

Just Be Held by Bernie Herms/John Mark Hall/Matthew West

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To see the music video: <https://youtu.be/s53R3aj5pfc>

Hold it all together, everybody needs you strong.  
But life hits you out of nowhere, barely leaves you holding on.  
And when you're tired of fighting, chained by your control  
there's freedom in surrender, lay it down and let it go.

Refrain:

So when you're on your knees and answers seem so far away,  
you're not alone, stop holding on and just be held.  
Your world's not falling apart, it's falling into place.  
I'm on the throne stop holding on and just be held.  
Just be held, just be held.

If your eyes are on the storm you'll wonder if I love you still.  
But if your eyes are on the cross you'll know I always have and I always will.  
And not a tear is wasted, in time you'll understand.  
I'm painting beauty with the ashes, your life is in my hand.

Refrain:

Lift your hands, lift your eyes, in the storm is where you'll find me.  
And where you are, I'll hold your heart, I'll hold your heart.  
Come to Me find your rest, in the arms of a God who won't let go.

Refrain:

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Hold it all together, everybody needs you strong.  
But life hits you out of nowhere, barely leaves you holding on.  
And when you're tired of fighting, chained by your control  
there's freedom in surrender, lay it down and let it go.

Job 14:1 *"We're all adrift in the same boat: too few days, too many troubles."* The Message<sup>1</sup>

Psalms 55:22 *"Give your worries to the Lord, and He will take care of you. He will never let good people down."* New Century Version<sup>2</sup>

Isaiah 41:13 *"Because I, your God, have a firm grip on you and I'm not letting go. I'm telling you, 'Don't panic. I'm right here to help you.'"* The Message<sup>1</sup>

Do you feel you always have to be strong for those around you? If you do, what makes you feel that way? Are their circumstances in your life that make it

harder to be strong? Describe them.

Have you been able “give your worries to the Lord”? How did that feel? Was it hard or easy for you? Did you leave them with God, or do you try to take them back? Is it hard for you to believe that God “has a firm grip on you” and isn’t “letting go”? Why do you feel that way?

“So when you’re on your knees and answers seem so far away,  
you’re not alone, stop holding on and just be held.  
Your world’s not falling apart, it’s falling into place.  
I’m on the throne stop holding on and just be held.  
Just be held, just be held.”

Psalm 40:1-2 *“I waited patiently for God to help me, then He listened and heard my cry. He lifted me out of the pit of despair, out from the bog and mire, and set my feet on a hard, firm path, and steadied me as I walked along.”* The Living Bible<sup>3</sup>

2 Corinthians 4:16b *“Even though on the outside it often looks like things are falling apart on us, on the inside, where God is new life, not a day goes by without His unfolding grace.”* The Message<sup>1</sup>

Hebrews 4:14-16 *“But Jesus, the Son of God, is our great High Priest who has gone to heaven itself to help us; therefore let us never stop trusting Him. This High Priest of ours understands our weaknesses since He had the same temptations we do, though He never once gave way to them and sinned. So let us come boldly to the very throne of God and stay there to receive His mercy and to find grace to help us in our time of need.”* The Living Bible<sup>3</sup>

We are not alone! Jesus has walked this path and understands what we are going through. The pieces are coming together as God’s wondrous grace is at work within us. Do you rely on God to steady your feet as you journey from day to day? If not, why not? Do you feel our struggle for “independence” makes it harder to face challenges? Why? How does it make you feel?

“If your eyes are on the storm you’ll wonder if I love you still.  
But if your eyes are on the cross you’ll know I always have and I always will.  
And not a tear is wasted, in time you’ll understand.  
I’m painting beauty with the ashes, your life is in my hand.”

Mark 4:35-40 *“Later that day, when evening came, Jesus said to (the disciples), ‘Let’s cross over to the other side of the lake.’ They left the crowd and took Him in the boat just as He was. Other boats followed along. Gale-force winds rose and waves crashed against the boat so that the boat was swamped. But Jesus was in the rear of the boat, sleeping on a pillow. They woke Him up and said, ‘Teacher don’t You care that we’re drowning?’ He got up and gave orders to the wind, and He said to the lake, ‘Silence! Be still!’ The wind settled down and there was a great calm. Jesus asked them, ‘Why are you frightened? Don’t you have faith yet?’”*

Common English Bible<sup>4</sup>

Psalm 106:44-46a *“Still, when God saw the trouble they were in and heard their cries for help, He remembered His covenant with them and, immense with love, took them by the hand. He poured out His, mercy on them.”*

The Message<sup>1</sup>

The psalmist reminds us that God is always watching over us, always acting on our behalf with “immense love”. It is that love that is always working in all our struggles to bring beauty from ashes. Can you see times in your life where beauty has come from the ashes, the dark, the struggles? Times where Jesus quieted the storms you faced? List those times and take a moment to thank God for each one. Then ask God to open your heart and mind to the times you didn’t realize God was acting in your life.

“Lift your hands, lift your eyes, in the storm is where you’ll find me.  
And where you are, I’ll hold your heart, I’ll hold your heart.  
Come to Me find your rest, in the arms of a God who won’t let go.”

Mark 6:46-51 *“Afterwards He went up to the hills to pray. During the night, as the disciples in their boat were out in the middle of the lake, and He was alone on land, He saw they were in serious trouble, rowing hard and struggling against the wind and waves. About 3 o’clock in the morning He walked out to them on the water. He started past them, but when they saw something walking along beside them, they screamed in terror, thinking it was a ghost, for they all saw Him. But He spoke to them at once. ‘It’s all right,’ He said. ‘It is I! Don’t be afraid.’ Then He climbed into the boat and the wind stopped! They just sat there, unable to take it in!”*

The Living Bible<sup>3</sup>

Mark Hall: “The song connects with Philippians 4:6 which says when you’re anxious about something, pray with thanksgiving. How do I do that? God showed me how to do it. I prayed ‘God thank You that You aren’t anxious. I know that I’m anxious, but just because I don’t see where this is going, You do. I’m thankful that I can rest in what You know instead of what I know.’”

The disciples found Jesus in the storm. He planned to walk past them, but seeing their struggles and their fear, He climbed into their boat and told them not to be afraid. Because of Jesus’ actions, the disciples were able to rest. That’s what Mark Hall was expressing as well – the ability to release his anxiety and rest in God.

Do you have fears and anxiety you can release to God? Can you rest in God’s reassurances that you don’t need to be afraid?

Take some time to offer these situations to God. Sit in God’s presence and open yourself to God’s reassurances.

“And I pray that Christ will be more and more at home in your hearts, living within you as you trust Him.

May your roots go down deep into the soil of God’s marvelous love; and may you be able to feel and understand, as all God’s children should, how long, how wide, how deep, and how high His love really is; and to experience this love for yourselves, though it is so great that you will never see the end of it or fully know or understand it.

And so at last you will be filled up with God Himself.”

Ephesians 3:17-19 The Living Bible<sup>3</sup>

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