

I lift my eyes to the mountains;
from where shall come my help?
My help shall come from the Lord, Yahweh;
it is He Who made heaven and earth.

May He never allow you to stumble,
let Him sleep not, your guard.
No, He sleeps not, nor slumbers,
the Lord, Israel's guard.

The Lord is your guard and your shade,
at your right hand He stands.
By day the sun shall not smite you,
nor the moon in the night.

The Lord will guard you from evil,
He will guard your soul.
The Lord will guard your coming and your going,
both now and for evermore.
The Lord will guard your coming and your going,
both now and for evermore.