

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

### God Only Knows Sidney Cubit/Halle Kearns/Samuel Vazquez Martinez

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If you'd like to hear the song: <https://youtu.be/Q5cPQg3oq-o>

Wide awake while the world is sound asleep and  
too afraid of what might show up while you're dreaming.  
Nobody, nobody sees you. Nobody, nobody would believe you.

Every day you try to pick up all the pieces;  
all the memories, they somehow never leave you.  
Nobody, nobody sees you. Nobody, nobody would believe you.

Refrain:

God only knows what you've been through, God only knows what they say about you.  
God only knows how it's killing you. But there's a kind of love that God only knows.  
There's a kind of love that, there's a kind of love

You keep a cover over every single secret,  
so afraid if someone saw them they would leave you.  
But somebody, somebody sees you; somebody, somebody will never leave you.

Refrain

There's a kind of love that, there's a kind of love;  
there's a kind of love that, there's a kind of love...

For the lonely, for the ashamed, the misunderstood and the ones to blame;  
what if we could start over? We could start over; we could start over.

Refrain

There's a kind of love that, there's a kind of love;  
there's a kind of love that, there's a kind of love...

God only knows where to find you. God only knows how to break through.  
God only knows the real you. There's a kind of love that God only knows.

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Too afraid of what might show up while you're dreaming.  
Nobody, nobody sees you. Nobody, nobody would believe you.

Isaiah 43: 1-3a, 4b *"But now the Lord who created you, O Israel, says: 'Don't be afraid, for I have ransomed you; I have called you by name, you are mine. When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown!"*

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*When you walk through the fire of oppression, you will not be burned up – the flames will not consume you. For I am the Lord your God, your Savior, the Holy One of Israel. You are precious to me and honored, and I love you.”*  
The Living Bible<sup>1</sup>

It can be easy to feel trapped when we focus on our worries, our fears. Have you ever experienced this? Describe what that feels like.

The prophet Isaiah reminds us that God will be with us no matter what we face. God says “*You are precious to me and honored, and I love you.*” What do these words mean to you? Can they help shift your focus? How would that make you feel?

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All the memories, they somehow never leave you.  
Nobody, nobody sees you. Nobody, nobody would believe you.

*Lamentations 3:19-23 “I’ll never forget the trouble, the utter lostness, the taste of ashes, the poison I’ve swallowed. I remember it all – Oh how well I remember – the feeling of the bottom. But there’s one other thing I remember, and remembering, I keep a grip on hope. God’s loyal love couldn’t have run out, his merciful love couldn’t have dried up. They’re created new every morning.”*  
The Message<sup>2</sup>

The feeling of isolation in our struggles can be overwhelming. How do you deal with feelings of isolation? The prophet Jeremiah speaks to those feelings, but reminds us of the hope that comes from God’s unending mercy. Where have you seen God’s mercy at work in the world? Where have you experienced it in your own life?

God only knows what you’ve been through, God only knows what they say about you.  
God only knows how it’s killing you. But there’s a kind of love that God only knows.  
There’s a kind of love that, there’s a kind of love

*Psalm 56: 1-4 “Take my side God – I’m getting kicked around, stomped on every day. Not a day goes by but somebody beats me up; they make it their duty to beat me up. When I get really afraid I come to you in trust. I’m proud to praise God; fearless now, I trust in God. What can mere mortals do?”*  
The Message<sup>2</sup>

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The psalmist reminds us that people have been dealing with the pain of rejection and abuse for centuries; but also, that God has been present and loving us just as long. How can you use that knowledge? Can you allow it build your trust in God? Describe what that could look like in your life.

You keep a cover over every single secret,  
So afraid if someone saw them they would leave you.  
But somebody, somebody sees you; somebody, somebody will never leave you.

John 3:16-17 *“This is how much God loved the world: He gave his only Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn’t go to all the trouble of sending his Son to merely point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.”*

The Message<sup>2</sup>

God knows the failures of humanity, yet gave of Godself to bring humanity back into a loving relationship, to offer each and every one of us a *“whole and lasting life”*. When you think about your fears of people leaving you if they knew your secrets, how does it feel to know that your *“secrets”* are the very reason Jesus was born?

For the lonely, for the ashamed, the misunderstood and the ones to blame;  
What if we could start over? We could start over; we could start over.

Matthew 6:6 *“Here’s what I want you to do: Find a quiet secluded place so you won’t be tempted to role play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.”* The Message<sup>2</sup>

The season of Advent invites us to do as Jesus instructed His disciples to do – to be with God *“as simply and honestly as you can manage”*. This offers us the opportunity to prepare ourselves for the gift of God’s grace, come to us in the visible form of the helpless baby Jesus. What *“quiet secluded place”* will you use?

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God only knows the real you. There's a kind of love that God only knows.

Luke 2:8-18 *"Nearby shepherds were living in the fields, guarding their sheep at night. The Lord's angel stood before them, the Lord's glory shone around them, and they were terrified. The angel said, "Don't be afraid! Look! I bring good news to you - wonderful, joyous news for all people. Your savior is born today in David's city. He is Christ the Lord. This is a sign for you: you will find a newborn baby wrapped snugly and lying in a manger." Suddenly a great assembly of the heavenly forces was with the angel praising God. They said, "Glory to God in heaven, and on earth peace among those whom he favors." When the angels returned to heaven, the shepherds said to each other, "Let's go right now to Bethlehem and see what's happened. Let's confirm what the Lord has revealed to us." They went quickly and found Mary and Joseph, and the baby lying in the manger. When they saw this, they reported what they had been told about this child. Everyone who heard it was amazed at what the shepherds told them."* Common English Bible<sup>3</sup>

At the time of Jesus' birth, shepherds were at the bottom of society, yet it was the shepherds that the angels sought out to announce Jesus' birth. The angel said *"I bring good news to you - wonderful, joyous news for all people."* God used Jesus' birth to break through the human-based classes by having the shepherds be the ones to announce the birth of the Savior, to share the *"wonderful, joyous news for all people."* And Luke tells us, *"Everyone who heard it was amazed at what the shepherds told them."* Through the shepherds God shows us that human divisions do not affect God's love for us. As we move through Advent, take some time to consider what this means in your life. What could the "real you" look like if you allowed the "kind of love that God only knows" to have free rein in your life?

**"What a wonderful God we have - he is the Father of our Lord Jesus Christ,  
the source of every mercy, and the one who so wonderfully  
comforts and strengthens us in our hardships and trials."  
2 Corinthians 1:3 The Living Bible<sup>1</sup>**

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