

Ps 90		translation based on ESV
תפלה למשה איש־האלהים	1a	A prayer of Mose, the man of God
אֲדֹנָי	bV	Lord
מֵעוֹן אַתָּה תְּיִיֶתָּ לָנוּ בְּדֹר וָדֹר :	b	you have been our dwelling place from generation to generation
בְּטָרֵם הָרִים יֵלְדוּ	2a	Before the mountains were born
וַתְּחַוֵּלְלִי אֶרֶץ וְתֵבֵל	b	and you gave birth to earth and world
וּמֵעוֹלָם עַד־עוֹלָם אַתָּה	c	from everlasting to everlasting () you
אֵל :	cV	God
תָּשִׁב אֲנֹשׁ עַד־דָּכָא	3a	You lead back men to "crushed matter"/dust
וַתֹּאמֶר	b	and you said
שׁוּבוּ	c	come back
בְּנֵי־אָדָם :	cV	"sons/children of man"
כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל	4a	For a thousand years in your eyes () like a previous day
כִּי יַעֲבֹר	b	when it is past
וְאִשְׁמוֹרָה בַּלַּיְלָה :	a	or as a watch in the night
וְרָמַתֶּם שָׁנָה	5a	You sweep them away/flood them with sleep
יִהְיוּ כַּבֶּקֶר בַּחֲצִיר	b	they become like grass in the morning
יִתְלַךְ :	bR	that goes by/ regenerates/ sprouts
בַּבֶּקֶר יִצְיֵן	6a	In the morning it flourishes
וַתֵּלֶךְ	b	and goes by/ regenerates/ sprouts
לְעֶרֶב וַיִּמָּוֶל	c	in the evening it fades
וַיִּבֶשׁ :	d	and withers
כִּי־כָלִינוּ בְּאַפְּךָ	7a	For we are brought to an end by your anger
וּבַחֲמַתְךָ נִבְהָלְנוּ :	b	and in your wrath we are dismayed
שֵׁת [שֵׁתָה] עֲוֹנוֹתֵינוּ לְנִגְדֶּךָ	8a	You have set our iniquities before you,
עֲלֵמֵנוּ לְמַאֲוֵר פְּנֶיךָ :	b	our secret (sin) in the light of your face
כִּי כָל־יָמֵינוּ פָּנוּ בְּעִבְרַתְךָ	9a	For all our days passed away under your wrath;
כָּלִינוּ שָׁנֵינוּ כְּמוֹ־הֶגֶה :	b	we brought our years to an end like a sigh
יָמֵי־שָׁנֹתֵינוּ בָּהֶם שִׁבְעִים שָׁנָה	10a	The days of our years are 70

Ps 90		translation based on ESV
וְאִם בְּגִבּוֹרֹת	b	and if in strength
שְׁמוֹנִים שָׁנָה	c	80 years
וְרִהָבָם עָמַל וְאָוֶן	d	and their pride () toil and trouble
כִּי־גַז חִישׁ	e	for it is soon gone
וְנָעָפָה :	f	and we fly away
מִי־יֹדַע עַז אַפְּךָ	11a	Who recognises the power of your anger?
וּכְיִרְאַתְךָ עֲבָרְתָּךְ :	b	and your wrath according to the fear of you?
לְמִנּוֹת יָמֵינוּ	12a1	To number our days
כֵּן הוֹדַע	a	so teach us
וְנָבֵא לִבְּב חֲכָמָה :	b	that we may bring a heart of wisdom
שׁוּבָה	13a	Turn back
יְהוָה	aV	YHWH
עַד־מָתַי	b	how long?
וְהַנְחֵם עַל־עַבְדֶּיךָ :	c	and have pity on your servants!
שִׁבְעֵנוּ בַּבֶּקֶר חַסְדְּךָ	14a	Satisfy us in the morning with your steadfast love,
וְנִרְנְנָה	b	that we sing for joy
וְנִשְׂמְחָה בְּכָל־יָמֵינוּ :	c	and rejoice all our days
שִׂמְחֵנוּ כַּיָּמֹת	15a	Make us glad as many days
עֲנִיתָנוּ	aR1	as you have afflicted us,
שָׁנֹת	a	and years
רָאִינוּ רָעָה :	aR2	we have seen distress
יִרְאֵה אֶל־עַבְדֶּיךָ פָּעֻלְךָ	16a	Let your work appear to your servants,
וְחַדְרְךָ עַל־בְּנֵיהֶם :	b	and your majesty to their children.
וַיְהִי נֶעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ	17a	Let the kindness of the Lord our God be upon us,
וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ	b	and establish the work of our hands upon us;
וּמַעֲשֵׂה יָדֵינוּ	cP	and the work of our hands
כּוֹנְנָהוּ :	c	establish