

I LIFT UP MY EYES TO THE HILLS--
WHERE DOES MY HELP COME FROM?
MY HELP COMES FROM THE LORD,
THE MAKER OF HEAVEN AND EARTH.
HE WILL NOT LET YOUR FOOT SLIP--
HE WHO WATCHES OVER YOU WILL NOT SLUMBER;
INDEED, HE WHO WATCHES OVER ISRAEL
WILL NEITHER SLUMBER NOR SLEEP.
THE LORD WATCHES OVER YOU--
THE LORD IS YOUR SHADE AT YOUR RIGHT HAND;
THE SUN WILL NOT HARM YOU BY DAY,
NOR THE MOON BY NIGHT.
THE LORD WILL KEEP YOU FROM ALL HARM--
HE WILL WATCH OVER YOUR LIFE;
THE LORD WILL WATCH OVER YOUR COMING
AND GOING BOTH NOW AND FOREVERMORE.

PSALM 121

