

Our Help Is from the Lord

Ps. 121

Gene Klosner
Light the Fire! Music
www.LTFMusic.com

Thank you for choosing **Cher & Gene Klosner's psalm series!**

All of our psalms are presented in SATB, but have been written so that all music ministry groups can use them, from soloist to duo, to contemporary praise teams (SAT), to full choirs.

This particular version is our "Full Song" version, which is verbatim refrain, but paraphrased verses.

You can use this song for Preparation of Gifts or Communion/Meditation any time the readings reflect themes of comfort or help from God. (See Assembly page for an expanded list of themes.)

If you have used songs such as Haugen's "Shepherd Me, O God," Foley's "The Cry of the Poor," or Manion's "I Lift Up My Soul" as your responsorial psalm when those respective psalms are the psalm of the day, then you can use this full song in the same manner when Ps. 121 is the psalm of the day (see the Assembly page for a full list of liturgical uses).

A Full Score (w/piano) version and a lead sheet version of this full song will also be available soon.

Also available soon in our standard "refrain and chant verse" (verbatim verses) version in full score SATB format and Soloist/Small Group format.

This PDF contains the following versions:

- Full song SATB + chords (for director, choir, guitar accompanist, piano "chorders" - similar to fake books)
- Refrain Assembly (for director, worship aid makers)

Format:

- Solo cantor refrain melody*
- Choir and congregation respond in **unison** (melody) refrain
- Solo tenor or all tenors cantor verse (if no men available, women sing verses an octave higher than written)
- Choir and congregation refrain with harmonies
- [Continue thru multiple verses and harmonized refrains]
- End with repeat of harmonized refrain (optional)

*The **melody line is the soprano or bass part**; note in the harmonized choruses: stems up for sopranos/tenors, stems down for altos/basses. Altos and tenors sing harmonies in the harmonized choruses and they "cross paths" with sopranos and basses, respectively, so follow the correct stems directions; all verses are tenors, even though stems are down, but can be supported by basses if needed. The harmonies at the last line of the verses are intended for altos, but can be supported by sopranos if needed.

This music has a double refrain after the last verse to "close out" the song, so we use the 1st ending (m. 56 - "Yes, our help...") for repeating the refrain, then the tag ending (m. 57) at the very end.

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Other tips for "Our Help Is from the Lord":

Sing this softly, a la John Denver/Dan Fogelberg, in a style that feels like comfort, since that is what this text is about.

When singing **melody**, don't let "who made" get drowned out, since it's a low part there.

For **accompanists**:

Chords are above the TB line because tenors will normal have the lead on this song.

We strongly recommend listening to the recordings of this psalm.

Musically yours,

Cher & Gene

| DIFFICULTY LEVEL | | |
|------------------------|---------|---------------|
| (easy/medium/advanced) | | |
| melody | harmony | accompaniment |
| e | e | m |

Our Help Is from the Lord

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Softly, comforting

♩ = 78

Guitar, Capo 3: D -4 F DADD9/C# FADD9/E G6/B Bb6/D A7sus4 C7sus4 D9/C# Bb9/E

Opening Chorus:

-1 G6/B A7sus4 D DADD9/C# Bm A6
Bb6/D C7sus4 F FADD9/E Dm C6

Tenor Cantor: Our help is from the Lord, from the Lord

3 G DMA9/F# Em7 A7sus4* D DADD9/C#
Bb FMA9/A Gm7 C7sus4* F FADD9/E

who made heaven and earth.

6 G6/B A7sus4 D Bm A6
Bb6/D C7sus4 FADD9/E Dm C6

is from the Lord, from the Lord

who made heaven and earth.

9 G DMA9/F# Em7 A7sus4* D DADD9/C#
Bb FMA9/A Gm7 C7sus4* F FADD9/E

who made heaven and earth.

Our Help Is from the Lord

Verse 1:

12 G^6/B D/A^* Em^7 $DMA^9/F^\#$ G^6 A^7sus^4 A/G
 Bb^6/D F/C^* Gm^7 FMA^9/A Bb^6 C^7sus^4 C/Bb

TB Tenor(s): I lift up my eyes to the moun - tains. When I call to me

17 $F^\#m^7$ Bm^9 Bm^7 Em^7 $DMA^9/F^\#$ A^7 A^7
 Am^7 Dm^9 Dm^7 Gm^7 FMA^9/A C^7sus^4 C^7

TB from the guard - i - an of Is - ra - el, w - ether slum - bers nor ... eeps?

21 Em^7 $DMA^9/F^\#$ G^6 A^7sus^4 A/G
 Gm^7 FMA^9/A Bb^6 C^7sus^4 C/Bb

TB He guards my com - in' and my go - in' He a - lone_ lights my_ way,

25 $F^\#m^7$ Bm^9 Bm^7
 Am^7 Dm^9 Dm^7

TB so that my feet_ will stum - ble,

27 *Chorus*

SA nor will my heart 'cause our_ help_ is from the Lord,

Em^7 $DMA^9/F^\#$ G^6 G/B A^7sus^4 D $DADD^9/C^\#$
 Gm^7 FMA^9/A Bb^6 C^7sus^4 F $FADD^9/E$

TB nor will heart stray, 'cause our_ help_ is from the Lord,

30

SA ... the Lord_ who made_ heav - en and earth._

A^6 G $DMA^9/F^\#$ Em^7 A^7sus^4* D $DADD^9/C^\#$
 Dm C^6 Bb Gm^7 C^7sus^4* F $FADD^9/E$

TB ... from the Lord_ who made_ heav - en and earth._

Our Help Is from the Lord

Verse 2:

34 *G⁶/B* *D/A** *Em⁷* *DMA⁹/F#*
Bb⁶/D *F/C** *Gm⁷* *FMA⁹/A*

TB *Tenor(s):* I know that the Lord is my guard i - an

37 *G⁶* *A⁷sus⁴* *A/G* *F#m⁷* *Bm⁹* *Bm⁷*
Bb⁶ *C⁷sus⁴* *C/Bb* *Am⁷* *Dm⁹* *Dm⁷*

TB He is my light and my shade. The moon night will not harm,

41 *Em⁷* *DMA⁹/F#* *G⁶* *A⁷sus⁴* *A⁷* *F#m⁷* *Bm⁹* *Bm⁷*
Gm⁷ *FMA⁹/A* *Bb⁶* *C⁷sus⁴* *C⁷* *FMA⁹/A* *FMA⁹/A*

TB nor will the sun by day. He guard me from all e - vil;

45 *G⁶* *A/G* *F#m⁷*
Bb⁶ *C/Bb* *F#m⁷*

TB he will guard my life. He is be - side me at my

48 for - ev in my sight, 'cause our help

Bm⁹ *Bm⁷* *Em⁷* *DMA⁹/F#* *G⁶* *G/B* *A⁷sus⁴* *
Dm⁹ *Dm⁷* *FMA⁹/A* *Bb⁶* *Bb/D* *C⁷sus⁴* *

TB hand, for - ev - er in my sight, 'cause our help

SAMPLE

Our Help Is from the Lord

Final Choruses:

51

SA
is from the Lord, from the who

TB
is from the Lord, on the Lord who made

D *DADD9/C#* *Bm* *A6* *G* *DMA9/F#*
F *FADD9/E* *Dm* *C6* *Bb* *A9/A*

54

SA
heav - en and earth. Yes, our help_

TB
heav - en and earth. Yes, our help_

Em7 *A7sus4** *D* *G6/B* *A7sus4*
Gm7 *C7sus4** *F* *Bb6/D* *C7sus4*

Tag:

57

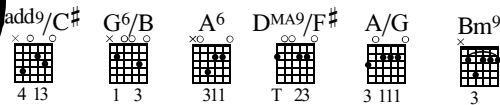
SA
heav - en and earth. heav-en and earth_

TB
heav - en and earth. heav-en and earth_

G6/B *A7sus4* *D* *DADD9/C#* *G6/B* *A7sus4* *D*
Bb6/D *C7sus4* *F* *FADD9/E* *Bb6/D* *C7sus4* *F**

rit.

DADD9/C# *G6/B* *A6* *DMA9/F#* *A/G* *Bm9*



4 13 1 3 311 T 23 3 111 3

*let chord ring

Our Help Is from the Lord

Ps. 151

Gene Klosner



Our help is from the Lord, from the Lord who made heaven and earth.

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Use for:

29th Sunday in Ordinary Time C

Monday of the 10th week in Ordinary Time (II)

Ritual Masses: Reception of Baptized Christians in Full Communion of the Catholic Church*

Various Needs: For Refugees and Exiles

Funerals

Graduations

*technically, the refrain for the Ritual Mass is simply "Our help is from the Lord."

Themes/keywords:

Shelter/Light/Pathway/Journey/Comfort/Our Help/Exiles/Ps. 151

Text version:

Our Help Is from the Lord (Gene Klosner)

Our help is from the Lord, from the Lord
Who made heaven and earth [1st time great chorus]

I lift up my eyes to the mountains
When will help come to me
From the guardian of Israel
Who neither slumbers nor sleeps?
He guards my coming and going
He alone lights my path
So that my feet will not stumble
Nor will my heart stray 'cause our help... [thru Chorus]

I know that the Lord is my strength
He is my light and my shade
The night will not have power over me
Nor will the sun by day
The Lord will guard me from all evil
The Lord will guard my life
The Lord is beside me and will not leave me
Forever in my heart, 'cause our help... [thru Chorus]

[thru Chorus]
He made heaven and earth, heaven and earth

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