

# Our help is from the Lord

Psalm 120

29th Sunday in Ordinary Time

Year. C

Michael Herry fms

D A/C# Bm D/A G Em Asus A

Our help is from the Lord who made heav-en-and earth.

The musical score is for a 4/4 time signature. The melody is in the treble clef, and the accompaniment is in the bass clef. The key signature has two sharps (F# and C#). The melody starts on D4, moves to E4, then F#4, G4, A4, B4, C#5, and ends on D5. The accompaniment starts on D3, moves to E3, then F#3, G3, A3, B3, C#4, and ends on D4. There are triplets in the melody for the words 'heav-en-and' and 'earth'.

## Psalm Tone

D Bm Em A G D/F# G A D

The musical score for the Psalm Tone is in 4/4 time. The melody is in the treble clef, and the accompaniment is in the bass clef. The key signature has two sharps (F# and C#). The melody starts on D4, moves to E4, then F#4, G4, A4, B4, C#5, and ends on D5. The accompaniment starts on D3, moves to E3, then F#3, G3, A3, B3, C#4, and ends on D4. There are triplets in the melody for the words 'heav-en-and' and 'earth'.

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