

Grace Notes: growing our faith through music by Coni Ferland

Come As You Are David Crowder/Ben Glover/Matt Maher

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

Come out of sadness from wherever you've been;  
Come brokenhearted, let rescue begin.  
Come find your mercy, oh sinner come kneel,  
earth has no sorrow that heaven can't heal.  
Earth has no sorrow that heaven can't heal.

Refrain:

So lay down your burdens, lay down your shame;  
all who are broken, lift up your face.  
Oh wanderer come home, you're not too far,  
so lay down your hurt, lay down your heart, come as you are.

There's hope for the hopeless and all those who've strayed,  
come sit at the table, come taste the grace.  
There's rest for the weary, rest that endures.  
Earth has no sorrow that heaven can't cure.

Refrain:

Come as you are, fall in His arms, come as you are.  
There's joy for the morning, oh sinner be still,  
earth has no sorrow that heaven can't heal.  
Earth has no sorrow that heaven can't heal.

Refrain:

Come as you are, come as you are, come as you are.

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Come out of sadness from wherever you've been;  
Come brokenhearted, let rescue begin.  
Come find your mercy, oh sinner come kneel,  
earth has no sorrow that heaven can't heal.

Psalm 25:15-17 *"I look to the Lord for help at all times, and he rescues me from danger. Turn to me, Lord, and be merciful to me, because I am lonely and weak. Relieve me of my worries and save me from all my troubles."* Good News Translation<sup>1</sup>

Acts 13:38-39 *"Brothers! Listen! In this man Jesus there is forgiveness for your sins! Everyone who trusts in him is freed from all guilt and declared righteous – something Jewish law could never do."* The Living Bible<sup>2</sup>

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Have you experienced a time of hiding from God? Why were you hiding? What was that like for you?

What does God's mercy mean to you? How have you experienced that mercy?

So lay down your burdens, lay down your shame;  
all who are broken, lift up your face.  
Oh wanderer come home, you're not too far,  
so lay down your hurt, lay down your heart, come as you are.

Psalm 34:18-19 *"The Lord is close to those whose hearts are breaking; he rescues those who are humbly sorry for all their sins. The good man does not escape all troubles – he has them too. But the Lord helps him in each and every one."* The Living Bible<sup>2</sup>

Romans 3:20-22 *"Now do you see it? No one can ever be made right in God's sight by doing what the law commands. For the more we know of God's laws, the clearer it becomes that we aren't obeying them; his laws only serve to make us see that we are sinners. But now God has shown us a different way to heaven – not by 'being good enough' and trying to keep his laws, but by a new way (though not new, really, for the Scriptures told about it long ago). Now God says he will accept and acquit us – declare us 'not guilty' – if we trust Jesus Christ to take away our sins. And we all can be saved in this same way, by coming to Christ, no matter who we are or what we have been like."* The Living Bible<sup>2</sup>

Why do you think it's important to "lay down your burdens, lay down your shame"? What harm can holding onto these cause?

What does the phrase "come as you are" mean to you? Is releasing the concept of "being good enough" part of that process? In what ways?

There's hope for the hopeless and all those who've strayed,  
come sit at the table, come taste the grace.  
There's rest for the weary, rest that endures.  
Earth has no sorrow that heaven can't cure.

Psalm 95:6-7 *"Come, kneel before the Lord our maker, for he is our God. We are his sheep and he is our Shepherd. Oh, that you would hear him calling you today and come to him."*

The Living Bible<sup>2</sup>

Matthew 11:28-29 Jesus said: *"Come to me and I will give you rest – all of you who work so hard beneath a heavy yoke. Wear my yoke – for it fits perfectly – and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens."*

The Living Bible<sup>2</sup>

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How does it feel to be invited to “come sit at the table” with Christ? Can you “hear him calling you today”? Is it easy for you to accept this invitation? Why do you feel this way?

Come as you are, fall in His arms, come as you are.

There’s joy for the morning, oh sinner be still,  
earth has no sorrow that heaven can’t heal.

Psalm 16:1-2 *“Save me, O God, because I have come to you for refuge. I said to him, ‘You are my Lord; I have no other help but yours.’”*  
The Living Bible<sup>2</sup>

Isaiah 35:10 *“These, the ransomed of the Lord, will go home along that road to Zion, singing the songs of everlasting joy. For them all sorrow and all sighing will be gone forever; only joy and gladness will be there.”*  
The Living Bible<sup>2</sup>

In times of trouble, have you tried relying on someone/something other than God for help? Describe what that was like.

Have you experienced the joy of God’s healing? If you have, what was that like? If not, what difference do you think that can make in your life? Would you consider reaching out to God with your pain, with your burdens, and asking for that healing? God is ready and waiting for you to “come as you are” and ask for that healing.

**“Shall I look to the mountain gods for help? No! My help is from  
Jehovah who made the mountains! And the heavens too!  
He will never let me stumble, slip or fall. For he is always watching,  
never sleeping. Jehovah himself is caring for you! He is your  
defender. He protects you day and night. He keeps his eye upon  
you as you come and go and always guards you.”**

Psalm 121 The Living Bible<sup>2</sup>

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