

## Tehillim/Psalms

# A song of ascents | Psalms 121

Some Yom Haatzmaut liturgy includes psalms 107, 97, and 98.

We are suggesting three alternative chapters that may be more accessible to students.

### Chapter 121 sung by Omer Adam

#### Psalms 121

A song for ascents.

I turn my eyes to the mountains;

from where will my help come?

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

He will not let your foot give way;  
your guardian will not slumber,

See, the guardian of Israel  
neither slumbers nor sleeps!

Hashem is your guardian,  
the Hashem is your protection  
at your right hand.

By day the sun will not strike you,  
nor the moon by night.

Hashem will guard you from all harm;

He will guard your life.

Hashem will guard your going and coming  
now and forever.

#### תהילים קכ"א

שִׁיר לַמַּעֲלוֹת אֲשָׁא עֵינַי אֶל־הַהָרִים מֵאֵין

יְבֹא עֲזָרִי:

עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:

אֵלֵינוּ לְמוֹט רַגְלְךָ אֵלֵינוּ שְׁמֹרְךָ:

הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:

יְהוָה שְׁמֹרְךָ יְהוָה צִלְךָ עַל־יַד יְמִינְךָ:

יוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְּכָה וַיְרַח בַּלַּיְלָה:

יְהוָה יִשְׁמְרְךָ מִכָּל־רָע יִשְׁמַר אֶת־נַפְשְׁךָ:

יְהוָה יִשְׁמַר־צִאתְךָ וּבואְךָ מֵעַתָּה וְעַד־עוֹלָם:

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#### Why this chapter?

This chapter calls on us to look up and into the distance with hope and faith. This chapter has been sung frequently during the war by Israeli singers to give encouragement to soldiers and to the wounded.