

# I Lift Up My Eyes

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

**My help comes from the LORD,  
who made heaven and earth.**

He will not let your foot be moved;  
he who keeps you will not slumber.

**The LORD will keep your going out  
and your coming in  
from this time on and for evermore.**

*(Ps. 121:1-3, 8)*