



1. O God, our help in a - ges past, Our  
2. Un der the sha - dow of your throne Your  
*Introit.* Be my pro - tec - tor, might - y God, A



hope for years to come, Our shel - ter from the  
saints have dwelt se - cure; Suf - fi - cient is your  
ref - uge for me make; You are my rock, my



stor - my blast, And our e - ter - nal home.  
arm a - lone, And our de - fense is sure.  
strong - hold sure, Guide me for your name's sake.

*Text: Based on Psalm 90; Isaac Watts, 1674-1748, Psalm 31:3, 4, 2; Esto mihi in Deum protectorem;  
Introit, Ordinary Time 6, adapted Greg Heislman, © 2015, 2020. Tune: ST ANNE CM*