



Gideon Goes to Battle: Part 2

Lesson Aim: To know we can trust God's plan.

THE WORSHIP

Who God is: The King Who Watches Over Us

THE WORD

Bible Story: Judges 7:17-21

What He has done: God gave Gideon and His people a victory.

THE WAY

Whisper Verse: "Blow our trumpets."

BIBLE MEMORY VERSE

"I can do everything through Him who gives me strength." Philippians 4:13

Challenge Verse for older children:

"I lift up my eyes to the hills--where does my help come from? My help comes from the Lord, the Maker of heaven and earth." "He who watches over Israel will neither slumber nor sleep."
 "The Lord will watch over your coming and going now and forevermore." Psalm 121:1, 2, 4, 8

Unit 7: The King Who Watches Over Us

	Bible Story	What He Has Done	Lesson Aim
33	Gideon Goes to Battle: Part 1, Judges 7:17-21	God gave the Israelites a judge named Gideon.	To know God gives us people to lead us.
34	Gideon Goes to Battle: Part 2, Judges 7:17-21	God gave Gideon and His people a victory.	To know we can trust God's plan.
35	Samson and the Gate, Judges 13:5; 16:2-3	God made Samson strong.	To know God makes us strong.
36	Ruth and Naomi: Part 1, Ruth 1:8-18	God gave Ruth and Naomi a special friendship.	To know God gives us special friends who worship Him with us.
37	Ruth and Naomi: Part 2, Ruth 1:8-18	God gave Ruth and Naomi a special friendship.	To know we can worship and listen to God with our friends.

TEACHER'S ENCOURAGEMENT

This week, read Psalm 44:1-8. Please join us in praying, "Thank You, Lord, for always being with us. Help us trust Your plan as we teach the children that You are the One who wins our victories for us. To You be the glory. Amen."

Permission is granted to reproduce these materials. Not for resale. Use is subject to the Terms of Use available at ResourceWell.org. Terms are subject to change without notice. All other rights are reserved.



**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Picture Schedule Cards	Cards with picture illustrating the activities: WELCOME, WORSHIP, BIBLE, CRAFT, PRAYER, SNACK, GAMES, COLORING, GOING HOME. Envelope labeled FINISHED. Optional: To display schedule, use Velcro to attach laminated Picture Schedule cards to a felt board.
		Treasure Chest	Stamp or sticker of a trumpet or horn
		Whisper Verse	Sign language for "Blow our trumpets."
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 7 Bible Memory Verse Song: "I Can Do Everything" "I Lift Up My Eyes" Other Bible Memory Verse Song Suggestions: "It's Praise Time" "I Will Listen" "I Am with You" Additional Hymn Suggestions: "He's Got the Whole World in His Hands" "I'm in the Lord's Army" "How Great Is Our God"
		Offering	Baskets
		Worship Illustration	Kings & Kingdoms Lesson 34 Delbert & Lello or King City Chronicles script or storybook
THE WORD	Up to 10	Watch the Word: Judges 7:17-21	Teacher's Bible with bookmark at Judges 7:21 Visual: Trumpet, toy horn, or a picture of a trumpet Flannel board/figures: Gideon, torch, trumpet, group of men (Gideon's army)
THE WAY	Up to 25	Craft: Gideon's Torch	Small paper plate, paper streamers (red, orange, and yellow), stapler and staples, labels or white paper, tape, crayons or markers
		Circle of Prayer or Lord's Prayer	Lord's Prayer word and picture book
		Snack: Trumpet Time	Horn or tube-shaped snack
		Unit 7 Games: Sand Search	Bin of clean sand, penlight, toy horn, toy heart, eyeglasses
		Thumbs Up or Thumbs Down	None, optional: hand puppet or finger puppets
		"Jesus Gives Me Strength" Ball Roll	A soft ball for rolling
		Scenes from King City Chronicles (older children only)	King City Chronicles scripts for Lessons 34-36, optional: capes, eye masks, or sunglasses
		Blanket Ball	Blanket or sturdy tablecloth, ball, or balloon
		Musical Chairs	Unit 7 Bible Memory Verse Song "I Can Do Everything" or "I Lift Up My Eyes," CD player, chairs
	Act it Out	Bible Times clothing or stick puppets of: Gideon, torch, trumpet, Samson, Ruth and Naomi	
Final 5	Final Five	Access Daily Way: Unit 7, Lesson 34 Color This Story: "Gideon Goes to Battle"	

RESOURCES: Supplemental materials are available at ResourceWell.org.



Blow our trumpets

THE WELCOME

PICTURE SCHEDULE: WELCOME TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Welcome each child as they arrive. **Hello _____.** I'm glad you are here! Come and see what we are going to do today. Point to each card on the Picture Schedule board. Today, we will WELCOME everyone. We will read the BIBLE story and make a CRAFT. We will have PRAYER time and eat a SNACK. We will play GAMES and enjoy COLORING a picture about today's story.

Open the Treasure Chest to find today's treasure. Child unlocks Treasure Chest to receive a stamp or sticker of a trumpet or horn. **Let this sticker of a trumpet help you remember to trust God's plan. Gideon and his army trusted God's plan and blew their trumpets. That reminds me of today's Whisper Verse, "Blow our trumpets."** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "Blow our trumpets."

(For visual demonstrations, see www.signingsavvy.com.)

Each time we say today's Whisper Verse, let's say it with three hand motions:

- | | |
|--------------------|---|
| "Blow" | The right hand starts at the mouth in a fist and then as the mouth blows air outward, the hand opens and moves away from mouth. |
| "our" | With the right hand in a cup-shape, fingers together, start the right hand at chest level on the right side and arc hand across the body ending at the left side. |
| "trumpets." | With the left hand in a fist at the mouth, the right hand outlines the shape of a horn by swooping from the mouth upward and outward. |

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "Blow our trumpets," Judges 7:18. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



The King who watches over us

THE WORSHIP

PICTURE SCHEDULE: WORSHIP TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the WELCOME picture card and place it in the FINISHED envelope. **We have finished our Welcome Time. Now, we will have our Worship Time.**

Children may worship in a large group setting with other classes or in a quiet room with a worship CD or DVD.

Teacher Tip: To help children identify time set aside for worship, play "It's Praise Time!" as children move to a designated place for praise songs, offering, and worship illustration. Children who are nonverbal may enjoy participating in songs by playing children's percussion instruments such as maracas, jingle bells, wood blocks, or small tambourines. Children who are sensitive to sound may prefer to wear noise reduction headphones.



It's Praise Time—our time to sing praise to God as the King who watches over us. He watches over us as we praise Him and as we give our offering. Let's do both as we give our offering and sing about God's promise to watch over you. Play: "I Am with You" as background music while collecting the offering.

God watched over a man named Gideon when he told his army to blow their trumpets. That sounds like our Whisper Verse. Let's whisper, "Blow our trumpets." Review Whisper Verse together: "Blow our trumpets." Include sign language.

Let's blow our trumpets and sing about our great God. Sing: "How Great is Our God" as you pretend to blow trumpets.



Do you think Delbert and Lello know anything about trumpets? Let's call them out here and see! Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Kings & Kingdoms Unit 7, Lesson 34.*



God gave Gideon and his army the courage and strength to bravely blow their trumpets. God gave Gideon the victory. Sing: "I Can Do Everything."

God watched over Gideon's army. Did you know you can be in the Lord's army? If you love the Lord your God with all your heart and soul and mind, then you are in the Lord's army. Soldiers in the Lord's army help everyone love God. Sing: "I'm in the Lord's Army."

* May substitute Lesson 34 King City Chronicles script or storybook.



Gideon goes to battle

THE WORD

PICTURE SCHEDULE: BIBLE TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the WORSHIP picture card and place it in the FINISHED envelope. **We have finished our Worship Time. Now, we will have our Bible Time.**

Last time, we learned about a judge named Gideon who led God's people in battle. Today, we will review that story and learn how Gideon and his army trusted God's plan to win the battle. Handle Bible as a special treasure, leaving it open to Judges 7:21.

WATCH THE WORD: JUDGES 7:17-21

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, hold a trumpet, toy horn, or picture of a trumpet. Have children assist by placing Bible story figures on a flannel board. Other visual options include a craft sample, Color This Story or a related picture.

- One day the Lord told Gideon,
- "My army you shall lead.
- Stand them in a circle 'round the enemy.
- And I'll give you the victory."

- So Gideon gave everyone a trumpet,
- And a jar with a light inside.
- He said, "Watch me. Do what I do.
- And shout the battle cry!"

- They blew their trumpets and broke their jars,
- And held their lights up high.
- The Lord gave Gideon the victory,
- And the enemy ran away and cried.

What was the Lord's plan for Gideon's army to do with their trumpets? (To blow them.) **Gideon said, "We will blow our trumpets!" That's our Whisper Verse. Let's say that together: "Blow our trumpets."** Include sign language or hand motions.



When Gideon and his army blew their trumpets, what did the enemy do? (They ran away and cried.) **Let's find our answer in the Bible.** Read Judges 7:21 from the teacher's Bible.



Trust God's plan

THE WAY

PICTURE SCHEDULE: CRAFT TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the BIBLE picture card and place it in the FINISHED envelope. **We have finished our Bible Time. Now, it is Craft Time.**

CRAFT: GIDEON'S TORCH

Purpose: To remind the children of the story of Gideon going to battle.

Supplies: Small paper plate, paper streamers (red, orange, and yellow), stapler and staples, labels or white paper, tape, crayons or markers

Prepare: Cut eight 5-inch red, orange, or yellow paper streamers. Bunch four streamers together and staple them at one end to make flames. Make two bunches. On a label or slip of paper, print: **"Gideon Goes to Battle" Judges 7:17-21.**

Options: Use a paper snow cone cup or small cone-shaped drinking cup instead of a plate. Use bunches of tissue paper instead of streamers.

Directions:

1. Color plate and label.
2. Attach **"Gideon Goes to Battle" Judges 7:17-21** label to plate.
3. Roll paper plate into cone shape (colored side out) and secure with tape to make a torch shape.
4. Tape two sets of flames to the inside edges of the torch.

Craft Discussion:

- **What did Gideon tell his army to do?** (Blow our trumpets.)
- **That reminds me of our Whisper Verse! Let's say it with our motions right now!** Say the Whisper Verse together with the hand motions.
- **The trumpets made a loud noise. What else did the army do to make noise?** (They shouted and smashed their jars.)
- **Then the army held up the lights that had been inside their jars. The lights were called torches. Hold up your torches, just like Gideon and his army.** Children hold up torches.
- **What did the enemy do when they heard the loud noise and saw the torches?** (They ran away and cried.)
- **God had a plan to help Gideon win the battle and Gideon trusted God's plan.**

THE WAY *continued...*



CIRCLE OF PRAYER/THE LORD'S PRAYER

PICTURE SCHEDULE: PRAYER TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the CRAFT picture card and place it in the FINISHED envelope. **We have finished our Craft Time. Now, it is Prayer Time.**

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (say every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen. You may add the Lord's Prayer with the word picture book.

PICTURE SCHEDULE: SNACK TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the PRAYER picture card and place it in the FINISHED envelope. **We have finished our Prayer Time. Now, it is Snack Time.**

Teacher Tip: It is important to keep a record of all dietary restrictions and allergies accessible. Some parents may prefer to bring their child's snack. Depending on the dietary needs of your classroom, you may determine it is best to omit snack time completely.

SNACK: TRUMPET TIME

Purpose: Children enjoy a horn-shaped snack to remind them of the trumpets Gideon's army used in battle.

Snack Suggestion: Horn or tube-shaped snack (For example: Bugles brand snacks)

Directions:

1. Serve drink. Wait to serve the snack.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.
God our Father, God our Father. Once again, once again.
Thank you for our blessings. Thank you for our blessings. Amen. Amen.
3. Lead discussion below while children enjoy their snack.
 - **God gave Gideon a plan to win the battle. Did Gideon trust God's plan? (Yes.) Did Gideon and his army win the battle? (Yes.)**
 - **Gideon's army trusted God's plan, too. Let's pretend that our snacks are trumpets. Let's blow our trumpets like Gideon's army did!** (Blow into horn-shaped snack.)
 - **Who remembers our Whisper Verse?** Choose a child to demonstrate motions to Whisper Verse: "Blow our trumpets."
 - **God has a plan for you, too. Where can you find God's plan? (In the Bible.)**
 - **When you follow God's words in the Bible, you are trusting God's plan!**
 - **Will you trust God's plan? If so, blow your trumpet!** (Blow into horn-shaped snack.)

THE WAY (GAME OPTIONS)

UNIT 7 GAME OPTIONS

Choose one or more of the activities below. Play until the final five minutes of class then proceed to Final Five.

PICTURE SCHEDULE: GAMES TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > **GAMES** > COLORING > GOING HOME

Choose a child to remove the SNACK picture card and place it in the FINISHED envelope. **We have finished our Snack Time. Now, is our time to play Games.**

GAME: SAND SEARCH

Purpose: This sand sifting activity soothes children. The items in the bin can be used to introduce the Bible stories or the Unit 7 Worship Attribute: The King Who Watches Over Us.

Supplies: Bin or container of clean sand, penlight, toy horn, toy heart, eyeglasses

Prepare: Place all items beneath the surface of the sand.

Directions:

1. Children take turns reaching into the sand in search of the objects.
2. Teacher and children discuss each object as it is located.
3. When all objects have been located, display them together on a tabletop or on the surface of the sand.
4. Children feel each item as the teacher explains their connection to the Unit 7 Bible stories. The penlight reminds us of the torches Gideon used to win the battle. The horn reminds us that Gideon's army blew their trumpets. The heart reminds us that God gives us friends who we can worship with as He did with Ruth and Naomi. The eyeglasses remind us that God is watching over us.

GAME: THUMBS UP OR THUMBS DOWN?

Purpose: This nonverbal true-false game helps children master the Bible story or Unit 7 Bible Memory Verse.

Supplies: None, optional: hand puppet or finger puppets

Directions:

1. Teacher or puppet retells today's Bible story or Bible Memory Verse, pausing after each phrase to say "Thumbs up or thumbs down?"
2. If retelling the Bible study, read it in phrases. For some phrases, state accurate story facts. For other phrases, replace story facts with silly facts. For example, say, "**Gideon told the army to blow their trumpets. Thumbs up or thumbs down?**" (Children respond with thumbs up.) "**Gideon told the army to blow their whistles. Thumbs up or thumbs down?**" (Children respond with thumbs down.)
3. If reviewing the Bible Memory Verse, read it in phrases. For some phrases, read it correctly. For other phrases, replace a word with a word that makes no sense. For example, say, "**I can do everything through Him who gives me strength. Thumbs up or thumbs down?**" (Children respond with thumbs up.) "**I can do everything through Samson who gives me strength. Thumbs up or thumbs down?**" (Children respond with thumbs down.)

THE WAY (GAME OPTIONS) *continued...*

GAME: "JESUS GIVE ME STRENGTH" BALL ROLL

Purpose: Children will realize that Jesus gives them strength.

Supplies: Soft ball for rolling

The Bible says, "I can do everything through Him who gives me strength."

Directions:

1. Have children sit in a circle.
2. Teacher rolls the ball to a child.
3. The child holds the ball and says an activity that is hard for that child to do. (Tying a shoe, riding a bike, sharing toys, counting, reading, swimming, etc.)
4. All say together to child with ball, "**Jesus can give you strength to child's activity.**"
5. Child rolls ball to another child. Continue playing until all children have had a turn.

GAME: SCENES FROM KING CITY CHRONICLES

Purpose: To learn applications to Unit 7 Bible stories, older children act out today's King City Chronicles script.

Supplies: King City Chronicles scripts for Lessons 34, 35, and 36, optional: capes, eye masks or sunglasses

Directions:

1. Choose the script that corresponds with today's Bible story.
2. Assign each child a character name and improvise with the script so all children can be their favorite character, a new character, or children may just take turns being the same character.
3. Improvise with costumes and act it out!

GAME: BLANKET BALL

Purpose: Children catch a ball in a blanket to remember God watches over us.

Supplies: Blanket or sturdy tablecloth, ball or balloon

In this game, we will remind each other that God watches over us. Let's lift the blanket and toss the ball in the air. When the ball lands in the blanket, together we will tell each other, "God watches over you!"

Directions:

1. Children stand in a circle holding the edges of the blanket.
2. Place a ball or balloon in the center of the blanket.
3. Together, the children quickly raise the blanket to toss the ball or balloon into the air.
4. As the ball lands, lead children in saying, "God watches over you."
5. Play several times.

THE WAY (GAME OPTIONS) *continued...*

GAME: MUSICAL CHAIRS

Purpose: This version of Musical Chairs familiarizes children with the Unit 7 Bible Memory Verse Song.

Supplies: Unit 7 Bible Memory Verse Song "I Can Do Everything" or "I Lift Up My Eyes", CD player, chair for each child

Prepare: Set chairs back-to-back in a row. Place CD in player.

Teacher Tip: In this version of musical chairs, no chair is removed; all children remain in the game. Encourage quick listening and affirm those who are the first to hear the music stop and are seated.

To practice our Bible Memory Verse Song, let's play Musical Chairs.

Directions:

1. As the Bible Memory Verse Song plays, children march around the row of chairs and sing the song.
2. The teacher stops the music at different times during the song.
3. When the music stops, children find the nearest chair and sit immediately.

GAME: ACT IT OUT

Purpose: To help learn the Unit 7 stories, children act them out in costumes or with stick puppets.

Supplies: Bible Times clothing or pictures of the following characters attached to craft sticks: Gideon, torch, trumpet, Samson, Ruth, Naomi

Directions: With each phrase, teacher says phrase and acts it out with hand motions, then repeats same phrase and motions with children. Optional: Children can wear costumes and act it out or children can hold craft sticks with characters. You may choose one or more stories.

GIDEON GOES TO BATTLE

- **One day, the Lord told Gideon,** (Point to heaven.)
- **"My army you shall lead.** (Salute as a soldier.)
- **Stand them in a circle 'round the enemy.** (Stand up straight as a soldier.)
- **And I'll give you the victory."** (Grasp and shake own hands high in victory.)

- **So Gideon gave everyone a trumpet,** (Raise imaginary trumpet in right hand.)
- **And a jar with a light inside.** (Hold imaginary jar in left hand.)
- **He said, "Watch me. Do what I do.** (Point to self.)
- **And shout the battle cry!"** (Cup hands around mouth as if shouting.)

- **They blew their trumpets and broke their jars,** (Blow imaginary trumpet.)
- **And held their lights up high.** (Raise left fist high as a torch.)
- **The Lord gave Gideon the victory,** (Grasp and shake own hands high in victory.)
- **And the enemy ran away and cried.** (Cover face as if weeping.)

THE WAY (GAME OPTIONS) *continued...*

(GAME: ACT IT OUT continued)

SAMSON AND THE GATE

- **There once was a boy named Samson.** (Raise index finger.)
- **God made him very strong.** (Make fists to flex arm muscles.)
- **God told Samson's mother,** (Point to heaven.)
- **"Let Samson's hair grow long."** (Point to hair.)

- **He grew up to lead God's people.** (Place hands on hips.)
- **He was found by the enemy.** (Use hands as binoculars.)
- **They locked him behind the city gate,** (Lock imaginary gate.)
- **One night when he fell asleep.** (Rest head on folded hands, as if sleeping.)

- **Samson woke in the middle of the night.** (Stretch arms, as if waking.)
- **He tore loose that huge city gate.** (Shake imaginary doors.)
- **He put the pieces upon his shoulders,** (Pretend to lift heavy doors.)
- **And carried them all away!** (Pretend to carry doors while walking in place.)

RUTH AND NAOMI

- **Ruth grew up in Moab.** (Point far away.)
- **Naomi came from Bethlehem.** (Point in opposite direction.)
- **Naomi missed her home and family.** (Make a sad face.)
- **Naomi and Ruth were friends.** (Place hands on heart.)

- **When Naomi went back to Bethlehem,** (Walk in place.)
- **Ruth wouldn't let her go alone.** (Shake head "no.")
- **"Your people will be my people."** (Point to others and then to self.)
- **Ruth said, "Where you go, I go."** (Hold hands and walk in place.)

THE WAY (GAME OPTIONS) *continued...*



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

PICTURE SCHEDULE: COLORING TIME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the GAMES picture card and place it in the FINISHED envelope. **We have finished our Game Time. Now, is our time for coloring the picture of today's story.**

COMPLETED CRAFT: Take home your "Gideon's Torch" craft. Tell someone how Gideon won the battle with trumpets and torches.

ACCESS VERSION OF THE DAILY WAY: Distribute Access Ministries version of the Daily Way, if available. Show the Daily Way to your family. Talk about how you can trust God's plan.

COLOR THIS STORY: "Gideon Goes to Battle." Discuss today's Bible story and play Unit 7 Bible Memory Verse song "I Can Do Everything" or "I Lift Up My Eyes to the Hills" as children color.

As coloring is completed or parents arrive:

PICTURE SCHEDULE: GOING HOME

WELCOME > WORSHIP > BIBLE > CRAFT > PRAYER > SNACK > GAMES > COLORING > GOING HOME

Choose a child to remove the COLORING picture card and place it in the FINISHED envelope. **We have finished our Coloring Time. Now, it is time for Going Home.**

THE DAILY WAY

Unit 7, Lesson 34: Gideon Goes to Battle: Part 2

PONDER! God had an unusual battle plan for Gideon and his army. Read Judges 7:17-21 with your family to see how Gideon trusted God's plan. What did Gideon do to win the battle? Where can you read about God's plan for you? Look for it in Jeremiah 29:11.

PRAY! Pray this prayer each day this week: "Lord, thank You for having a plan for me. Help me to always trust Your plan. Amen."

PLAY! Get the whole family to act out the story of Gideon going to battle. Use your "Gideon's Torch" craft or flashlights for your torches and kazoos or paper tubes for your trumpets. Take turns playing Gideon who gives the commands, the army who blows their trumpets and raises their torches, and the enemy who runs away and cries.

Unit 7 Bible Memory Verse: Philippians 4:13

"I can do everything through Him who gives me strength."

Unit 7 Bible Memory Challenge Verse: Psalm 121:1, 2, 4, 8

"I lift up my eyes to the hills--where does my help come from? My help comes from the Lord, the Maker of heaven and earth." "He who watches over Israel will neither slumber nor sleep."

"The Lord will watch over your coming and going now and forevermore."