

קכא

PSALM 121

**To lift our spirits by reminding us
that Hashem is always with us**

ACCORDING TO some commentaries, this chapter is the first of the “Song of Ascents” series, and therefore begins with slightly different wording than the others. The theme of this chapter is God’s Divine Providence. It instructs us not to place our hope in man; rather, we should look to God for help. For only God, Creator of heaven and earth, has the true power of salvation.

1 **A song** by David, to be sung on **the steps** of the Holy Temple. **I lift my eyes** while **atop the mountains**, searching **from where my help will come**.

2 But I know my search is futile, because **my help** comes only **from God**, and I must look only to Him. For He is **the Maker of heaven and earth**, and oversees the affairs of this world.

3 God is a worthwhile support, because **He will not let your foot slip; Your Guardian does not slumber** for even a moment, and will always protect you. **4** For **behold**, God, the **Guardian of the Children of Israel**, **does not slumber** and certainly **does not sleep**.

5 God is your guardian. God is your protective **shade**, always at **your right hand** to protect you from danger. **6** The heat of the **sun will not harm you by day**; nor will the coolness of the **moon** cause illness **at night**.

א **נְשִׁיר** לַמַּעְלוֹת,

אֲשָׂא עֵינַי אֶל־הַהַרִים,

מֵאֵין יבֹא עֲזָרִי:

ב עֲזָרִי מֵעַם יְהוָה,

עֲשֵׂה שָׁמַיִם וָאָרֶץ:

ג אֲל־יִתֵּן לַמוֹט רַגְלִי,

אֲל־יִנּוּם שְׁמֹרָי:

ד הִנֵּה לֹא־יִנּוּם וְלֹא יִישָׁן,

שׁוֹמֵר יִשְׂרָאֵל:

ה יְהוָה שְׁמֹרָי,

יְהוָה צִלְּךָ עַל־יַד יְמִינִי:

ו יוֹמָם הַשֶּׁמֶשׁ לֹא־יִכָּפֵה,

וַיֵּרָח בַּלַּיְלָה:

7 God will guard you from all evil; He will guard your soul. **8** God will guard you in your going and your coming, now and forever.



ז יהוה ישמרך מכל־רע,
 ישמר את־נפשך:

ח יהוה ישמר־צאתך ובואך,
 מעתה ועד־עולם:

