

Nitanyanyua macho yangu kwa milima,

Kusaidiwa kwangu kunatoka wapi?

Kusaidiwa kwangu kunatoka kwa **BWANA**

Aliyefanya mbingu na dunia.

Hataacha muguu wako kuhamishiwa;

Mwenye kukulinda hatalala usingizi.

Tazama, mwenye kulinda Israeli

Hatasinzia wala hatalala usingizi.

BWANA ni muchungaji wako;

BWANA ni kivuli chako kwa mukono

wako wa kuumu.

Jua halitakupiga muchana

Wala mwezi usiku.

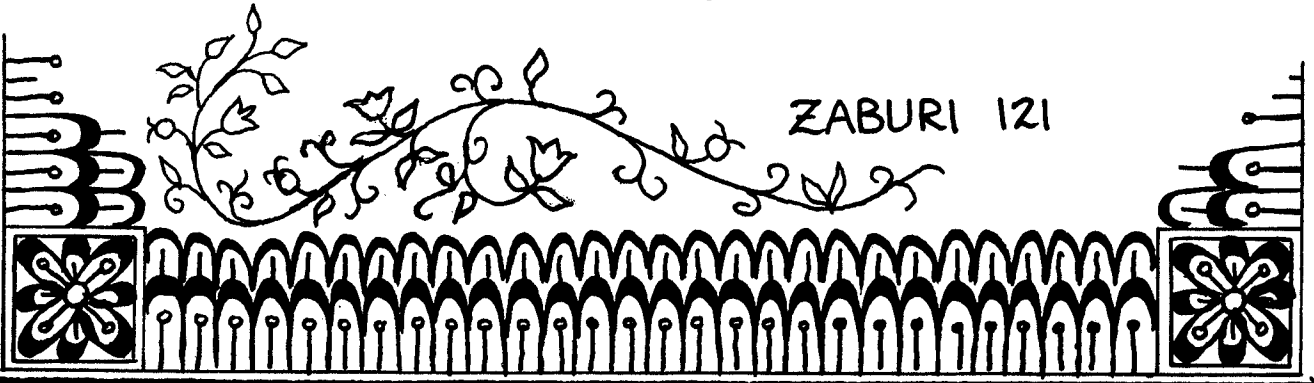
BWANA atakuchunga katika mabaya yote;

Atakuchunga nafsi yako.

BWANA atakuchunga wakati

unapotoka na kuingia,

Toka sasa hata milele.



Psalm 121
Rendered in Swahili
1982

Original given to home hospitality hosts

William and Jescar Yiminyi

of Kimilili, Kenya

during the Triennial of the

Friends World Committee for Consultation.

They requested it as their favorite Psalm.

*I will lift up mine eyes unto the hills,
From whence cometh my help.
My help cometh from the Lord, which made heaven and
earth.
He will not suffer thy foot to be moved: he that keepeth
thee will not slumber.
Behold, he that keepeth Israel shall neither slumber nor
sleep.
The Lord is thy keeper: the Lord is thy shade upon thy
right hand.
The sun shall not smite thee by day, nor the moon by night.
The Lord shall preserve thee from all evil: he shall
preserve thy soul.
The Lord shall preserve thy going out and thy coming in
from this time forth, and even for evermore.*