

## Salmo 90

<sup>1</sup>*Preghiera. Di Mosè, uomo di Dio.*

Signore, tu sei stato per noi un rifugio  
di generazione in generazione.

<sup>2</sup>Prima che nascessero i monti  
e la terra e il mondo fossero generati,  
da sempre e per sempre tu sei, Dio.

<sup>3</sup>Tu fai ritornare l'uomo in polvere  
e dici: «Ritornate, figli dell'uomo».

<sup>4</sup>Ai tuoi occhi, mille anni  
sono come il giorno di ieri che è passato,  
come un turno di veglia nella notte.

<sup>5</sup>Li annienti: li sommergi nel sonno;  
sono come l'erba che germoglia al mattino:

<sup>6</sup>al mattino fiorisce, germoglia,  
alla sera è falciata e dissecca.

<sup>7</sup>Perché siamo distrutti dalla tua ira,  
siamo atterriti dal tuo furore.

<sup>8</sup>Davanti a te poni le nostre colpe,  
i nostri peccati occulti alla luce del tuo volto.

<sup>9</sup>Tutti i nostri giorni svaniscono per la tua ira,  
finiamo i nostri anni come un soffio.

<sup>10</sup>Gli anni della nostra vita sono settanta,  
ottanta per i più robusti,  
ma quasi tutti sono fatica, dolore;  
passano presto e noi ci dileguiamo.

<sup>11</sup>Chi conosce l'impeto della tua ira,  
tuo sdegno, con il timore a te dovuto?

<sup>12</sup>Insegnaci a contare i nostri giorni  
e giungeremo alla sapienza del cuore.

<sup>13</sup>Volgiti, Signore; fino a quando?

Muoviti a pietà dei tuoi servi.

<sup>14</sup>Saziaci al mattino con la tua grazia:  
esulteremo e gioiremo per tutti i nostri giorni.

<sup>15</sup>Rendici la gioia per i giorni di afflizione,  
per gli anni in cui abbiamo visto la sventura.

<sup>16</sup>Si manifesti ai tuoi servi la tua opera  
e la tua gloria ai loro figli.

<sup>17</sup>Sia su di noi la bontà del Signore, nostro Dio:

rafforza per noi l'opera delle nostre mani,  
l'opera delle nostre mani rafforza.

## **Psaume 90**

<sup>1</sup> *Prière de Moïse, homme de Dieu.*

Seigneur! tu as été pour nous un refuge,  
De génération en génération.

<sup>2</sup> Avant que les montagnes fussent nées,  
Et que tu eusses créé la terre et le monde,  
D'éternité en éternité tu es Dieu.

<sup>3</sup> Tu fais rentrer les hommes dans la poussière,  
Et tu dis: Fils de l'homme, retournez!

<sup>4</sup> Car mille ans sont, à tes yeux,  
Comme le jour d'hier, quand il n'est plus,  
Et comme une veille de la nuit.

<sup>5</sup> Tu les emportes, semblables à un songe,  
Qui, le matin, passe comme l'herbe:

<sup>6</sup> Elle fleurit le matin, et elle passe,  
On la coupe le soir, et elle sèche.

<sup>7</sup> Nous sommes consumés par ta colère,  
Et ta fureur nous épouvante.

<sup>8</sup> Tu mets devant toi nos iniquités,  
Et à la lumière de ta face nos fautes cachées.

<sup>9</sup> Tous nos jours disparaissent par ton courroux;  
Nous voyons nos années s'évanouir comme un son.

<sup>10</sup> Les jours de nos années s'élèvent à soixante-dix ans,  
Et, pour les plus robustes, à quatre-vingts ans;  
Et l'orgueil qu'ils en tirent n'est que peine et misère,  
Car il passe vite, et nous nous envolons.

<sup>11</sup> Qui prend garde à la force de ta colère,  
Et à ton courroux, selon la crainte qui t'est due?

<sup>12</sup> Enseigne-nous à bien compter nos jours,  
Afin que nous appliquions notre cœur à la sagesse.

<sup>13</sup> Reviens, Éternel! Jusques à quand?...  
Aie pitié de tes serviteurs!

<sup>14</sup> Rassasie-nous chaque matin de ta bonté,  
Et nous serons toute notre vie dans la joie et l'allégresse.

<sup>15</sup> Réjouis-nous autant de jours que tu nous as humiliés,  
Autant d'années que nous avons vu le malheur.

<sup>16</sup> Que ton œuvre se manifeste à tes serviteurs,

Et ta gloire sur leurs enfants!

<sup>17</sup> Que la grâce de l'Éternel, notre Dieu, soit sur nous!

Affermis l'ouvrage de nos mains,

Oui, affermis l'ouvrage de nos mains!

## Psalm 90

<sup>1</sup> *A Prayer of Moses, the man of God.*

Lord, you have been our dwelling-place  
in all generations.

<sup>2</sup> Before the mountains were brought forth,  
or ever you had formed the earth and the world,  
from everlasting to everlasting you are God.

<sup>3</sup> You turn us back to dust,  
and say, 'Turn back, you mortals.'

<sup>4</sup> For a thousand years in your sight  
are like yesterday when it is past,  
or like a watch in the night.

<sup>5</sup> You sweep them away; they are like a dream,  
like grass that is renewed in the morning;

<sup>6</sup> in the morning it flourishes and is renewed;  
in the evening it fades and withers.

<sup>7</sup> For we are consumed by your anger;  
by your wrath we are overwhelmed.

<sup>8</sup> You have set our iniquities before you,  
our secret sins in the light of your countenance.

<sup>9</sup> For all our days pass away under your wrath;  
our years come to an end like a sigh.

<sup>10</sup> The days of our life are seventy years,  
or perhaps eighty, if we are strong;  
even then their span is only toil and trouble;  
they are soon gone, and we fly away.

<sup>11</sup> Who considers the power of your anger?  
Your wrath is as great as the fear that is due to you.

<sup>12</sup> So teach us to count our days  
that we may gain a wise heart.

- 13 Turn, O LORD! How long?  
Have compassion on your servants!
- 14 Satisfy us in the morning with your steadfast love,  
so that we may rejoice and be glad all our days.
- 15 Make us glad for as many days as you have afflicted us,  
and for as many years as we have seen evil.
- 16 Let your work be manifest to your servants,  
and your glorious power to their children.
- 17 Let the favour of the Lord our God be upon us,  
and prosper for us the work of our hands—  
O prosper the work of our hands!

## المزمور ٩٠

صَلَاةٌ لِمُوسَى رَجُلٍ اللَّهِ.

يَا رَبُّ كُنْتَ أَنَا عَلَى الدَّوَامِ مَلْجَأً  
جَيْلاً بَعْدَ جَيْلٍ.  
مِنْ قَبْلِ وِلَادَةِ الْجِبَالِ،  
مِنْ قَبْلِ أَنْ تُخْلَقَ الْأَرْضُ وَالْعَالَمُ.  
مُنْذُ الْأَزَلِ وَإِلَى الْأَبَدِ، أَنْتَ اللَّهُ!

أَنْتَ تُعِيدُ الْإِنْسَانَ إِلَى التُّرَابِ،  
وَاللَّبَشِيرَ تَقُولُ: «عُودُوا».  
إِنَّ أَلْفَ سَنَةٍ لَدَيْكَ هِيَ كَمُرُورِ يَوْمٍ وَاحِدٍ،  
كَجُزءٍ مِنَ اللَّيْلِ جِئِنَ يَغْلِبُ النُّعَاسُ.  
تَزُولُ كَأَنَّهَا حُلْمٌ،  
كَعُشْبٍ يَتَجَدَّدُ عِنْدَ الصَّبَاحِ.  
فِي الصَّبَاحِ يَنْمُو وَيَتَجَدَّدُ،  
وَقَبْلَ الْمَسَاءِ يَبْبَسُ وَيَذْوِي.  
هَكَذَا نَهْلِكُ جِئِنَ تَعَضَّبُ،  
وَجِئِنَ تَسْحَطُ نَرْتَعِبُ.  
بِوَضُوحٍ تَرَى كُلَّ آثَامِنَا.  
وَحَطَايَانَا الْخَفِيَّةُ لَا تَخْفَى عَلَيْكَ.  
كُلُّ سَنَوَاتِنَا تَمُرُّ تَحْتَ غَضَبِكَ،  
تَمُرُّ سَنَوَاتِنَا كَكُفْرَةٍ.  
نَعِيشُ لِسَبْعِينَ سَنَةً كَنَهْيِدَةٍ!  
وَإِنْ كُنَّا أَقْوِيَاءَ، فَرُبَّمَا ثَمَانِينَ.

وَأَغْلَبُ تِلْكَ السَّنَوَاتِ مَلِيئَةً بِالتَّعَبِ وَالْأَلَمِ.  
فَجَاءَ تَنْتَهِي سَنَوَاتِنَا، وَنَحْنُ نَطِيرُ!  
مَنْ يَعْرِفُ قُوَّةَ غَضَبِكَ؟  
أَمْ هَلْ سَنَسْتَطِيعُ بِتَقْوَانَا أَنْ نَنْقِيَ غَضَبَكَ؟  
عَلِمْنَا أَنْ نُحْصِيَ أَيَّامَنَا الْقَلِيلَةَ،  
لِكِي نَحْصُلَ عَلَى قُلُوبٍ حَكِيمَةٍ.  
فَمَتَى سَنَعُودُ يَا اللَّهُ،  
وَتُعْزِي عَيْدَكَ؟  
أَشْبَعْنَا كُلَّ صَبَاحٍ بِمَحَبَّتِكَ،  
وَسَنَبْتَهُجُ وَنَفْرَحُ كُلَّ أَيَّامِ حَيَاتِنَا.  
أَعْطِنَا سَنَوَاتٍ مِنَ السَّعَادَةِ  
بَعْدَ مَا أَعْطَيْنَا مِنْ سَنَوَاتِ الْأَلَمِ وَالضِّيقِ!  
دَعْ خُدَامَكَ وَنَسْلَهُمْ يَرَوْا أَعْمَالَكَ الْمُهَيَّبَةَ.  
فَلْنَعْرِفْ نِعْمَةَ الرَّبِّ الْإِلَهِ.  
وَلْيُدْعَمْ وَيُتَبَّتْ مَا نَعْمَلُ.  
وَلْيَتَّ مَا نَفْعَلُهُ يُثْمِرُ.