Refrain: The Lord shall keep you from all evil.

1 I lift up my eyes to the hills; from where is my help to come?

2 My help comes from the Lord, the maker of heaven and earth.

3 He will not suffer your foot to stumble; he who watches over you will not sleep.

4 Behold, he who keeps watch over Israel shall neither slumber nor sleep. [R]

5 The Lord himself watches over you; the Lord is your shade at your right hand,

6 So that the sun shall not strike you by day, neither the moon by night.

7 The Lord shall keep you from all evil; it is he who shall keep your soul.

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

Refrain: The Lord shall keep you from all evil.

Lord, ever watchful and faithful,
we look to you to be our defence
and we lift our hearts to know your help;

through Jesus Christ our Lord.

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