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

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

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

Behold, he who keeps watch over Israel shall neither slumber nor sleep.

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

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

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

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

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