

## **Our God, Our Help**

Our God, our help in ages past  
Our hope for years to come  
Our shelter from the stormy blast  
And our eternal home

Under the shadow of thy throne  
Thy saints have dwelt secure  
Sufficient is thine arm alone  
And our defense is sure

Seek the Lord and His strength  
Seek His presence all of our days  
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Seek His presence all of our days  
Our God, our help

Before the hills in order stood  
Or earth received her frame  
From everlasting thou art God  
To endless years the same

Thy word commands our flesh to dust  
“Return, ye sons of men”  
All nations rose from earth at first  
And turn to earth again

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Seek His presence all of our days  
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A thousand ages in thy sight  
Are like an evening gone  
Short as the watch that ends the night  
Before the rising sun

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