

Help Is From the Lord

Psalm 121

Refrain: Help is from the Lord who made the heavens,
who made the earth and heavens as our home. **2x**

And so we lift our eyes up to the mountains high.
O where now shall we look for our deliverance?
We know our God will rescue us. **Refrain**

And, Lord, You guard our steps lest we should slip and fall,
and never do You sleep, for You are watching us,
the guardian God of Israel. **Refrain**

And, Lord, You are our shade. Beside us now You stand.
The sun will not bring harm by day nor moon by night,
and in your sight we shall remain. **Refrain**

And, yes, You guard us well from evil in our lives.
Our comings and our goings all are known to You.
We are secure forevermore. **Refrain**

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