

Psalm 90

1 תְּפִלָּה לְמֹשֶׁה אִישׁ־הָאֱלֹהִים  
אֲדֹנָי מֵעוֹן אַתָּה הָיִיתָ לָנוּ  
בְּדֹר וָדֹר

A prayer of Moses, man of God.  
O Master, You have been our abode  
in every generation.

2 בְּטֶרֶם הָרִים יִלְדוּ  
וְתַחֲלֹל אֶרֶץ וְתִבֵּל  
וּמֵעוֹלָם עַד־עוֹלָם אַתָּה אֵל

Before mountains were born,  
before you spawned earth and world,  
from forever to forever You are God.

3 תָּשִׁיב אָנוּשׁ עַד־דָּכָא  
וְתֹאמַר שׁוּבוּ בְנֵי־אָדָם

You bring man back to the dust  
and say, "Turn back, humankind."

4 כִּי אֲלֶף שָׁנִים בְּעֵינֶיךָ  
כִּי־וְאֵתְמוּל כִּי יַעֲבֹר  
וְאִשְׁמֹרֶה בַּלַּיְלָה

For a thousand years in Your eyes  
are like yesterday gone,  
like a watch in the night.

5 זָרַמְתֶּם שָׁנָה יִהְיוּ  
בַּבֹּקֶר כְּחֶצִיר יַחֲלֶף

You engulf them with sleep.  
In the morn they are like grass that passes.

6 בַּבֹּקֶר יִצְיֵץ וְיַחֲלֶף  
לְעֶרֶב יִמּוֹלֵל וַיִּבֶשׁ

In the morning it sprouts and passes,  
by evening it withers and dies.

7 כִּי־כָלִינוּ בְּאַפֶּךָ  
וּבַחֲמַתְךָ נִבְהַלְנוּ

For we are consumed in Your wrath,  
and in Your fury we are dismayed.

8 שָׂתָה עֲוֹנֹתֵינוּ לְנֶגְדְךָ  
עֲלֵמָנוּ לְמֵאֹר פָּנֶיךָ

You have set our transgressions before You,  
our hidden faults in the light of Your face.

9 כִּי כָל־יְמֵינוּ פָּנוּ בְּעִבְרַתְךָ  
כָּלִינוּ שָׁנֵינוּ כְּמוֹ־הֶגֶה

For all our days slip away in Your anger.  
We consume our years like a sigh.

10 יְמֵי שָׁנוֹתֵינוּ בָּהֶם שִׁבְעִים שָׁנָה  
וְאִם בְּגִבּוֹרֹת שְׁמוֹנִים שָׁנָה  
וְרָהֶבָם עֲמַל וְאוֹן  
כִּי־גֹז חַיִּשׁ וַיִּנְעַפָּה

The days of our years are but seventy years,  
and if in great strength, eighty years.  
And their pride is trouble and grief,  
for swiftly cut down, we fly away.

11 מִי־יֹדַע עֹז אַפֶּךָ  
וּכְיֹרְאֲתְךָ עִבְרַתְךָ

Who can know the strength of Your wrath?  
As the fear of you is Your anger.

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12	לְמִנּוֹת יָמֵינוּ כִּן הוֹדַע וְנָבֵא לִבֵּב חֲכָמָה	To count our days rightly, instruct, that we may get a heart of wisdom.
13	שׁוּבָה יְיָ עַד־מַתִּי וְהַנְּחָם עַל־עַבְדֶּיךָ	Come back, O Lord! How long?— and have pity on Your servants.
14	שִׁבְעֵנוּ בַּבֹּקֶר חֶסֶדְךָ וְנִרְנְנָה וְנִשְׂמְחָה בְּכָל־יָמֵינוּ	Sate us in the morn with Your kindness, let us sing and rejoice all our days.
15	שִׂמְחָנוּ כִּימֹת עֲנִיתָנוּ שָׁנוֹת רָאִינוּ רָעָה	Give us joy as the days You afflicted us, the years we saw evil.
16	יִרְאֶה אֱלֹהֵי־עַבְדֶּיךָ פְּעֻלָּךָ וְהִדְרֶךָ עַל־בְּנֵיהֶם	Let Your acts be seen by Your servants and Your glory by their children.
17	וַיְהִי נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָהוּ	And may the sweetness of the Master our God be upon us and the work of our hands firmly found for us, and the work of our hands firmly found.