

Our Help Is from the Lord  
*Ps. 121*

*Lead Sheet*

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

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

All of our psalms are written in comfortable "congregational keys" and are available 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 P/G/V version of this full song will also be available soon. An Lead Sheet w/SATB octavo version is available.

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 melody + chords (for director; guitar accompanist, piano "chorders" - similar to fake books)  
(includes chords for piano/no capo, capo 3, and capo 5)
- Refrain Assembly (for director; worship aid makers)

**Format:**

- Solo cantor refrain melody
- Choir and congregation respond in **unison** (melody) refrain
- Solo cantor or unison men or women verse (presented in treble clef, so men sing verses an octave lower than written)
- Choir and congregation refrain with harmonies
- [Continue thru multiple verses and harmonized refrains]
- End with repeat of harmonized refrain (optional)

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:**

Either piano or guitar can emphasize the "Travis picking pattern" (similar rhythm to "Dust in the Wind," "Landslide," "Puff, the Magic Dragon," etc.). If one instrument carries that pattern, the other instrument can play simpler supportive chording.

Note when there's an asterisk in the chords, let the chord ring with a single hit/strum.

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

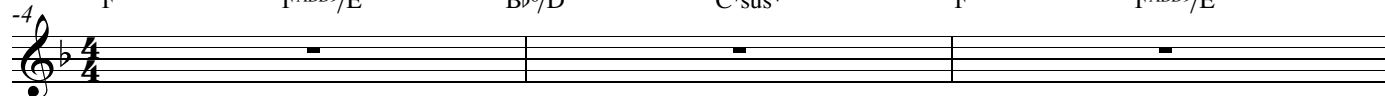
# Our Help Is from the Lord

Ps. 121

Gene Klosner

♩ = 78

Guitar, Capo 5: C      CADD9/B      F6/A      G7sus4      C      CADD9/B  
 Guitar, Capo 3: D      DADD9/C#      G6/B      A7sus4      D      DADD9/C#  
 F      FADD9/E      Bb6/D      C7sus4      F      FADD9/E



## Opening Chorus:

1 F6/A      G7sus4      C      CADD9/B      Am      G6  
 G6/B      A7sus4      D      DADD9/C#      Bm      A6  
 -1 Bb6/D      C7sus4      | F      FADD9/E      Dm      C6

Our\_ help\_ is from the Lord, from the Lord

3 F      CMA9/E      Dm7      G7sus4\*      C      CADD9/B  
 G      DMA9/F#      Em7      A7sus4\*      D      DADD9/C#  
 Bb      FMA9/A      Gm7      C7sus4\*      F      FADD9/E

who made\_ heav - en and earth.\_

6 F6/A      G7sus4      C      CADD9/B      Am      G6  
 G6/B      A7sus4      D      DADD9/C#      Bm      A6  
 Bb6/D      C7sus4      F      FADD9/E      Dm      C6

Our\_ help\_ is from the Lord, from the Lord

9 F      CMA9/E      Dm7      G7sus4\*      C      CADD9/B  
 G      DMA9/F#      Em7      A7sus4\*      D      DADD9/C#  
 Bb      FMA9/A      Gm7      C7sus4\*      F      FADD9/E

who made\_ heav - en and earth.\_

\*let chord ring

Verse 1: 12 F6/A      C/G\*      Dm7      CMA9/E      F6      G7sus4      G/F  
 G6/B      D/A\*      Em7      DMA9/F#      G6      A7sus4      A/G  
 Bb6/D      F/C\*      Gm7      FMA9/A      Bb6      C7sus4      C/Bb

I lift up my eyes to the moun - tains. When will help come to me

17 Em7      Am9 Am7      Dm7      CMA9/E      F6      G7sus4      G7  
 F#m7      Bm9 Bm7      Em7      DMA9/F#      G6      A7sus4      A7  
 Am7      Dm9 Dm7      Gm7      FMA9/A      Bb6      C7sus4      C7

from the Guard-i-an of Is - ra - el, who nei-therslum-bers nor\_ sleeps?\_

## Our Help Is from the Lord

Dm <sup>7</sup>	CMA <sup>9</sup> /E	F <sup>6</sup>	G <sup>7</sup> sus <sup>4</sup>	G/F
Em <sup>7</sup>	DMA <sup>9</sup> /F <sup>#</sup>	G <sup>6</sup>	A <sup>7</sup> sus <sup>4</sup>	A/G
Gm <sup>7</sup>	FMA <sup>9</sup> /A	B <sup>b</sup> 6	C <sup>7</sup> sus <sup>4</sup>	C/B <sup>b</sup>

Heguardsmy com-in' and my go - in'!\_\_\_ He a - lone lights my\_ way,

Em <sup>7</sup>	Am <sup>9</sup>	Am <sup>7</sup>	Dm <sup>7</sup>	CMA <sup>9</sup> /E	F <sup>6</sup>	F/A
F <sup>#</sup> m <sup>7</sup>	Bm <sup>9</sup>	Bm <sup>7</sup>	Em <sup>7</sup>	DMA <sup>9</sup> /F <sup>#</sup>	G <sup>6</sup>	G/B
Am <sup>7</sup>	Dm <sup>9</sup>	Dm <sup>7</sup>	Gm <sup>7</sup>	FMA <sup>9</sup> /A	B <sup>b</sup> 6	B <sup>b</sup> /D

so that my feet\_ will not stum - ble,\_\_\_ nor will my heart

## Chorus 2:

G <sup>7</sup> sus <sup>4</sup>	*	C	CADD <sup>9</sup> /B	Am	G <sup>6</sup>
A <sup>7</sup> sus <sup>4</sup>	*	D	DADD <sup>9</sup> /C <sup>#</sup>	Bm	A <sup>6</sup>
C <sup>7</sup> sus <sup>4</sup>	*	F	FADD <sup>9</sup> /E	Dm	C <sup>6</sup>

stray, 'cause Our\_ help\_\_\_ is from the Lord,\_\_\_\_\_ from the Lord

F	CMA <sup>9</sup> /E	Dm <sup>7</sup>	G <sup>7</sup> sus <sup>4</sup> *	C	CADD <sup>9</sup> /B
G	DMA <sup>9</sup> /F <sup>#</sup>	Em <sup>7</sup>	A <sup>7</sup> sus <sup>4</sup> *	D	DADD <sup>9</sup> /C <sup>#</sup>
B <sup>b</sup>	FMA <sup>9</sup> /A	Gm <sup>7</sup>	C <sup>7</sup> sus <sup>4</sup> *	F	FADD <sup>9</sup> /E

— who made\_\_\_\_\_ heav - en and earth.\_\_\_\_

## Verse 2:

F <sup>6</sup> /A	C/G*	Dm <sup>7</sup>	CMA <sup>9</sup> /E
G <sup>6</sup> /B	D/A*	Em <sup>7</sup>	DMA <sup>9</sup> /F <sup>#</sup>
B <sup>b</sup> 6/D	F/C*	Gm <sup>7</sup>	FMA <sup>9</sup> /A

I know that the Lord is my Guard - i - an.\_\_\_\_


F <sup>6</sup>	G <sup>7</sup> sus <sup>4</sup>	G/F	Em <sup>7</sup>	Am <sup>9</sup>	Am <sup>7</sup>
G <sup>6</sup>	A <sup>7</sup> sus <sup>4</sup>	A/G	F <sup>#</sup> m <sup>7</sup>	Bm <sup>9</sup>	Bm <sup>7</sup>
B <sup>b</sup> 6	C <sup>7</sup> sus <sup>4</sup>	C/B <sup>b</sup>	Am <sup>7</sup>	Dm <sup>9</sup>	Dm <sup>7</sup>

He is my light and my shade. Themoonby night will not harm\_ me,

\*let chord ring

41

Dm <sup>7</sup>	CMA <sup>9</sup> /E	F <sup>6</sup>	G <sup>7</sup> sus <sup>4</sup>	G <sup>7</sup>	Dm <sup>7</sup>	CMA <sup>9</sup> /E
Em <sup>7</sup>	DMA <sup>9</sup> /F <sup>#</sup>	G <sup>6</sup>	A <sup>7</sup> sus <sup>4</sup>	A <sup>7</sup>	Em <sup>7</sup>	DMA <sup>9</sup> /F <sup>#</sup>
Gm <sup>7</sup>	FMA <sup>9</sup> /A	Bb <sup>6</sup>	C <sup>7</sup> sus <sup>4</sup>	C <sup>7</sup>	Gm <sup>7</sup>	FMA <sup>9</sup> /A



nor will the sun by day. He will guard me from all evil;

45

F <sup>6</sup>	G <sup>7</sup> sus <sup>4</sup>	G/F	Em <sup>7</sup>
G <sup>6</sup>	A <sup>7</sup> sus <sup>4</sup>	A/G	F <sup>#</sup> m <sup>7</sup>
Bb <sup>6</sup>	C <sup>7</sup> sus <sup>4</sup>	C/Bb	Am <sup>7</sup>




he will guard my life. He is beside me at my

Final Chorus:

48

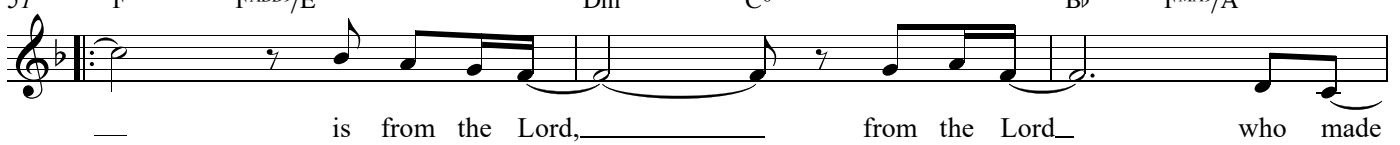
Am <sup>9</sup>	Am <sup>7</sup>	Dm <sup>7</sup>	CMA <sup>9</sup> /E	F <sup>6</sup>	F/A	G <sup>7</sup> sus <sup>4</sup>	*
Bm <sup>9</sup>	Bm <sup>7</sup>	Em <sup>7</sup>	DMA <sup>9</sup> /F <sup>#</sup>	G <sup>6</sup>	G/B	A <sup>7</sup> sus <sup>4</sup>	*
Dm <sup>9</sup>	Dm <sup>7</sup>	Gm <sup>7</sup>	FMA <sup>9</sup> /A	Bb <sup>6</sup>	Bb/D	C <sup>7</sup> sus <sup>4</sup>	*



right hand, for - ev - er in my sight, 'cause Our help

51

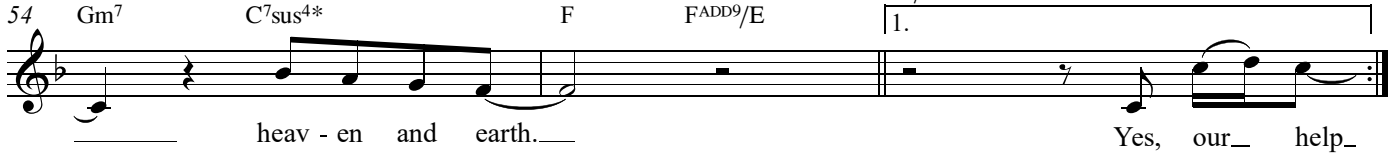
C	CADD <sup>9</sup> /B	Am	G <sup>6</sup>	F	CMA <sup>9</sup> /E
D	DADD <sup>9</sup> /C <sup>#</sup>	Bm	A <sup>6</sup>	G	DMA <sup>9</sup> /F <sup>#</sup>
F	FADD <sup>9</sup> /E	Dm	C <sup>6</sup>	Bb	FMA <sup>9</sup> /A



is from the Lord, from the Lord who made

54

Dm <sup>7</sup>	G <sup>7</sup> sus <sup>4</sup> *	C	CADD <sup>9</sup> /B	F <sup>6</sup> /A	G <sup>7</sup> sus <sup>4</sup>
Em <sup>7</sup>	A <sup>7</sup> sus <sup>4</sup> *	D	DADD <sup>9</sup> /C <sup>#</sup>	G <sup>6</sup> /B	A <sup>7</sup> sus <sup>4</sup>
Gm <sup>7</sup>	C <sup>7</sup> sus <sup>4</sup> *	F	FADD <sup>9</sup> /E	Bb <sup>6</sup> /D	C <sup>7</sup> sus <sup>4</sup>

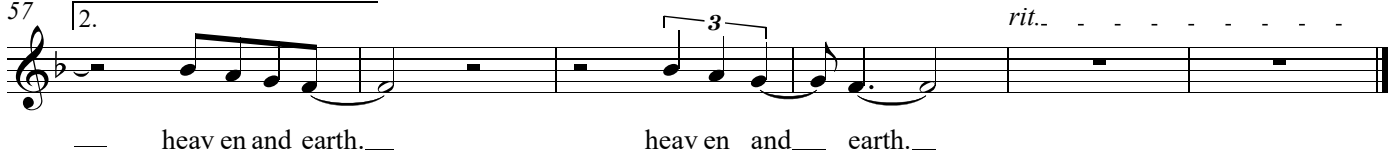


heav - en and earth. Yes, our help

Tag:

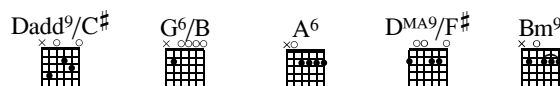
F <sup>6</sup> /A	G <sup>7</sup> sus <sup>4</sup>	C	CADD <sup>9</sup> /B	F <sup>6</sup> /A	C	CADD <sup>9</sup> /B	F <sup>6</sup> /A	G <sup>7</sup> sus <sup>4</sup>	C*
G <sup>6</sup> /B	A <sup>7</sup> sus <sup>4</sup>	D	DADD <sup>9</sup> /C <sup>#</sup>	G <sup>6</sup> /B	D	DADD <sup>9</sup> /C <sup>#</sup>	G <sup>6</sup> /B	A <sup>7</sup> sus <sup>4</sup>	D*
Bb <sup>6</sup> /D	C <sup>7</sup> sus <sup>4</sup>	F	FADD <sup>9</sup> /E	Bb <sup>6</sup> /D	F	FADD <sup>9</sup> /E	Bb <sup>6</sup> /D	C <sup>7</sup> sus <sup>4</sup>	F*

57



heav en and earth. heav en and earth. rit.

Dadd <sup>9</sup> /C <sup>#</sup>	G <sup>6</sup> /B	A <sup>6</sup>	DMA <sup>9</sup> /F <sup>#</sup>	Bm <sup>9</sup>
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\*let chord ring

# Our Help Is from the Lord

Ps. 121

Gene Klosner



Our help\_\_ is from the Lord,\_\_ from the Lord,\_\_ who made\_\_ heav-en and earth.\_\_

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## *Use for:*

29th Sunday in Ordinary Time C (ord29C)

Monday of the 10th week in Ordinary Time (II) (ord10MoII)

*Ritual Masses:* Reception of Baptized Christians into Full Communion of the Church\*

*Various Needs:* For Refugees and Exiles

Funerals

Graduations

*\*technically, the refrain for this ritual Mass is simply "Our help is from the Lord."*

## *Themes/keywords:*

Shelter/Light/Pathway/Journey/Comfort/God our Help/Lent/Ps. 121

*Use with full song version or with Psalm Tone 5 or 4 in F*

## *Text version:*

### ***Our Help Is from the Lord*** (Gene Klosner)

Our help is from the Lord, from the Lord,  
Who made heaven and earth. [*1<sup>st</sup> time, repeat 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 comin' and my goin'  
He alone lights my way  
So that my feet will not stumble  
Nor will my heart stray, 'cause our help... [*thru Chorus*]

I know that the Lord is my guardian  
He is my light and my shade  
The moon by night will not harm me  
Nor will the sun by day  
He will guard me from all evil  
He will guard my life  
He is beside me at my right hand  
Forever in my sight, 'cause our help... [*thru Chorus*]

### *[Repeat Chorus]*

Heaven and earth, heaven and earth

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*This psalm rendition is USCCB-approved and uses Verbatim Text on refrain.*

*Full song version has paraphrased verses; Psalm Tone verses use USCCB-approved Verbatim Text.*

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