



# My Help Comes from God

## A Reading from the Book of Numbers

**Reader.** The LORD spoke to Moses, saying: Speak to Aaron and his sons, saying, Thus you shall bless the Israelites: You shall say to them,  
The LORD bless you and keep you;  
the LORD make his face to shine upon you, and be gracious to you;  
the LORD lift up his countenance upon you, and give you peace.  
So they shall put my name on the Israelites, and I will bless them.  
(6:22–27)

## A Litany in the Spirit of Leviticus, Chapter 19

**Leader.** May we always remember the poor, the needy, the victims of oppression. They are God's children just as we are. God, grant us the strength to aid your poor. For this grace we pray.

**All.** God, hear your people.

**Leader.** Trustworthy God, may we deal with one another truthfully. Just as we owe you truth, so we owe it to one another. And because we hate to be deceived, may we never deceive our neighbor. For this grace we pray.

**All.** God, hear your people.

**Leader.** God of the poor, protect all workers who are being exploited. May we struggle for justice and the dignity of all people who work, especially migrants and those who work in sweatshops in developing countries. Encourage and watch over those who want to find employment but cannot. For this we pray.

**All.** God, hear your people.

**Leader.** Loving God, may we be advocates for the rights of persons with disabilities. Help us learn from them and appreciate their unique contributions to humankind. For them we pray.

**All.** God, hear your people.

**Leader.** God, our liberator, stop us from stooping to slander and lies, gossip and half-truths. May we speak kindly, justly, carefully, and honestly. For this grace we pray.

**All.** God, hear your people.

**Leader.** Most essentially, loving God, give us the courage to love our neighbors as ourselves and to love you with our whole being. For this grace we pray.

**All.** God, hear your people.

[Other petitions may be offered.]

**Psalm 121: A Prayer of Total Trust in God**

**All.** I lift my eyes to the mountains.  
Where is help to come from?  
My help comes from Yahweh,  
who made Heaven and earth.  
Yahweh does not let our footsteps slip!  
Our guard does not sleep!  
The guardian of Israel  
does not slumber or sleep.  
Yahweh guards you, shades you.  
With Yahweh at your right hand  
the sun cannot harm you by day  
nor the moon at night.  
Yahweh guards you from harm,  
protects your lives;  
Yahweh watches over your coming and going,  
now and for always.

(Nancy Schreck and Maureen Leach,  
*Psalms Anew: In Inclusive Language*  
[Winona, MN: Saint Mary's Press, 1986].  
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Amen.