



# Help For Your Journey

P S A L M 1 2 1

## **Help for Your Journey Psalm 121 for the New Year**

<sup>1</sup>I lift up my eyes to the hills—  
where does my help come from?

<sup>2</sup>My help comes from the Lord,  
the Maker of heaven and earth.

<sup>3</sup>He will not let your foot slip—  
he who watches over you will not slumber;

<sup>4</sup>indeed, he who watches over Israel  
will neither slumber nor sleep.

<sup>5</sup>The Lord watches over you—  
the Lord is your shade at your right hand;

<sup>6</sup>the sun will not harm you by day,  
nor the moon by night.

<sup>7</sup>The Lord will keep you from all harm—  
he will watch over your life;

<sup>8</sup>the Lord will watch over your coming and going  
both now and forevermore

