

*This is a psalm title that may also be called an incipit. Not all psalms have them, and they are part of the biblical texts. Do not confuse them with Bible version titles.*

*YLT is Young's Literal Translation. I have chosen this version because of its consistency in rendering Hebrew words. It is not part of the original text.*

**Psalm 121:1(YLT)**  
A Song of the Ascents.

*This would be my first stanza division because of the dominance of the 1<sup>st</sup> person. Immediately after this verse, the psalm concentrates on God, and his abilities*

I lift up mine eyes unto the hills,  
Whence doth my help come?

*This single line (beginning with "Whence") constitutes a single colon. The line above represents another separate colon*

<sup>2</sup>My help is from Jehovah,  
maker of heaven and earth,

<sup>3</sup> He suffereth not thy foot to be moved,  
Thy preserver slumbereth not.

<sup>4</sup> Lo, He slumbereth not, nor sleepeth,  
He who is preserving Israel.

*Here in red I have marked out a keyword that runs throughout the psalm and helps provide meaning*

<sup>5</sup> Jehovah is thy preserver,  
Jehovah is thy shade on thy right hand,

*Together, these two lines are called bi-cola. Often, but not always the bi-cola make up a single verse Bible translations*

<sup>6</sup> By day the sun doth not smite thee,  
Nor the moon by night.

<sup>7</sup> Jehovah preserveth thee from all evil,  
He doth preserve thy soul.

<sup>8</sup> Jehovah preserveth thy going out and thy coming in,  
From henceforth even unto the age!