



# Psalm 121

## From Whence Comes My Help?

- 1 I will lift up my eyes to the hills—  
From whence comes my help?
- 2 My help comes from the Lord,  
Who made heaven and earth.
- 3 He will not allow your foot to be moved;  
He who keeps you will not slumber.
- 4 Behold, He who keeps Israel  
Shall neither slumber nor sleep.
- 5 The Lord is your keeper;  
The Lord is your shade at your right hand.
- 6 The sun shall not strike you by day,  
Nor the moon by night.
- 7 The Lord shall preserve you from all evil;  
He shall preserve your soul.
- 8 The Lord shall preserve your going out  
and your coming in  
From this time forth, and even  
forevermore.