

I LIFT UP MY EYES*

I lift up my eyes unto the mountains,
from where will my help come?

My help comes from Adoshem,
maker of heaven and earth.

Ever watchful, You guide our steps,
Guardian of Israel, You never sleep.

Always near us, You protect our lives,
shielding us from sun and moon.

You are our source of strength against the evil,
that guards the goodness in our souls.

You watch our every coming and our going,
Every moment, *v'ad olam* [eternally].

I lift up my eyes unto the mountains,
from Adoshem will my help come.

* Interpretive translation of Psalm 121