

## My Help

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Esai enai

El heharim

Me-ayim yavo ezri

Ezri meyim Adonai

Ose shamayim va-aretz

El yaten lamot ranlecha

El yanum shomrecha

Hine lo yanum

Va-lo ishan

Shomer yisrael

I lift up my eyes

Unto the hills

From whence shall come my help?

My help is from the LORD God

Maker of heaven and earth

He will not give to the moving of your foot

Nor shall slumber He Who keeps thee

Behold He'll not slumber

Nor will He sleep

He Who keeps Israel