

[5. This is what the raw transcript looks like in a Word doc.]

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Hello, this is Chaplain Elisa welcoming you to another short devotion

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8 seconds

in our scriptures today. Thank you for joining me.

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12 seconds

Our passage today is again from the book of Psalms. This is Psalm 121.

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20 seconds

Here's how the psalm goes.

0:24

24 seconds

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord who made heaven and earth.

0:36

36 seconds

He will not let your foot be moved. He who keeps you will not slumber. Behold,

0:43

43 seconds

he who keeps Israel will neither slumber nor sleep. The Lord is your keeper. The Lord is your shade on your right hand.

0:54

54 seconds

The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil.

He will keep your

1:04

1 minute, 4 seconds

life. The Lord will keep your going out and your coming in from this time forth and forever more.

1:14

1 minute, 14 seconds

Oh, hallelujah. How beautiful. So, let's look at this a little bit at a time.

1:19

1 minute, 19 seconds

This was called a song of ascent. It's uh considered a a song that pilgrims on

1:28

1 minute, 28 seconds

the way to Jerusalem would be uh singing as they walked uphill because Jerusalem

1:35

1 minute, 35 seconds

is built on a hill. And they would sing this song on the long road uphill. And

1:42