

שִׁיר לַמַּעֲלוֹת
אֲשָׁא עֵינַי, אֶל-הַהָרִים -- מֵאֵין, יבֹא עֲזָרִי

עֲזָרִי, מֵעַם יְהוָה -- עֲשֵׂה, שָׁמַיִם וָאָרֶץ.

אֶל-יְתֵן לְמוֹט רַגְלְךָ; אֶל-יָנוּם, שְׁמֹרֶךָ.

הֲנֵה לֹא-יָנוּם, וְלֹא יִישָׁן -- שׁוֹמֵר, יִשְׂרָאֵל.

יְהוָה שְׁמֹרֶךָ; יְהוָה צִלְךָ, עַל-יַד יְמִינְךָ

יוֹמָם, הַשֶּׁמֶשׁ לֹא-יִכְנֶה; וַיְרַח בַּלַּיְלָה.

יְהוָה, יִשְׁמְרֶךָ מִכָּל-רָע: יִשְׁמֹר, אֶת-נַפְשְׁךָ.

יְהוָה, יִשְׁמֹר-צִאתְךָ וּבֹאֶךָ -- מֵעַתָּה, וְעַד-עוֹלָם

A Song of Ascents

I lift up my eyes to the hills—
from where does my help come?

My help comes from the LORD—
the Maker of heaven and earth.

He will not let your foot slip—
he who watches over you will not slumber;

Indeed, he who watches over Israel
will neither slumber nor sleep.

The LORD watches over you—
the LORD is your shadow at your right hand;

The sun will not harm you by day,
nor the moon by night.

The LORD will keep you from all harm—
he will watch over your life;

The LORD will watch over your
coming and going —
both now and forevermore.