

石我之避難所，暴風雨中之避難所。
 rock in a wea-ry land, A shel-ter in the time of storm.

千古保障

O God, Our Help in Ages Past

Psalm 90
 Isaac Watts

Our soul waiteth for the Lord; He is our help. . . . — Psalm 33:20

ST. ANNE
 William Croft

1 上主是我昔日幫助，是我將來盼望；
 2 在主寶座前，我昔日庇蔭之下，是聖徒常得安住；
 3 在太初之時，天如地未闢，山川尚未開闢；
 4 似箭之光陰，我昔日如川不息，世人將瞬即逝；
 5 恩主是我昔日幫助，是我將來盼望；

1 O God, our help in a - ges past, Our hope for years to come,
 2 Un - der the shad - ow of Thy throne Still may we dwell se - cure;
 3 Be - fore the hills in or - der stood, Or earth re - ceived her frame,
 4 A thou - sand a - ges in Thy sight Are like an eve - ning gone;
 5 O God, our help in a - ges past, Our hope for years to come,

1 每遇風波是避難處，是我安宅保障！
 2 我主勝波能避難極大，是時我常到安將我保！
 3 無始以晚來神是無難大比，直作我永為世人無！
 4 猶如若夢醒是時難覓，不作我復為世人無！
 5 我若遇難求主保，不作我復為世人無！阿門。

1 Our shel-ter from the storm - y blast, And our e - ter - nal home!
 2 Suf - fi - cient is Thine arm. a - lone, And our de - fense is sure.
 3 From ev - er - last - ing Thou art God, To end - less years the same.
 4 Short as the watch that ends the night, Be - fore the ris - ing sun.
 5 Be Thou our guide while life shall last, And our e - ter - nal home! A - men.