

# Our Help is From the Lord

*29th Sunday in Ordinary Time Year C*

Keara EE Parciak



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

1. I lift up my eyes toward the mountains;  
whence shall help come to me?  
My help is from the LORD,  
who made heaven and earth.

2. May he not suffer your feet to slip;  
may he stumble not who guards you,  
indeed he neither slumbers nor sleeps,  
the guardian of Israel.

3. The LORD is your guardian; the LORD is your shade;  
he is beside you at your right hand.  
The sun shall not harm you by day,  
nor the moon by night.

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.

Text: Psalm 121: 1-2, 3-4, 5-6, 7-8

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