

Psalm 90 (91)

1 He who dwells in the help of the **Most High**,
Shall rest in the shelter of the **Almighty**.

2 He shall say to the **Lord**,
“**You are my defender and my refuge, my God,**
I will hope in Him.”

3 For ***He shall deliver you*** from the snare of the hunter,
and from the troublesome matter.

4 ***He shall overshadow you*** in the midst of His shoulders,
and under His wings you will find refuge;
His truth shall encompass you as a shield.

5 You shall not be afraid of the terror of the **night**,
Nor of an arrow flying in the **day**,

6 Nor of a matter walking in **darkness**,
Nor of the calamity and demon at **noonday**.

7 A thousand may fall at your left hand, ten thousand at your right hand;
but they shall not be able to come near you.

8 Only with your eyes shall you observe,
and see the reward of sinners.

9 Because you have made the Lord your refuge,
the **Most High** your **dwelling place**,

10 **no evil shall befall you**,

Nor shall any plague **draw near your dwelling**.

11 For He shall give His angels charge concerning you,
to guard you in all your ways.

12 They shall bear you up in their hands,
Lest you dash your foot against a stone.

13 You shall tread on the serpent and the basilisk,
And you shall trample on the lion and dragon.

14 “Because he hoped in Me, ***I shall deliver him;***
I shall protect him, because he has known My name.

15 He shall beseech Me, ***I shall hear him;***
I am with him in affliction,

And I will deliver him and glorify him.

16 ***I shall satisfy him*** with length of days,
and ***show him My salvation. ALLELUIA***