Our God, Our Help in Ages Past

Doh is D · 4/4 Tune: CAITHNESS

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| d - | m - f - s - d - | t, - d - r - m - |
  Our     God, our help in          ages past, Our

| f - s - l - l - | s - - - - - s - |
  hope for years to         come, Our

| l - t - d' - m - | f - s - l - s - |
  shelter from the          stormy blast, And

| f - m - r - r - | d - - - - - |
  our eternal               home.
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The other verses

2 Under the shadow of thy throne
Thy saints have dwelt secure;
Sufficient is thine arm alone,
And our defence is sure.

3 Before the hills in order stood,
Or earth receiv'd her frame,
From everlasting thou art God,
To endless years the same.

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.

5 A thousand ages in thy sight
Are like an evening gone;
Short as the watch that ends the night
Before the rising sun.

6 The busy tribes of flesh and blood,
With all their lives and cares,
Are carried downwards by thy flood,
And lost in following years.

7 Time like an ever-rolling stream
Bears all its Sons away;
They fly forgotten as a dream
Dies at the opening day.

8 Like flowery fields the nations stand
Pleas'd with the morning light;
The flowers beneath the mower's hand
Lie withering ere 'tis night.

9 Our God, our help in ages past,
Our hope for years to come,
Be thou our guard while troubles last,
And our eternal home.

Tune CAITHNESS (Scottish Psalter); words by Isaac Watts (1674–1748). Public domain: free to print, copy and sing. Solfa written by NoteFusion's engine from the hymn's notes.