

2026-03-28 Meditation for Saturday in the Fifth Week of Lent is now available at: <https://pgimf.org/meditations/>

[The opening theme song with a poetic paraphrase begins:]

Ich bete an die Macht der Liebe,
O Pow'r of love, all else transcending,
Die sich in Jesu offenbart;
In Jesus present evermore,
Ich geb' mich hin dem freien Triebe,
I worship thee, in homage bending,

Psalm 90

Lyrics: Translated by Myles Coverdale (1488-1569)
Music: Craig Sellar Lang (1891-1971) and John Goss (1800-1880)
Artists: Westminster Abbey Choir, Andrew Lumsden (organ), Martin Neary (dir.)
<https://www.youtube.com/watch?v=sdcgZ70gqI>

[A hymn of praise for God's eternity, faithfulness, and power]

LORD, thou hast been our refuge, * from one generation to another.

2 Before the mountains were brought forth, or ever the earth and the world were made, * thou art God from everlasting, and world without end.

[Human frailty and death]

3 Thou turnest man to destruction; * again thou sayest, Come again, ye children of men.

4 For a thousand years in thy sight are but as yesterday: * seeing that is past, as a watch in the night.

5 As soon as thou scatterest them they are even as a sleep; * and fade away suddenly like the grass.

6 In the morning it is green, and groweth up; * but in the evening it is cut down, dried up, and withered.

[Divine wrath and human sin]

7 For we consume away in thy displeasure, * and are afraid at thy wrathful indignation.

8 Thou has set our misdeeds before thee; * and our secret sins in the light of thy countenance.

9 For when thou art angry all our days are gone: * we bring our years to an end, as it were a tale that is told.

10 The days of our age are threescore years and ten; and though men be so strong that they come to fourscore years, * yet is their strength then but labour and sorrow; so soon passeth it away, and we are gone.

11 But who regardeth the power of thy wrath? * or even thereafter as a man feareth, so is thy displeasure.

12 O teach us to number our days, * that we may apply our hearts unto wisdom.

[Petition for mercy and restoration]

13 Turn thee again, O LORD, at the last, * and be gracious unto thy servants.

14 O satisfy us with thy mercy, and that soon: * so shall we rejoice and be glad all the days of our life.

15 Comfort us again now after the time that thou hast plagued us; * and for the years wherein we have suffered adversity.

16 Show thy servants thy work, * and their children thy glory.

17 And the glorious majesty of the LORD our God be upon us: * prosper thou the work of our hands upon us; O prosper thou our handy-work.

Glory be to the Father, and to the Son, and to the Holy Ghost
as it was in the beginning, is now, and ever shall be,
world without end. Amen

[Closing words to our theme song:]

O! dass diess jeder Sünder wüsste,

O! that every sinner would know this,

Sein Herz wohl bald dich lieben müsste.

His heart must soon surely love You.

Evan

j.evan.kreider@ubc.ca