in your sight are like a day that has just gone by, or like a watch in the night.  
5 You sweep men away in the sleep of death; they are like the new grass of the morning—  
6 though in the morning it springs up new, by evening it is dry and withered.  
7 We are consumed by your anger and terrified by your indignation.  
8 You have set our iniquities before you, our secret sins in the light of your presence.  
9 All our days pass away under your wrath; we finish our years with a moan.  
10 The length of our days is seventy years— or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.  
11 Who knows the power of your anger? For your wrath is as great as the fear that is due you.  
12 Teach us to number our days aright, that we may gain a heart of wisdom.  
13 Relent, O LORD! How long will it be? Have compassion on your servants.  
14 Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.  
15 Make us glad for as many days as you have afflicted us, for as many years as we have seen trouble.  
16 May your deeds be shown to your servants, your splendor to their children.  
17 May the favor of the Lord our God rest upon us; establish the work of our hands for us— yes, establish the work of our hands.

### New Living Translation Psalm 90

1 Lord, through all the generations you have been our home!  
2 Before the mountains were created, before you made the earth and the world, you are God, without beginning or end.  
3 You turn people back to dust, saying, "Return to dust!"  
4 For you, a thousand years are as yesterday! They are like a few hours!  
5 You sweep people away like dreams that disappear or like grass that springs up in the morning.  
6 In the morning it blooms and flourishes, but by evening it is dry and withered.  
7 We wither beneath your anger; we are overwhelmed by your fury.  
8 You spread out our sins before you— our secret sins—and you see them all.  
9 We live our lives beneath your wrath. We end our lives with a groan.  
10 Seventy 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.  
11 Who can comprehend the power of your anger? Your wrath is as awesome as the fear you deserve.  
12 Teach us to make the most of our time, so that we may grow in wisdom.  
13 O LORD, come back to us! How long will you delay? Take pity on your servants!  
14 Satisfy us in the morning with your unfailing love, so we may sing for joy to the end of our lives.  
15 Give us gladness in proportion to our former misery! Replace the evil years with good.  
16 Let us see your miracles again; let our children see your glory at work.  
17 And may the Lord our God show us his approval and make our efforts successful. Yes, make our efforts successful!

## Amplified Bible

**1** LORD, YOU have been our dwelling place *and* our refuge in all generations [says Moses].  
**2** Before the mountains were brought forth or ever You had formed *and* given birth to the earth and the world, even from everlasting to everlasting You are God. **3** You turn man back to dust *and* corruption, and say, Return, O sons of the earthborn [to the earth]! **4** For a thousand years in Your sight are but as yesterday when it is past, or as a watch in the night. **5** You carry away [these disobedient people, doomed to die within forty years] as with a flood; they are as a sleep [vague and forgotten as soon as they are gone]. In the morning they are like grass which grows up—  
**6** In the morning it flourishes and springs up; in the evening it is mown down and withers.  
**7** For we [the Israelites in the wilderness] are consumed by Your anger, and by Your wrath are we troubled, overwhelmed, *and* frightened away. **8** Our iniquities, our secret heart *and* its sins [which we would so like to conceal even from ourselves], You have set in the [revealing] light of Your countenance. **9** For all our days [out here in this wilderness, says Moses] pass away in Your wrath; we spend our years as a tale that is told [for we adults know we are doomed to die soon, without reaching Canaan].  
**10** The days of our years are threescore years and ten (seventy years)—or even, if by reason of strength, fourscore years (eighty years); yet is their pride [in additional years] only labor and sorrow, for it is soon gone, and we fly away. **11** Who knows the power of Your anger? [Who worthily connects this brevity of life with Your recognition of sin?] And Your wrath, who connects it with the reverent *and* worshipful fear that is due You? **12** So teach us to number our days, that we may get us a heart of wisdom.  
**13** Turn, O Lord [from Your fierce anger]! How long—? Revoke Your sentence *and* be compassionate *and* at ease toward Your servants. **14** O satisfy us with Your mercy *and* loving-kindness in the morning [now, before we are older], that we may rejoice and be glad all our days. **15** Make us glad in proportion to the days in which You have afflicted us *and* to the years in which we have suffered evil. **16** Let Your work [the signs of Your power] be revealed to Your servants, and Your [glorious] majesty to their children. **17** And let the beauty *and* delightfulness *and* favor of the Lord our God be upon us; confirm *and* establish the work

of our hands—yes, the work of our hands, confirm *and* establish it.

## The Message

**Psalms 90:1** God, it seems you've been our home forever;  
**2** long before the mountains were born, Long before you brought earth itself to birth, from "once upon a time" to "kingdom come"—you are God.  
**3** So don't return us to mud, saying, "Back to where you came from!"  
**4** Patience! You've got all the time in the world—whether a thousand years or a day, it's all the same to you.  
**5** Are we no more to you than a wispy dream, no more than a blade of grass  
**6** That springs up gloriously with the rising sun and is cut down without a second thought?  
**7** Your anger is far and away too much for us; we're at the end of our rope.  
**8** You keep track of all our sins; every misdeed since we were children is entered in your books.  
**9** All we can remember is that frown on your face. Is that all we're ever going to get?  
**10** We live for seventy years or so (with luck we might make it to eighty), And what do we have to show for it? Trouble. Toil and trouble and a marker in the graveyard.  
**11** Who can make sense of such rage, such anger against the very ones who fear you?  
**Psalms 90:12** Oh! Teach us to live well! Teach us to live wisely and well!  
**13** Come back, GOD—how long do we have to wait?— and treat your servants with kindness for a change.  
**14** Surprise us with love at daybreak; then we'll skip and dance all the day long.  
**15** Make up for the bad times with some good times; we've seen enough evil to last a lifetime.  
**16** Let your servants see what you're best at—the ways you rule and bless your children.  
**17** And let the loveliness of our Lord, our God, rest on us, confirming the work that we do. Oh, yes. Affirm the work that we do!