

I lift up my eyes to the mountain,
is anyone there to help me?

*Yes, my God comes to help me,
the Lord Who made both heaven and earth.*

He will not allow you to stumble,
He never sleeps but stands over you.
The Lord who made both heaven and earth.

No, He will not sleep nor slumber,
He stands watch over all His people.
*Yes, my God comes to help me,
the Lord Who made both heaven and earth.*

Our God keeps watch;
like a shadow He covers you.
The Lord Who made both heaven and earth.

In the daytime the sun will not strike you;
by night the moon shall not harm you.
*Yes, my God comes to help me,
the Lord Who made both heaven and earth.*

He keeps evil away from you;
He takes you under His protection.
The Lord Who made both heaven and earth.

Whether you are coming or going,
God looks after you for ever.
*Yes, my God comes to help me,
the Lord Who made both heaven and earth.*