

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.

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.

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