

Commissioned by the Bethany Lutheran Church Senior Choir  
for their director Jean Avery,  
in loving memory of her mother, Dorothy Kroening

# My Help Comes from the Lord

(Incorporating Psalm 121 and CW 592: "All Praise to Thee My God This Night")

For SATB Choirs, Piano, and optional flute, violin, horn, cello, and organ

Text based on Psalm 121  
Hymn Text: Thomas Ken (1637-1711)

Setting: Sarah Siegler  
Hymn tune: Charles F. Gounod (1818-93)

Moderately, with calm assurance

The musical score is written in 4/4 time with a tempo of 96 beats per minute. It begins with a piano introduction (measures 1-8) marked *mf*. The piano part features a flowing melody in the right hand and a steady accompaniment in the left hand. At measure 5, the piano part becomes more prominent, marked *f*. The score then transitions to a vocal entry for the Junior Choir at measure 14, marked *mf*. The vocal line is for the Soprano (S.) and includes the lyrics: "I will lift my eyes up to the hills, to the hills." The piano accompaniment continues with a *mp* dynamic.

2

19

S.

From where\_ does my help\_\_\_ come? My\_\_\_\_\_ help comes from the Lord. The

Pno.

24

S.

Ma - ker of heav-en of heav - en and earth.\_\_\_\_\_ Who made\_ heav - en and

Pno.

(SATB) Sr. Choir

*mf*

30

S.

earth! All praise to thee, my

B.

Pno.

*mf*

35

S. *mf* God this night, For all the bless - ings of the light.

B. Keep me oh keep me

Pno. *mp* *mf*

39

S. *mf* Be - neath thine own al - might - y wings. *f* For - give me Lord, for thy - dear Son The

B. King of kings,

Pno. *f*

44

S. *mf* ill that I this day - have done; That with the world, my - self, and thee I,

B. (SATB a capella)

Pno. *mf*

109

Pno.

113 ♩ = 72 Slower, Maestoso **Optional Descant (Jr. & Sr. Sop)**

S. **ADD Organ on SATB** All praise to thee, my God! for all the bless- ings

S. **ALL + Congregation** All praise to thee, my God, this night For all the bless - ings

B. All praise to thee, my God, this night For all the bless - ings

113 ♩ = 72 Slower, Maestoso

Pno. *rit.*

117

S. of the light. Keep me oh King of Kings, Be-

S. of the light. Keep me, oh, keep me, King of kings, Be-

B. of the light. Keep me, oh, keep me, King of kings, Be-

117

Pno.

10 *120*

S. *120*  
 neath thine own al - might - y wings. Praise God, from whom bless ings flow;

S.  
 neath thine own al - might - y wings. Praise God, from whom all bless ings— flow; Praise

B.

Pno. *120*

*124*

S. *124*  
 Praise him all here be - low; Praise ye—

S.  
 him, all crea - tures here— be - low; Praise him a - bove, ye

B.

Pno. *124*

127 11

S. *heav'n - ly host; Praise Fa - ther, Son, — and Ho - ly*

S. *heav'n ly host: Praise Fa - ther, — Son, and Ho - ly*

B.

Pno.

130 *a tempo* ♩ = 96

S. *Ghost.*

S. *Ghost.*

B.

Pno.

Sr. & Jr. Choir

134 *mf*

S. My help comes from the Lord!

B.

Pno. 134 *mf*

137

Pno.

141

Pno. *rit.*