

# *In His Care*

**A Workbook for Memorizing**

## **Psalm 121**

by

*May McClure*

**Copyright 1997 by May McClure. All rights reserved.**

**No portion of this book may be reproduced in any form without written permission from the author.**

**Published by Sword of the Spirit Ministries, P.O. Box 1313, Coeur d'Alene, ID 83816  
Telephone: 503/554-743 Email: [sos@sosministries.org](mailto:sos@sosministries.org) Web Site: [www.sosministries.org](http://www.sosministries.org)**

**All scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE: NEW INTERNATIONAL VERSION. NIV. Copyright 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House.**

# Introduction

**You are about to start a wonderful adventure! Memorizing God's Word is an awesome privilege. God doesn't talk to us out loud very much any more, but He has given us a book in which He has written everything that is important for us to know. So when you read or memorize the Bible, always remember that it isn't like any other book - it is the all-powerful, never failing Word of God. It is God speaking to you. And you can be more sure of what God says in His book than you can of anything else in this whole world. You can know that He says what He means and means what He says.**

**As you store His Word in your heart, never forget that God loves you more than anyone else in the whole world. He wants you to learn about Him. He wants you to know how to be happy in this world that He has made for you. He wants to warn you about things to avoid - things that could be hurtful to you and to others. Also when you memorize scripture you can know that you will always have God's very words with you in your heart and in your mind throughout your entire life. He will always be able to speak to you - no matter what happens and no matter where you are.**

**In this workbook, you'll be memorizing one of many "psalms" that are recorded in the Bible. A psalm is like a hymn, or song of praise to our Lord. This one is called "A song of ascents". In the early part of their history, the Jews, God's chosen people, worshiped at the temple in Jerusalem like we worship in church, and the temple was built on a hill. So whenever they went to worship at the temple, they had to climb up the hill. An "ascent" is a hill. That's why it's called "A song of ascents". Remember, they didn't have cars in those days. So they would sing praises to the Lord as they walked along to prepare their hearts for church. And this psalm is one of the songs they loved to sing. We don't know exactly who wrote it, but it was probably one of the priests who served in the temple.**

**As you memorize each verse be sure you can say it without making any mistakes, then say it to one of your parents or another adult before filling in the "Steps". And then as you go along through the psalm, always be sure you know the prior verses well before going on to the next verse. Say the scripture you have learned often - to yourself and out loud - while you're doing your chores, riding in the car, lying in bed and whenever possible. The more often you say it, the easier it will be to remember and writing it out will also help impress it on your memory.**

**(Our book, *The Sword! Scripture Memorization: A Must For Today* is a great motivational and informative text book that includes helps and hints to help you memorize longer portions of Scripture. It can be downloaded free of charge or purchased at this web site.)**

# Psalm 121:1

*I lift up my eyes to the hills —  
where does my help come from?*

As you look at the first part of this first verse, notice the word "up". The psalmist said, "I lift up my eyes to the hills". It says "up to the hills", but it means "up" to the hills and "up" even beyond the hills. When we live on this earth, its easy for us to get so involved in school and home work and friends and chores and sports that we sometimes forget that we have a God in heaven who is thinking about us and concerned about what is happening to us and wants to be a part of our life. So to look "up" means we should get in the habit of always looking up to the Lord for everything and all the time - when we're happy and when we're sad - when we feel safe, and when we're afraid. We all know we should confess bad things to Him and ask for His forgiveness, but He wants us to share good things with Him too. He wants us to include Him in every part of our life.

The question "Where does my help come from?" is one that will be answered in full as you memorize the rest of the psalm. But you already know the answer, don't you? The psalmist asks this question to start you thinking and then he will go on to explain it more as you proceed through the psalm. (Don't forget to say this verse to your parents before doing the Steps below.)

## Small Step:

Vs. 1 - I lift up my \_\_\_\_\_ to the \_\_\_\_\_ — where  
\_\_\_\_\_ my help \_\_\_\_\_ from? (Cover the Steps as you go along so you  
won't be tempted to look back at the answers.)

## Medium Step:

Vs. 1 - I \_\_\_\_\_ up my \_\_\_\_\_ to the \_\_\_\_\_ — where \_\_\_\_\_  
my \_\_\_\_\_ from?

## Big Step:

Vs. 1- I \_\_\_\_\_ up \_\_\_\_\_ the \_\_\_\_\_ —  
\_\_\_\_\_ my \_\_\_\_\_ from?

## Giant Step

Vs. 1 - I \_\_\_\_\_  
\_\_\_\_\_

## Psalm 121:2

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

In verse 1 the Psalmist asks the question "Where does my help come from?" Here in verse 2 he answers it. He says "My help comes from the Lord, the Maker of heaven and earth". In other words, He is saying "When I need help, I look up to the One who made me. He knows everything about me. His power is more wonderful than anything I can ever imagine. After all He made the whole world and everything in it. Nothing is too hard for Him. Who could possibly help me more than my all-powerful God?" When we need help, we often look to our parents or to other people, because the Lord gave them to us to help us and protect us. But as much as they love us, there are some things our parents can't do. And - they may not always be there at the time we need help the most. So we need to realize that the Lord is the One for us to rely on. He may use our parents to help us through a difficult time, or he may work through someone else, but He is the One who is in charge. And we can know that He is well able to take care of any situation, no matter what happens. (*Before you say this verse to your parents, write out verse 1 to be sure you know it and then say verses 1 and 2 together. And from now on when you say this verse to yourself, always start with verse 1.*)

### Small Step:

**Vs. 2 - My \_\_\_\_\_ comes from \_\_\_\_\_ Lord, the Maker \_\_\_\_\_  
heaven \_\_\_\_\_ earth.** (It will be easy to look back at the answers as you start filling in the blanks, so be sure to cover up each Step as you go along so this won't be a temptation for you.)

### Medium Step:

**Vs. 2 - \_\_\_\_\_ help \_\_\_\_\_ from the \_\_\_\_\_, the  
\_\_\_\_\_ of heaven \_\_\_\_\_ earth.**

### Big Step:

**Vs. 2 - My \_\_\_\_\_ comes \_\_\_\_\_ \_\_\_\_\_ Lord, the  
\_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_ .**

### Giant Step

**Vs 2 - My \_\_\_\_\_**  
\_\_\_\_\_

# Psalm 121:3

*He will not let your foot slip —  
he who watches over you will not slumber;*

In verses 1 and 2 the Psalmist tells us that *he* always looks to the Lord, his all-powerful God, to take care of him. In this verse he tells us why *we* too should rely on the Lord. I know you have often seen parents or other people walking along holding the hand of a small child. Why do you think they hold their hands so carefully? It's to help protect them isn't it? They don't want them to stumble or run away and hurt themselves. This is what the Lord wants to do for us. He wants to hold our hand so we won't fall down or get into trouble. But sometimes a child will pull his hand away from the one who is trying to help him, won't he? And he runs away because he thinks he can do it by himself. Often he ends up tumbling over or hurting himself in some other way. The Lord has given you a free will. He lets you make up your own mind as to whether you will let Him help you or not. You can be just like a little child who thinks he can handle things by himself, and then ends up in trouble. *Or* - you can put your hand in that of your loving heavenly Father and know that He will keep you from falling and will guide you every step of the way. And unlike people, God never sleeps. He is always there to watch over us. He wants to keep a tight grip on our hand to keep us from falling and to guide us in a safe path. *(Before saying this verse to your parents, write out verses 1 & 2 to be sure you know them and then say all 3 verses together.)*

## Small Step:

**Vs. 3 - He \_\_\_\_\_ not let \_\_\_\_\_ foot slip — he who watches over \_\_\_\_\_ will \_\_\_\_\_ slumber;** (Be sure to cover up the Steps as you go along so you won't be tempted to look back at the answers.)

## Medium Step:

**Vs. 3 - He will not \_\_\_\_\_ your \_\_\_\_\_ slip — he \_\_\_\_\_ watches \_\_\_\_\_ you \_\_\_\_\_ not \_\_\_\_\_;**

## Big Step:

**Vs. 3 - \_\_\_\_\_ will not \_\_\_\_\_ your \_\_\_\_\_ — \_\_\_\_\_ who \_\_\_\_\_ over \_\_\_\_\_ \_\_\_\_\_ slumber;**

## Giant Step

**Vs. 3 - He \_\_\_\_\_**

---

# Psalm 121:4

*indeed, he who watches over Israel  
will neither slumber nor sleep.*

In verse 3 we learned that our Lord never has to take time to sleep. He is awake and aware 24 hours of every day. There is never a time when He is not loving us and watching over us. But this verse talks about Him watching over "Israel". Why was it important for Him to watch over Israel?

The Israelites were God's *chosen* people, weren't they? What does this mean? What were they chosen for? Why were they so important? It was because Israel was the nation through whom the Messiah would come. And who is the Messiah? He is the One who would pay the penalty for all the sins of the whole world, isn't He? He is the One who would die for your sins and mine. It was important for God to protect this nation because it was an Israelitish woman from the tribe of Judah who would become the mother of His precious Son and our Savior, the Lord Jesus.

But the same protection He gave to His chosen people, Israel, He gives to you and me. We are also His *chosen* people. Before He even created the world, He chose you to be His child. He loves you and He loves to watch over you. *(I think you know by now that before you say this verse to your parents, you should write out the prior verses and then say the whole psalm from the beginning. And when you review it by yourself, always start from the beginning.)*

## Small Step:

Vs. 4 - indeed, he \_\_\_\_\_ watches \_\_\_\_\_ Israel \_\_\_\_\_  
neither \_\_\_\_\_ nor sleep. (Be sure to cover up the Steps you have done  
before going on.)

## Medium Step:

Vs. 4 - \_\_\_\_\_, he who \_\_\_\_\_ over Israel \_\_\_\_\_  
\_\_\_\_\_ slumber \_\_\_\_\_ sleep.

## Big Step:

Vs 4 - \_\_\_\_\_, he \_\_\_\_\_ watches \_\_\_\_\_  
\_\_\_\_\_ will \_\_\_\_\_ nor \_\_\_\_\_.

## Giant Step

Vs. 4 - indeed, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Psalm 121:5

*The Lord watches over you—  
the Lord is your shade at your right hand;*

Do you have the message yet? Do you think the Lord loves you and is watching over you every minute of every day? Well if you're still wondering, this should clear it up, once and for all, shouldn't it? *The Lord watches over you! He watches over you!! He watches over you!!!* How many times does He say it in just this one Psalm? Not to mention the many other places in the Bible where He tells us this.

In colder climates, shade may not seem too important. But if someone is out in the bright sunlight for any length of time in a hot climate, he could become seriously ill or even die. Shade is protection from this sweltering heat. So this verse is saying that the Lord is our protection. Just like shade protects from the sizzling sun in the heat of the day, our Lord watches over us and protects us from harm. *(Now you know to write out the whole psalm from the beginning and then say it to your parents, don't you? And remember, the more often you say it the easier it will be to remember.)*

## Small Step:

**Vs. 5 - The \_\_\_\_\_ watches over you — the \_\_\_\_\_ is your \_\_\_\_\_ at your \_\_\_\_\_ hand;** (You won't forget to cover up the Steps as you go along will you?)

## Medium Step:

**Vs. 5 - \_\_\_\_\_ Lord \_\_\_\_\_ over \_\_\_\_\_ — the \_\_\_\_\_ is \_\_\_\_\_ shade at \_\_\_\_\_ right \_\_\_\_\_ ;**

## Big Step:

**Vs. 5 - The \_\_\_\_\_ over \_\_\_\_\_ — the \_\_\_\_\_ is \_\_\_\_\_ hand;**

## Giant Step

**Vs. 5 - The \_\_\_\_\_**  
\_\_\_\_\_  
\_\_\_\_\_

# Psalm 121:6

*the sun will not harm you by day,  
nor the moon by night.*

We learned in the last verse how dangerous it can be for someone in a hot climate to be out in the hot sun in the heat of the day without any shade. This verse emphasizes that and talks about the other extreme. In a cold climate the coldest time is at night, after the sun has gone down. If there is a cloud cover it helps to keep in some of the warmth of the day so the night will not be as cold as it otherwise might be. But, if you can see the moon shining as indicated in this verse, you know there is no cloud protection and in winter that could mean a night of bitter, penetrating cold.

This verse says "*the sun will not harm you by day, nor the moon by night.*" So you have the two extremes of climate - hot sun - high noon on a cloudless day in a hot climate in the middle of summer, and - cold moon - a clear night in a cold climate in the dead of winter. Both of these extremes can be deadly for those who have no protection. But the Lord says He is our protection, no matter what. After all, who made the sun and moon? Who made the different seasons? And who made us? So He is well able to take care of us in any situation we might face, isn't He? This is always His promise to us.

## Small Step:

Vs. 6 - the \_\_\_\_\_ will not \_\_\_\_\_ you by \_\_\_\_\_, nor the moon by \_\_\_\_\_ (Don't forget to cover up the Steps will you?)

## Medium Step:

Vs. 6 - \_\_\_\_\_ sun will \_\_\_\_\_ harm \_\_\_\_\_ by day, nor \_\_\_\_\_ moon \_\_\_\_\_ .

## Big Step:

Vs. 6 - \_\_\_\_\_ sun \_\_\_\_\_ harm \_\_\_\_\_ , nor \_\_\_\_\_ by \_\_\_\_\_ .

## Giant Step

Vs. 6 - the \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Psalm 121:7

*The Lord will keep you from all harm—  
he will watch over your life;*

Notice, this verse says "*The Lord "will" keep you from all harm . . .*" Up until now we have learned what the Lord "*is*" doing for us - right now. With this verse the psalmist shifts to what He "*will*" do for us in the future. So - "*the Lord will keep you from all harm . . .*". Does this mean that nothing bad will ever happen to us? Does it mean that our life here on this earth will be full of ice cream and cookies? We're promised a perfect life in heaven, aren't we? Not down here. While we're still here, we must remember that we have a vicious enemy who is always out there trying to hurt and even destroy us if He could.

The Bible says that "*everyone who wants to live a godly life in Christ Jesus will be persecuted.*" (II Tim 3:12). This means if we live for Jesus it's going to hurt. The devil and the people in this world don't like those of us who live for Jesus and they will do everything they can to make life miserable for us. It might just be kids making fun of us at school or big stuff that some day may even threaten our life.

But what *is* the worst thing that anyone could ever do to hurt you? Most of us would answer, "I guess it would be if they should kill me and I'd die". The Lord said "*Do not be afraid of those who kill the body and after that can do no more.*" (Luke 12:4). Why? What happens to Christians when we die and leave this world? The Bible tells us "*When we suffer and die for Christ it only means that we will begin living with Him in heaven.*" (II Tim. 2:11LB) So is dying such a terrible thing? It just means that we'll leave the problems of this world behind and start living an exciting, wonderful, life with Jesus in heaven, doesn't it?

When the psalmist says "*The Lord will keep you from all harm*", it means that when you put your hand in His, "*He will watch over your life*" - and He will never let anything happen to you that He will not work for your ultimate good. He will always be there with you, no matter what happens. No one will ever be able to harm your relationship with Him, or keep you away from His love. Who knows, we may at some point have to suffer because we are Christians, a lot of people have and some have died because they stood up for Jesus. But we need to remember, the Lord never slumbers nor sleeps. He is always there watching over us and when tough times come, He will either guide us around them, rescue us from them, or He will walk right through the middle with us.

But regardless of what may or may not happen out there in the future, the Lord is with us, in the everyday things that are happening to us, right now. When we are hurt by our best friend. When we get into trouble for something we didn't do - or maybe we did do - our Lord is always with us. If we do something wrong we should always, immediately confess it to Him and tell Him we're sorry. Then our fellowship with Him will not be broken and we won't be pulling our hand away from His. Always be sure to leave your hand securely in His so He can guide you. And know that He is always with you and watching over you. He will never leave you to face anything alone.

*After this verse you have only one more left in the psalm. Can you believe it? Can you write out the first six verses without any mistakes? Be sure you can do that and be sure you know them well before going on to these last two. Say them often to yourself and out loud. Say them when you're about your daily thing, when you're riding your bike, or lying in bed, anytime your mind is not busy with other stuff. Then you will never forget them. You will have them with you, not just for now, but for the rest of your life.*

**Small Step:**

**Psalm 121:7 - The Lord \_\_\_\_\_ keep you from \_\_\_\_\_  
harm — he \_\_\_\_\_ watch \_\_\_\_\_ your life;**

**Medium Step:**

**Psalm 121:7 - The \_\_\_\_\_ will keep \_\_\_\_\_ from all \_\_\_\_\_  
— he \_\_\_\_\_ over your \_\_\_\_\_;**

**Big Step:**

**Psalm 121:7 - \_\_\_\_\_ Lord \_\_\_\_\_ you \_\_\_\_\_  
harm — \_\_\_\_\_ watch \_\_\_\_\_ ;**

**Giant Step**

**Psalm 121:7 - The \_\_\_\_\_**  
\_\_\_\_\_  
\_\_\_\_\_

**Review:**

Put "T" beside every "True" statement and "F" beside every statement that is "False".

\_\_\_\_\_ The Lord said He would keep us from all harm. That means that nothing bad will ever happen to us.

\_\_\_\_\_ The Lord said He would keep us from all harm. That means no matter what happens, or what people might do to us, He will always be with us and will work everything together for our good.

\_\_\_\_\_ The Lord won't love us anymore if we do something bad.

\_\_\_\_\_ No one and nothing will ever be able to keep God's love away from us.

\_\_\_\_\_ The worst thing that anyone could ever do to us is to take our life, but even if that happened, it would just mean we'd go to heaven and live with Jesus.

# Psalm 121:8

*the Lord will watch over your coming and going  
both now and forevermore.*

Well here we are at the very last verse. And what a wonderful verse it is. *"The Lord will watch over your coming and going both now and forevermore."* How is that for an ending? This verse takes us all the way through this life and on into the next one. It is a promise that has no end. And the best part of it is, we have a God whose promises are not like men's, that may or may not happen. Jesus said, *"Heaven and earth will pass away, but my words will never pass away."* (Mark 13:31) What would happen if you got up tomorrow morning and the sun wasn't there? Are you saying "Oh, that could never happen, the sun will always come up!" Well, Jesus said it's easier for the sun to "pass away" - it's easier for the sun not to be there some morning, than for Him to break His word to you.

So! What have we learned from this psalm? We know that our life on this earth will be full of problems and even danger, don't we? But we know that if we look to our Lord, at all times and do not pull our hand away from His, He will always be there for us. He may guide us around the dangerous places. Or there will be times when He will even work miracles to save us from them. But there will also be times when He will hold our hand very tightly and walk us right through the middle of them.

We must learn to trust the Lord completely, knowing that He is always with us, and that whatever happens, He will work it for our good. We must never forget that the Lord may use anyone, and anything in this world to help us when we need it, but our all-powerful, all-knowing, all-loving God is the One who is charge. He will watch over us, not only in this life, but right on into the next.

## Small Step:

Vs. 8 - the \_\_\_\_\_ will \_\_\_\_\_ over \_\_\_\_\_ coming and  
\_\_\_\_\_ both now \_\_\_\_\_ forevermore.

## Medium Step:

Vs. 8 - \_\_\_\_\_ Lord \_\_\_\_\_ watch \_\_\_\_\_ your coming \_\_\_\_\_  
going \_\_\_\_\_ now and \_\_\_\_\_ .

## Big Step:

Vs. 8 - the \_\_\_\_\_ will \_\_\_\_\_ over \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_ now \_\_\_\_\_  
\_\_\_\_\_ .

# **Giant Step**

**Write out all of Psalm 121 and give it to someone to check over for you.**

*Congratulations!!!*

**YOU!!!**

**DID!!!**

**IT!!!**

# Psalm 121

- 1. I lift up my eyes to the hills—  
Where does my help come from?**
- 2. My help comes from the Lord,  
the Maker of heaven and earth.**
- 3. He will not let your foot slip—  
He who watches over you will not slumber;**
- 4. indeed, He who watches over Israel  
will neither slumber nor sleep.**
- 5. The Lord watches over you—  
the Lord is your shade at your right hand;**
- 6. the sun will not harm you by day,  
nor the moon by night.**
- 7. The Lord will keep you from all harm—  
He will watch over your life;**
- 8. The Lord will watch over your coming and going  
both now and forevermore.**

## **For Church and Sunday School:**

**This is a program designed to encourage an entire church body, both children in Sunday School and adults in church, to rediscover the seemingly lost emphasis of memorizing scripture, not just by verse, but in context - by chapter.**

**For children in Sunday School: Make a copy of each page of the workbook for each child in Sunday School. On the first Sunday, introduce the Psalm and review the commentary for the first verse. Then give each child the first page of verse one with the fill in the blanks to take home to help them memorize it. The second Sunday, review the first verse in Sunday School and discuss the commentary for the second verse, then give them the second page. On the third Sunday the first two verses should be reviewed and the third verse added. And so on through the Psalm. If desired a certificate can be presented to all who can recite the entire Psalm.**

**For adults: Copy the page below for as many people as you have in your congregation. Heavier paper holds up better and color adds interest. Have the page cut up between the Scripture sections (in the larger spaces) preferrably by a professional printer. (The Scripture portions are not in proper sequence in order to fit them on one page.)**

**It is good to make advance announcement(s) a week or two prior to actually starting this program to explain what is being proposed. On the Sunday that the Psalm is to be introduced in both Sunday School and Church have young people or other volunteers give the first verse of the Psalm to those entering the sanctuary for church. Encourage them to take it home and memorize it with their children. Suggest that they put it in a place where it will be a reminder for them - on their refrigerator, on their mirror, on the visor of their car, by their sink or wherever. The following Sunday distribute the combination of verses 1 and 2 to the congregation entering church and the third Sunday the first three verses and so on. It is helpful if you can have a review time in church. This may be difficult to work into a morning service, but if you have evening worship or another time it works well to have different people lead the review each week.**

**The "verse of the week" can also be put in a special corner of the church bulletin which should be in a format that can be easily clipped out and used as suggested above.**

***Of Interest: When the Women's Pastor of a large church in Santa Barbara, California heard a book of scripture recited from memory for the first time, her whole life was changed and subsequently that of many in that church. She committed to memorizing the book of I Peter, and when she had memorized the first chapter quoted it in church and challenged the congregation to memorize I Peter with her. The pastor then started preaching on I Peter and each Sunday someone got up and recited a chapter or portion thereof before the sermon.***

Make as many copies of this page as needed and cut up as indicated. Give out the first verse on the first Sunday, the first two verses the next week and so on. Heavier paper works well and color adds interest. (Sword Of the Spirit Ministries, P.O. Box 1313, Coeur d'Alene, ID 83816 503/554-7439 Email: sos@sosministries.org.)

**Psalm 121:1**

**I lift up my eyes to the hills—  
where does my help come  
from?**

**Psalm 121:1-3**

**I lift up my eyes to the hills—  
where does my help come from?**

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

**He will not let your foot slip—  
He who watches over you will  
not slumber;**

**Psalm 121:1-7**

**I lift up my eyes to the hills—  
where does my help come from?**

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

**He will not let your foot slip—  
He who watches over you will  
not slumber;**

**Indeed, He who watches over  
Israel  
will neither slumber nor sleep.**

**The Lord watches over you—  
the Lord is your shade at your  
right hand;**

**the sun will not harm you by day,  
nor the moon by night.**

**The Lord will keep you from all  
harm—  
He will watch over your life;**

**Psalm 121:1-2**

**I lift up my eyes to the hills—  
where does my help come  
from?**

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

**Psalm 121:1-4**

**I lift up my eyes to the hills—  
where does my help come from?**

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

**He will not let your foot slip—  
He who watches over you will  
not slumber;**

**Indeed, He who watches over  
Israel  
will neither slumber nor sleep.**

**Psalm 121:1-6**

**I lift up my eyes to the hills—  
where does my help come from?**

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

**He will not let your foot slip—  
He who watches over you will  
not slumber;**

**Indeed, He who watches over  
Israel  
will neither slumber nor sleep.**

**The Lord watches over you—  
the Lord is your shade at your  
right hand;**

**the sun will not harm you by day,  
nor the moon by night.**

**Psalm 121:1-5**

**I lift up my eyes to the hills—  
where does my help come from?**

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

**He will not let your foot slip—  
He who watches over you will  
not slumber;**

**Indeed, He who watches over  
Israel  
will neither slumber nor sleep.**

**The Lord watches over you—  
the Lord is your shade at your  
right hand;**

**Psalm 121:1-8**

**I lift up my eyes to the hills—  
where does my help come from?**

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

**He will not let your foot slip—  
He who watches over you will  
not slumber;**

**Indeed, He who watches over  
Israel  
will neither slumber nor sleep.**

**The Lord watches over you—  
the Lord is your shade at your  
right hand;**

**the sun will not harm you by day,  
nor the moon by night.**

**The Lord will keep you from all  
harm—  
He will watch over your life;**

**the Lord will watch over your  
coming and going  
both now and forevermore**