

# THE LORD IS OUR HELPER AND KEEPER

## Psalm 121

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I lift up my eyes to the hills.

From where does my help come?

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

3 He will not let your foot be moved;  
he who keeps you will not slumber.

4 Behold, he who keeps Israel  
will neither slumber nor sleep.

5 The Lord is your keeper;  
the Lord is your shade on your right hand.

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

7 The Lord will keep you from all evil;  
he will keep your life.

8 The Lord will keep  
your going out and your coming in  
from this time forth and for evermore.

### The Lord is our Helper (1–2)

- Who made heaven and earth (2)

### The Lord is our Keeper (3–8)

- The Lord is ever watchful and guides our steps (3–4)

- The Lord keeps us from harm (5–6)

- The Lord keeps us from all evil at all times (7–8)