

Our Help is from the Lord

Psalm 121:1-8

JOHN FOLEY, S. J.

Introduction: *Fast and light* ♩ = 176-184

REFRAIN: Congregation with Choir or singing group:

VERSES:

Solo voice or group:

1. My eyes are toward the moun - tains: whence shall
2. He watch - es lest you stum - ble; wake - ful
3. The Lord gives shade to shield you; by your
4. He guards your heart from e - vil, keeps you

1. come my aid? _____ The Lord Him - self will help
2. hours He keeps. _____ Be - hold, the one who helps
3. side He stays. _____ The moon by night won't fright
4. from all strife. _____ Your com - ing and your go -

1. me, who loves the world He made. _____ Our (Ref.)
2. you _____ nei - ther nods nor sleeps. _____ Our (Ref.)
3. you, _____ nor the sun by day. _____ Our (Ref.)
4. ing He guards through all your life. _____ Our (Ref.)

*D tuning recommended.