

687 Our God, Our Help in Ages Past

(Psalm 90)

1 Our God, our help in a - ges past, our
 2 Be - neath the shad - ow of thy throne thy
 3 Be - fore the hills in or - der stood, or
 4 A thou - sand a - ges in thy sight are

hope for years to come, our shel - ter from the
 saints have dwelt se - cure; suf - fi - cient is thine
 earth re - ceived its frame, from ev - er - last - ing
 like an eve - ning gone, short as the watch that

storm - y blast, and our e - ter - nal home:
 arm a - lone, and our de - fense is sure.
 thou art God, to end - less years the same.
 ends the night be - fore the ris - ing sun.

- 5 Time, like an ever rolling stream,
 bears all our years away;
 they fly forgotten, as a dream
 dies at the opening day.
- 6 Our God, our help in ages past,
 our hope for years to come,
 be thou our guard while life shall last,
 and our eternal home.

Many people sing this hymn unaware that it paraphrases Psalm 90, partly because this text speaks so immediately to the human condition. Since the middle of the 19th century, it has usually been joined to this tune named for the London parish where the composer was organist.

802 The King of Love My Shepherd Is

(Psalm 23)

1 The King of love my shep-herd is, whose good - ness
 2 Where streams of liv - ing wa - ter flow my ran - somed
 3 Per - verse and fool - ish oft I strayed, but yet in
 4 In death's dark vale I fear no ill with thee, dear

fail - eth nev - er; I noth - ing lack if
 soul he lead - eth, and where the ver - dant
 love he sought me, and on his shoul - der
 Lord, be - side me; thy rod and staff my

I am his and he is mine for - ev - er.
 pas - tures grow, with food ce - les - tial feed - eth.
 gent - ly laid, and home, re - joic - ing, brought me.
 com - fort still, thy cross be - fore to guide me.

- 5 Thou spread'st a table in my sight;
 thy unction grace bestoweth;
 and O what transport of delight
 from thy pure chalice floweth!
- 6 And so through all the length of days
 thy goodness faileth never;
 Good Shepherd, may I sing thy praise
 within thy house forever.

Since its creation in the mid-19th century, this text has been one of the favorite paraphrases of Psalm 23 in the English-speaking world. That popularity increased in the early 20th century when *The English Hymnal*, 1906, first joined these words to this flowing Irish melody.