

Youtube Link – <https://youtu.be/px6gk0cEyqE>

## OOS for 13<sup>th</sup> July 2025 - ONLINE



### READING

#### Psalm 121

<sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?

<sup>2</sup> My help comes from the Lord,  
the Maker of heaven and earth.

<sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;

<sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.

<sup>5</sup> The Lord watches over you—  
the Lord is your shade at your right hand;

<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.

<sup>7</sup> The Lord will keep you from all harm—  
he will watch over your life;

<sup>8</sup> the Lord will watch over your coming and going  
both now and forevermore.



## **PRAYER**

Deep peace of the running wave to you  
Deep peace of the flowing air to you  
Deep peace of the quiet earth to you  
Deep peace of the shining stars to you  
Deep peace of the Son of peace to you

**AMEN**



## **SONG**

I lift my eyes up, to the mountains  
Where does my help come from?  
My help comes from You  
Maker of heaven, Creator of the earth

Oh how I need you Lord  
You are my only hope  
You're my only prayer  
So I will wait for you  
to come and rescue me  
Come and give me life

I lift my eyes up, to the mountains  
Where does my help come from?  
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Maker of heaven, Creator of the earth

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