

Quiet Moments with God

Allow these Quiet Moments to draw you into a time of refreshing, comfort and rest with the Lord.

My Eternal Keeper

[Reading. God never leaves me.](#)

*I look up to the mountains—
does my help come from there?
My help comes from the Lord,
who made heaven and earth!*

*He will not let you stumble;
the one who watches over you will not slumber.
Indeed, he who watches over Israel
never slumbers or sleeps.*

*The Lord himself watches over you!
The Lord stands beside you as your protective shade.
The sun will not harm you by day,
nor the moon at night.*

*The Lord keeps you from all harm
and watches over your life.
The Lord keeps watch over you as you come and go,
both now and forever.*

Psalm 121 NLT

[Song: I Lift My Eyes. Psalm 121. Keith & Kristyn Getty](#) (Lyrics on pages 2&3)

Psalm 121 (I Lift My Eyes)

Keith & Kristyn Getty

I lift my eyes up to the hills
From where does my help come?
My help comes from the Maker of
The heavens and the earth
He will not let my foot be moved
He keeps my journey safe

O my soul, praise the Lord most high
Strong to save, He upholds my life
Forevermore, He will be my light
I lift my eyes up to the Lord most high

He is the shade at my right hand
My shelter in the storm
No sun by day, nor moon by night
Shall ever bring me harm
He will not slumber, will not sleep
He watches all my ways

O my soul, praise the Lord most high
Strong to save, He upholds my life
Forevermore, He will be my light
I lift my eyes up to the Lord most high

From where does my help come
My help comes from the Maker of
The heavens and the earth
The God of Israel is my guide
Wherever I may go
And in His strength I will abide
Until He leads me home

O my soul, praise the Lord most high

Strong to save, He upholds my life
Forevermore, He will be my light
I lift my eyes up to the Lord most high

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