



Psalm 90

Сергей Орехов (Панкратиус)

The Lord — my shield, my refuge, and my peace,
You are the light that brightens life through night.
I call to You, O God, with all my soul,
You make the heart grow strong in days of woe.

Beneath the shelter of Your wings is rest,
where the heart finds grace and is made whole.
You command Your angels to keep their charge,
that evil dare not tempt the soul to fall.

And should the dark of enmity prepare its blow,
I will not dread a thousand foes arrayed.
The dark gives way, it cannot hold the Sun's own gift,
the Lord — my shield, my sword, and my defense.

You promised You would keep me close to You,
and angels' wings would guide me on my road.
You are the light, the shield, above the earthly chasm
You will not let my foot step down into the deep.

You gave me strength to overcome my foes,
You let me tame the lion and the snake.
In You I found my will amid the chains,
and strength enough to bring the road to its end.

You will grant me life, with many years to come,
and fill my fate with holy, shining joy.
You are God, the Father, fount of every triumph,
the eternal shield that leads me on its way.

I sang and I will sing of Your great goodness,
You light my path within the world's deep gloom.
You gave my soul its rest amid my struggle,
and quench within the heart the sparks of evil's heat.

You are the clear ray in the silent heavens,
You are my stronghold, my rejoicing Savior.

With You the dark and the heavy cross will vanish,
You are my Lord, and Your love is my keeper.

Your words give birth to fire within the soul,
You opened truth to me within the stillness.
You gave me wings that calm and still my wrath,
and I with You shall dwell up in the heights.

You are my stronghold, my firm eternal stone,
I will not bow before the powers of dark.
You, O my God, are standing here beside me,
with You I am eternal, like living light...

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