

## Grace Notes: growing our faith through music by Coni Ferland

### I Will Carry You Benjamin Glover/ Ellie Holcomb

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If you'd like to hear the song: <https://youtu.be/TBGb5jG5v3Y>

I know you're tired, I see it in your eyes; all that anxiety that rules your mind.  
I'll be your shield when you don't feel like you've got strength enough to fight;  
I'll stand by your side.

Refrain:

I will carry you through your darkest night when you're terrified.  
I will carry you when the waters rise when your hope runs dry.  
I will carry you.

You are not the sum of your mistakes, you don't have to hide the parts of you that ache.  
I choose you as you are a million times, 'cause I am not ashamed of you.  
I won't walk away from you

Refrain:

Up and over the mountains, valley deep as the ocean,  
when you can't keep going, I will shoulder your burdens.

Refrain x 3:

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I know you're tired, I see it in your eyes; all that anxiety that rules your mind.  
I'll be your shield when you don't feel like you've got strength enough to fight;  
I'll stand by your side.

2 Chronicles 20:17 *“But you will not need to fight! Take your places; stand quietly and see the incredible rescue operation God will perform for you, O people of Judah and Jerusalem! Don’t be afraid or discouraged! Go out there tomorrow, for the Lord is with you!”* The Living Bible<sup>1</sup>

Psalms 71:15-17 *“I cannot count the times when you have faithfully rescued me from danger. I will tell everyone how good you are, and of your constant daily care. I walk in the strength of the Lord God. I tell everyone that you alone are just and good. O God, you have helped me from my earliest childhood – and I have constantly testified to others of the wonderful things you do.”*

The Living Bible<sup>1</sup>

The psalmist says they are unable to count the number of times God rescued them. How do you feel about that statement? Can you relate? Why do you feel that way? Do you feel “anxiety that rules your mind”? If so, describe what that feels like. Can you “see the incredible rescue operation God will perform for you”? How could seeing that help your anxiety? What does, or might, it feel like to have God as your shield? To “walk in the strength of the Lord God”?

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Read this verse through 3 times:

You are not the sum of your mistakes, you don't have to hide the parts of you that ache.  
I choose you as you are a million times, 'cause I am not ashamed of you.  
I won't walk away from you.

What word or phrase caught your attention? (If one didn't, read through once more paying attention for a word or phrase.) Does that word/phrase evoke an image or feeling? Describe it. Spend some time with the word/phrase and the image or feeling it evoked. Can you sense a message from God? What is it? How does it make you feel? Reflect on that message over the next few days when you have time.  
If you can't sense a message right now, that's OK! Hold that word or phrase -and the image or feeling it evokes - close over the next few days. Come back to it when you have some quiet time and ask God to open your heart and mind to what God wants you to take from it.

Up and over the mountains, valley deep as the ocean,  
when you can't keep going, I will shoulder your burdens.

Psalm 139:9-11 *"If I ride the morning winds to the farthest oceans, even there your hand will guide me, your strength will support me. If I try to hide in the darkness, the night becomes light around me."*  
The Living Bible<sup>1</sup>

Psalm 86:15-16 *"But you are merciful and gentle Lord, slow in getting angry, full of constant loving-kindness and of truth; so look down in pity and grant strength to your servant, and save me."*  
The Living Bible<sup>1</sup>

Do you try to hide from God – in whole or even just parts of yourself? Why do you think you do that?

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What does it mean to you that God, “*merciful... slow in getting angry*”, pursues us over mountains and into deepest valleys?

Refrain:

I will carry you through your darkest night when you're terrified.

I will carry you when the waters rise when your hope runs dry.

I will carry you.

Isaiah 41:9-10 *“I pulled you in from all over the world, called you in from every dark corner of the earth, telling you, ‘You’re my servant, serving on my side. I’ve picked you. I haven’t dropped you.’ Don’t panic. I’m with you. There’s no need to fear for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, keep a firm grip on you.”* The Message<sup>2</sup>

Can you accept God’s support? What difference can that acceptance make in your life? When the dark night seems long, when you’re afraid, when hope feels far away, close your eyes, breathe slowly and open yourself to feeling God’s touch on your arm, your shoulder, your head; hear God whisper “*Don’t panic. I’m with you. There’s no need to fear for I’m your God.*” Sit with those words, open yourself to God’s reassurance that God will carry you, if you allow it...

**“Dear friends, God the Father chose you long ago and knew you would become his children. And the Holy Spirit has been at work in your hearts, cleansing you with the blood of Jesus Christ and making you to please him. May God bless you richly and grant you increasing freedom from all anxiety and fear.”**

**1 Peter 1:2 The Living Bible<sup>1</sup>**

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<sup>2</sup> The Message Copyright © 1993, 2002, 2018 by Eugene H. Peterson.