



1. O God, our help in a - ges past, Our  
2. Un der the sha - dow of your throne Your  
3. Be - fore the hills in or - der stood, Or  
4. A thou - sand a - ges in your sight Are  
5. Time, like an e - ver rol - ling stream, Bears  
6. O God, our help in a - ges past, Our

*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  
earth re - ceived her frame, From e - ver - las - ting  
like an eve - ning gone, Short as the watch that  
all our years a - way; They fly, for got ten,  
hope for years to come, Be now our guard while  
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.  
you are God, To end - less years the same.  
ends the night Be - fore the ri - sing sun.  
as a dream Dies at the op - 'ning day.  
trou - bles last, And our e - ter - nal home.  
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*