

My Help Comes From The Lord

Psalm 121

*"I will lift up my eyes to the hills-
From whence comes my help?
My help comes from the Lord,
Who made heaven and earth.
He will not allow your foot to be moved;
He who keeps you will not slumber.
Behold, He who keeps Israel
Shall neither slumber nor sleep.
The Lord is your keeper;
The Lord is your shade at your right hand.
The sun shall not strike you by day,
Nor the moon by night.
The Lord shall preserve you from all evil;
He shall preserve your soul.
The Lord shall preserve your going out and your coming in
From this time forth, and even forevermore" (Psalm 121).*

Numbers 6:22-27

The LORD spoke unto Moses, saying, Speak unto Aaron and unto his sons, saying, On this wise you shall bless the children of Israel, saying unto them,

*The LORD bless you, and keep you:
The LORD make his face shine upon you, and be gracious unto you:
The LORD lift up his countenance upon you, and give you peace.*

*And they shall put my name upon the children of Israel;
and I will bless them.*

Psalm 46:4

*God is our refuge and strength, a very present help in trouble.
Therefore will not we fear, though the earth be removed,
and though the mountains be carried into the midst of the sea;
Though the waters thereof roar and be troubled,
though the mountains shake with the swelling thereof. Selah.
There is a river, the streams whereof shall make glad the city of God,
the holy place of the tabernacles of the most High.
God is in the midst of her; she shall not be moved:
God shall help her, and that right early...
Be still, and know that I am God:
I will be exalted among the heathen,
I will be exalted in the earth.
The LORD of hosts is with us;
The God of Jacob is our refuge. Selah.*

Psalm 37

*Do not fret because of evil men
or be envious of those who do wrong;
For like the grass they will soon wither,
like green plants they will soon die away.
Trust in the LORD and do good;
Dwell in the land and enjoy safe pasture.
Delight yourself in the LORD and
He will give you the desires of your heart.
Commit your way to the LORD;
trust in him and he will do this:
He will make your righteousness shine like the dawn,
the justice of your cause like the noonday sun.
Be still before the LORD and wait patiently for him;
Do not (worry) fret when men succeed in their ways,
when they carry out their wicked schemes.
Refrain from anger and turn from wrath;
Do not fret (worry) -- it leads only to evil.*

Psalm 20:1-9

May the LORD answer you when you are in distress;

May the name of the God of Jacob protect you.

May he send you help from the sanctuary and

May He grant you support from Zion.

May he remember all your sacrifices and

May he accept your burnt offerings. Selah

May he give you the desire of your heart and

May he make all your plans succeed.

We will shout for joy when you are victorious and

We will lift up our banners in the name of our God.

May the LORD grant all your requests.

Now I know that the LORD saves his anointed; he answers him from his holy heaven with the saving power of his right hand. Some trust in chariots and some in horses, but we trust in the name of the LORD our God. They are brought to their knees and fall, but we rise up and stand firm.

O LORD, save the king! Answer us when we call!

Psalms 91

*He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the LORD, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
His faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
Nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
A thousand may fall at your side,
ten thousand at your right hand, but it will not come near you.
You will only observe with your eyes
and see the punishment of the wicked.
If you make the Most High your dwelling—
even the LORD, who is my refuge--
Then no harm will befall you,
no disaster will come near your tent.
For he will command his angels concerning you
to guard you in all your ways;
They will lift you up in their hands,
so that you will not strike your foot against a stone.
You will tread upon the lion and the cobra;
you will trample the great lion and the serpent.
"Because he loves me," says the LORD, "I will rescue him;
I will protect him, for he acknowledges my name.
He will call upon me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.
With long life will I satisfy him and show him my salvation."*

Psalm 23

The LORD is my shepherd, I shall not be in want.

He makes me lie down in green pastures,

He leads me beside quiet waters,

He restores my soul.

He guides me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;

Your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely goodness and love will follow me all the days of my life,

and I will dwell in the house of the LORD forever.

Psalm 19

The law of the LORD is perfect, reviving the soul.

The statutes of the LORD are trustworthy, making wise the simple.

The precepts of the LORD are right, giving joy to the heart.

The commands of the LORD are radiant, giving light to the eyes.

The fear of the LORD is pure, enduring forever.

The ordinances of the LORD are sure and altogether righteous.

They are more precious than gold, than much pure gold;

They are sweeter than honey, than honey from the comb.

By them is your servant warned; In keeping them there is great reward.

Who can discern his errors? Forgive my hidden faults.

Keep your servant also from willful sins;

May they not rule over me.

Then will I be blameless, innocent of great transgression.

May the words of my mouth and

The meditation of my heart be pleasing in your sight,

O LORD, my Rock and my Redeemer.

Psalm 27

*The LORD is my light and my salvation-- whom shall I fear?
The LORD is the stronghold of my life-- of whom shall I be afraid?*

*When evil men advance against me to devour my flesh,
When my enemies and my foes attack me, they will stumble and fall.*

*Though an army besiege me, my heart will not fear;
Though war break out against me, even then will I be confident.*

*One thing I ask of the LORD, this is what I seek:
That I may dwell in the house of the LORD all the days of my life,
To gaze upon the beauty of the LORD and to seek him in his temple.*

*For in the day of trouble he will keep me safe in his dwelling;
He will hide me in the shelter of his tabernacle
and set me high upon a rock.*

Then my head will be exalted above the enemies who surround me;

*At his tabernacle will I sacrifice with shouts of joy;
I will sing and make music to the LORD.*

*Hear my voice when I call, O LORD;
Be merciful to me and answer me.*

*My heart says of you, "Seek his face!"
Your face, LORD, I will seek.*

*Do not hide your face from me,
Do not turn your servant away in anger; you have been my helper.
Do not reject me or forsake me, O God my Savior.
Though my father and mother forsake me, the LORD will receive me.*

Teach me your way, O LORD;

Lead me in a straight path because of my oppressors.

*Do not turn me over to the desire of my foes,
For false witnesses rise up against me, breathing out violence.*

I am still confident of this:

I will see the goodness of the LORD in the land of the living.

Wait for the LORD; be strong and take heart and wait for the LORD.