

# 1 SOUL 1 MINUTE

שִׁיר לַמַּעְלוֹת.

אֶשָׂא עֵינַי, אֶל-הַהָרִים, מֵאֵין יִבֵּא עֲזָרִי.  
עֲזָרִי מֵעַם ה' עֲשֵׂה שָׁמַיִם וָאָרֶץ.  
אֵל יִתֵּן לַמּוֹט רַגְלְךָ, אֵל יִנוּם שְׁמֹרְךָ.  
הִנֵּה לֹא יִנוּם, וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.  
ה' שְׁמֹרְךָ, ה' צִלְךָ, עַל יַד יְמִינְךָ.  
יוֹמָם הַשֶּׁמֶשׁ לֹא יִכְכֶּה וַיְרַח בַּלַּיְלָה.  
ה' יִשְׁמְרֶךָ מִכָּל-רָע יִשְׁמֹר אֶת נַפְשְׁךָ.  
ה' יִשְׁמֹר צֵאתְךָ וּבּוֹאְךָ מֵעַתָּה וְעַד עוֹלָם.

Shir lama'alot.

Esah einai el heharim,  
meayin yavo ezri?

Ezri me'im Adonai oseh  
shamayim va'aretz.

Al yiten lamot raglecha, al  
yanum shomrecha.

Hineh lo yanum - v'lo  
yishan shomer yisrael.

Adonai shomrecha,  
Adonai tzilecha, al yad  
yeminecha.

Yomam hashemesh lo  
yakeka, vayareich baleilah  
Adonai yishmarcha mikol  
ra, yishmor et nafshecha.

Adonai yishmor tzietcha  
uvoecha meata vead  
olam.

A song to lift me.

I raise my eyes to the mountains: from where  
shall my help come?

My only true help comes from The Almighty,  
Creator of heaven and earth.

Almighty protects you from falling;

He is Your Guardian and He is constantly on  
guard.

Understand that, the Almighty, the protector of  
the Jewish people never slumbers nor sleeps.

God is your protector; He is your protective  
shade, He is always at your right hand to  
strengthen you.

The sun shall not harm you by day, nor the  
moon by night.

God will protect you from every evil; He will  
guard your life.

God will guard your departure and your arrival,  
from now until eternity.