

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

### Come What May Jeffrey Thomas Pardo/Darren Mulligan

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If you'd like to watch the video: <https://youtu.be/su3UNd3OR6E>

Sometimes sorrow is the door to peace. Sometimes heartache is the gift I need.  
You're faithful, faithful in all things.

Refrain:

In every high, in every low, on mountaintops, down broken roads;  
You're still my rock, my hope remains. I'll rest in the arms of Jesus, come what may.

There is deep joy, that you give to me; where hurt meets the healing is a holy thing.  
I see goodness, Your goodness in all things.

Refrain:

The Lord is my Shepherd I shall not want; He makes me lie down in green pastures.  
The Lord is my Shepherd, leads me to still waters, and He restores my soul.

Refrain x 2

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Sometimes sorrow is the door to peace. Sometimes heartache is the gift I need.  
You're faithful, faithful in all things.

2 Corinthians 7:8-10a Paul tells the Corinthians: *"I am no longer sorry I sent that letter to you, though I was very sorry for a time, realizing how painful it would be to you. But it hurt you only for a little while. Now I am glad I sent it, not because it hurt you but because the pain turned you to God. It was a good kind of sorrow you felt, the kind of sorrow God wants his people to have, so that I need not come to you in harshness. For God sometimes uses sorrow in our lives to help us turn away from sin and seek eternal life. We should never regret his sending it."* The Living Bible<sup>1</sup>

Lamentations 3:21-23 *"Yet there is one ray of hope: his compassion never ends. It is only the Lord's mercies that have kept us from complete destruction. Great is his faithfulness, his loving-kindness begins afresh each day."* The Living Bible<sup>1</sup>

Do you see the gift in sorrow?

If you do, what does that feel like? How has it helped you grow?

If you don't, why do you think that is? How does that affect you?

How do you experience God's faithfulness?

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You're still my rock, my hope remains. I'll rest in the arms of Jesus, come what may.

Psalm 121 *"I raise my eyes toward the mountains. Where will my help come from? My help comes from the Lord, the maker of heaven and earth. God won't let your foot slip. Your protector never sleeps or rests! The Lord is your protector; the Lord is your shade right beside you. The sun won't strike you during the day; neither will the moon at night. The Lord will protect you from all evil; God will protect your very life. The Lord will protect you on your journeys – whether going or coming – from now until forever from now."* Common English Bible<sup>2</sup>

Matthew 11:28-30 *"Come to me and I will give you rest – all 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>1</sup>

Do you look to "the Lord, the maker of heaven and earth" for help, for protection? Why? How does that feel?

Can you "rest in the arms of Jesus"? What does mean in your life?

There is deep joy, that you give to me; where hurt meets the healing is a holy thing.  
I see goodness, Your goodness in all things.

1 John 1:7 *"But if we are living in the light of God's presence, just as Christ does, then we have wonderful fellowship and joy with each other, and the blood of Jesus his Son cleanses us from every sin."* The Living Bible<sup>1</sup>

Psalm 9:1-2 *"I'm thanking you, God, from a full heart, I'm writing the book on your wonders. I'm whistling, laughing, and jumping for joy; I'm singing your song, High God."* The Message<sup>3</sup>

If you were to write "the book on [God's] wonders", what would you include? Why?

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Read the verse 3 times slowly...

The Lord is my Shepherd I shall not want; He makes me lie down in green pastures.

The Lord is my Shepherd, leads me to still waters, and He restores my soul.

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 weeks 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.

“Hear me, Lord, and be merciful! Help me, Lord! You have changed my sadness into a joyful dance; you have taken away my sorrow and surrounded me with joy. So I will not be silent; I will sing praise to you. Lord, you are my God; I will give thanks forever.”

Psalm 30:10-12      Good News Translation<sup>4</sup>

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