1 Our God, our Help in ages past,  
our Hope for years to come,  
our Shelter from the stormy blast,  
and our eternal Home.

2 Under the shadow of Thy throne  
Thy saints have dwelt secure;  
sufficient is Thine arm alone,  
and our defense is sure.

3 Before the hills in order stood  
or earth received its frame,  
from everlasting Thou art God,  
to endless years the same.

4 A thousand ages in Thy sight  
are like an ev'ning gone,  
short as the watch that ends the night  
before the rising sun.

5 Time, like an ever-rolling stream,  
bears all its sons away;  
they fly forgotten, as a dream  
dies at the op'ning day.

6 Our God, our Help in ages past,  
our Hope for years to come,  
be Thou our Guide while life shall last,  
and our eternal Home!