

## 詩 90

1 [神人摩西的祈禱。] 主阿、你  
世世代代作我們的居所。

2 諸山未曾生出、地與世界你未曾  
造成、從亙古到永遠、你是 神。

3 你使人歸於塵土、說、你們世人  
要歸回。

4 在你看來、千年如已過的昨日、  
又如夜間的一更。

5 你叫他們如水沖去。他們如睡一  
覺。早晨、他們如生長的草。

6 早晨發芽生長、晚上割下枯乾。

7 我們因你的怒氣而消滅、因你的  
忿怒而驚惶。

8 你將我們的罪孽擺在你面前、將  
我們的隱惡擺在你面光之中。

9 我們經過的日子、都在你震怒之  
下。我們度盡的年歲、好像一聲歎  
息。

10 我們一生的年日是七十歲。若  
是強壯可到八十歲。但其中所矜誇  
的、不過是勞苦愁煩。轉眼成空、  
我們便如飛而去。

11 誰曉得你怒氣的權勢、誰按著  
你該受的敬畏曉得你的忿怒呢。

12 求你指教我們怎樣數算自己的  
日子、好叫我們得著智慧的心。

## Psalm 90

1 [A Prayer of Moses, the man of  
God.] Lord, you have been our  
dwelling place in all generations.

2 Before the mountains were brought  
forth, or ever you had formed the  
earth and the world, from everlasting  
to everlasting you are God.

3 You return man to dust and say,  
"Return, O children of man!"

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 sweep them away as with a flood;  
they are like a dream, like grass that is  
renewed in the morning:

6 in the morning it flourishes and is  
renewed; in the evening it fades and  
withers.

7 For we are brought to an end by your  
anger; by your wrath we are dismayed.

8 You have set our iniquities before you,  
our secret sins in the light of your  
presence.

9 For all our days pass away under  
your wrath; we bring our years to an  
end like a sigh.

10 The years of our life are  
seventy, or even by reason of  
strength eighty; yet their span is  
but toil and trouble; they are soon  
gone, and we fly away.

11 Who considers the power of  
your anger, and your wrath  
according to the fear of you?

12 So teach us to number our  
days that we may get a heart of  
wisdom.

13 耶和華阿、我們要等到幾時呢。求你轉回、為你的僕人後悔。

14 求你使我們早早飽得你的慈愛、好叫我們一生一世歡呼喜樂。

15 求你照著你使我們受苦的日子、和我們遭難的年歲、叫我們喜樂。

16 願你的作為向你僕人顯現。願你的榮耀向他們子孫顯明。

17 願主我們神的榮美、歸於我們身上。願你堅立我們手所作的工。我們手所作的工、願你堅立。

13 Return, O Lord! How long? Have pity on your servants!

14 Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.

15 Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil.

16 Let your work be shown to your servants, and your glorious power to their children.

17 Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands!

