

我要向高山舉目
Lift My Eyes Up To the Hills

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Lift my eyes up to the hills

我的幫助從何而來？

Where does my help come from?

我的幫助從造天地的耶和華而來

My help comes from the Maker of heaven and earth

祂必不叫你的腳搖動

He will not let your foot slip

保護你的必不打盹

He who watches o'er you won't slumber

保護以色列的也不打盹

Indeed, he who watches over Israel

也不睡覺

will neither slumber nor sleep

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CHORUS

保護你的是耶和華

The Lord watches o'er you

耶和華在你右邊蔭庇你

The Lord is your shade at your right

白日太陽必不傷你

The sun will not harm you by day

夜間月亮必不害你

the moon will not harm you by night

耶和華要保護你

The Lord will keep you safe

免受一切的災害

He will watch over your life

祂要保護你的性命

He will protect your life

你出你入

You come or go

耶和華要保護你

The Lord watch over you

從今時直到永遠

From now and forevermore