

Psalm 121: Our Help is From the Lord

Todd Mesler, Jr.

B♭m Ab G♭ F♯(sus4) A♭

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

5 B♭m Fm

1. I lift my eyes toward the mountains;
2. May he not suffer your foot to slip;
3. The LORD is your guardian; the LORD is your shade;
4. The LORD will guard you from all evil;

7 G♭ A♭

whence shall help come to me?
may he slumber not while you are sleeping?
he is beside you at your right hand.
he will guard you from now on and forever.

9 B♭m

My help is from the LORD, indeed he neither slumbers nor sleeps, day or night.
The sun shall not harm by going, and the LORD will guard you.

11 G♭ A♭

who made heaven and earth,
the guardian of Israel,
nor the night,
both now and forever.

Verses used for Designated Feasts / Solemnities

- 29th Sunday in Ordinary Time (Year C)
- Mondays of the 10th Week in Ordinary Time (Year II)
- Variations: For Refugees and Exiles