- 1. O God, our help in ages past, our hope for years to come, our shelter from the stormy blast, and our eternal home!
- 2. Under the shadow of thy throne, still may we dwell secure; sufficient is thine arm alone, and our defense is sure.
- 3. Before the hills in order stood, or earth received her frame, from everlasting, thou art God, to endless years the same.
- 4. A thousand ages, in thy sight, are like an evening gone; short as the watch that ends the night, before the rising sun.
- 5. Time, like an ever-rolling stream, bears all who breathe away; they fly forgotten, as a dream dies at the opening day.
- 6. O God, our help in ages past, our hope for years to come, be thou our guide while life shall last, and our eternal home!

Psalm 130

(Repeat the refrain after the cantor introduces the melody. The refrain will be repeated after verses 4 and 8)

- 1. Out of the depths I cry to you, O Lord! Lord, hear my voice!
- 2. Let your ears be attentive to the voice of my supplications!
- 3. If you, O Lord, should mark iniquities, Lord, who could stand?
- 4. But there is forgiveness with you, that you may be worshipped.
- R In my distress I cry to the Lord: "Deliver me, O Lord."
- I wait for the Lord, my soul waits, in the Lord's word I hope;
- 6. my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning.
- 7. O Israel, hope in the Lord!

 For with the Lord there is steadfast love, with the Lord is plenteous redemption.
- 8. And the Lord will redeem Israel from all iniquities.
- R In my distress I cry to the Lord: "Deliver me, O Lord."

God Is Our Refuge and Our Strength

