

# Psalm 121- Our Help Is From the Lord

29th Sunday in Ordinary Time, Year C

Joette Giorgis



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



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

1. I lift up my eyes toward the mountains: where shall help come to me?  
2. May he who does not slumber nor sleep, the guardian of Israel.

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

3. The Lord is your guardian; the Lord is your shade; the Lord is beside you at your right hand.

The sun shall not harm you by day, nor the moon by night.

2. May he who does not slumber nor sleep, the guardian of Israel.

4. The Lord will guard you from all evil; he will guard your life.

The Lord will guard your coming and your going, both now and forever.

Music © 2010 Joette Giorgis

Psalm 121 from the Lectionary for the Mass for use in the Dioceses of the United States

©1970, 1997, 1998, Confraternity of Christian Doctrine, Inc. Washington, D.C.

All rights reserved.