I lifted up my eyes to the mountains. From there my help will come.

Door mez Der zok noo-tyoon ee ne ghoo-tyan zee orh-nes-tsook ha na-

so that me may always praise your awe-inspiring, holy name.

Bah-ya mez Der ha me-nayn.

Lord, protect us from every temptation,
of the invisible enemy

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and from his secret arrows.

You are our hope and our refuge at all times,

who are always praised by your creatures.

May the shelter of your right hand, O Lord,

protect us.

And may he who shepherds Israel never sleep.
Glory to the Father and to the Son and to the Holy Spirit.

May the power of your holy Cross, O Christ,
protect us
and be our guard day and night.

Now and always and unto the ages of ages. Amen.

You gave a sign to those who fear you,
and a triumphant weapon against the invisible enemy.