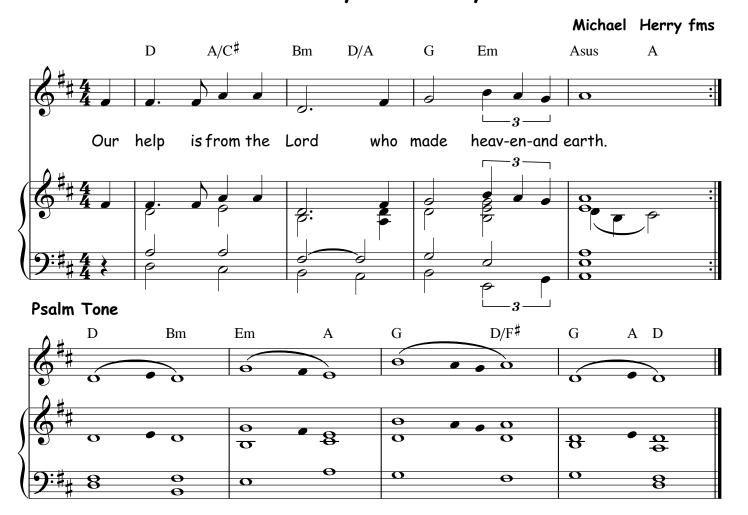
## Our help is from the Lord

Psalm 120

29th Sunday in Ordinary Time

Year. C



I lift up my eyes to **the** mountains; from where shall come **my** help? My help shall come **from** the Lord who made heaven **and** earth.

May he never al-low you to stumble! Let him sleep not, your guard. No, he sleeps not nor slumbers, Is-ra-el's guard.

The Lord is your guard and your shade; at your right side 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 go-ing and coming both now and for ever