## Our God, our help in ages past



Watts' own verse numbers are given. The extra verses which follow are omitted in most modern hymn books, but if sung in numerical order follow the prose text of Psalm 91.

- Under the shadow of thy throne
   Thy saints have dwelt secure;
   Sufficient is thine arm alone,
   And our defence is sure.
- 4. Thy word commands our flesh to dust, "Return, ye sons of men:"
  All nations rose from earth at first,
  And turn to earth again.
- The busy tribes of flesh and blood, With all their lives and cares, Are carried downwards by the flood, And lost in following years.
- 8. Like flow'ry fields the nations stand Pleased with the morning light; The flowers beneath the mower's hand Lie withering ere 'tis night.