

Lesson 21 • I Lift My Eyes to the Hills

Module 3 • Songs of Ascent • Psalm 121:1-2

YOUR SIX CORE WORDS

אשא

esá

I lift up

"I lift up my eyes to the hills" -- esá einái

עין

áyin

eye

esá einái -- I lift up MY EYES; also the very

הרים

harím

hills, mountains

el he-harím -- to the hills; plural of har,

מאין

má-ayin

from where?

mé-áyin yavó ezrí -- from where will my help

עשה

oséh

Maker, the One who makes

oséh shamáyim va-áretz -- Maker of heaven and

עזר

ézer

help

ezrí mé-im Adonai -- MY HELP comes from

BONUS WORDS (from today's WOW moments)

שמים

shamáyim

heaven, the heavens

from the oséh WOW -- oséh shamáyim va-áretz

ארץ

áretz

earth, land

from the oséh WOW -- Maker of heaven and earth

בראשית

b'reshít

in the beginning

from Genesis 1:1, tied to the oséh WOW

אבן העזר

even ha-ézer

the stone of help (Eben-Ezer)

from the ézer WOW -- ad hénah azaránu Adonai

THE CROWN (#19) -- MEMORIZE THIS PHRASE

עזרי מעם אדני עשה שמים וארץ

mé-im Adonai, oséh shamáyim va-áretz -- "My help comes from Adonai, Maker of heaven and earth" -- Psalm

Lesson 21 • Scripture Sheet

All quotations from the Anointed Messianic Bible

PSALM 121:1-2

“I lift up my eyes to the hills -- from where will my help come? My help comes from Adonai, Maker of heaven and earth.”

GENESIS 1:1 (THE WOW TIE-IN)

“In the beginning God created the heavens and the earth.” -- the very same heavens and earth the pilgrim's Maker, oséh shamáyim va-áretz, is praised for in Psalm 121:2.

עזרי מעם אדני עשה שמים וארץ

ezrí mé-im Adonai, oséh shamáyim va-áretz -- “My help comes from Adonai, Maker of heaven and earth”

COLOSSIANS 1:16-17

“By Him all things were created, in heaven and on earth... and in Him all things hold together.” -- the Oséh the pilgrim trusts on the road is the same Son through whom the heavens and earth were made.

THE BLESSING -- NUMBERS 6:24

“Adonai bless you, and keep you.”

Where English Bibles print LORD in capital letters, we honor the Name by saying Adonai.

Lesson 21 • Practice Worksheet

I Lift My Eyes to the Hills -- hagah your nineteenth crown!

ezrí mé-im Adonai, oséh shamáyim va-áretz -- "My help comes from Adonai, Maker of heaven and earth" -- Ps

1 • MATCH THE WORD TO ITS MEANING

אשא	•	from where?
עין	•	Maker, the One who makes
הרים	•	I lift up
מאין	•	help
עשה	•	hills, mountains
עזר	•	eye

2 • FILL IN THE BLANK (transliteration)

_____ (Esá) einái el he-harím -- I lift up my eyes to the hills.

Mé- _____ (áyin) yavó ezrí -- from where will my help come?

Ezrí mé-im Adonai, _____ (oséh) shamáyim va-áretz.

My _____ (ézer) comes from Adonai, the One who made the _____ (harím).

3 • WRITE THE CROWN PHRASE (three times, say it as you write)

ezrí mé-im Adonai, oséh shamáyim va-áretz -- "My help comes from Adonai, Maker of heaven and earth"

4 • SAY ALL NINETEEN CROWNS

☐ Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Shabbat

This is CROWN NINETEEN. Each day murmur all nineteen crowns aloud in order, then say your six new core words.