

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

### God Help Me Tiffany Arbuckle Lee, Christa Nichole Wells, Luke Sheets

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If you'd like to hear the song: <https://youtu.be/Rqu7eBwhGs4>

There is a wrestling in my heart and in my mind,  
a disturbance and a tension I cannot seem to drive.  
And if I'm honest, there is quite a bit of fear, to sit here in this silence and really hear you.  
What will you ask of me? Will I listen to your voice when you speak.

Refrain:

Help me to move, help me to see; help me to do whatever you would ask of me.  
Help me to go, God help me to stay.  
I'm feeling so alone here and I know that you are faithful; but I can barely breathe.  
God help me.

Sometimes things they are black and white, but sometimes they are not  
and that leaves us torn inside. And in the middle, we are left to wonder  
who we are, what you want, and where we're going.  
Oh such a mystery, I don't always understand, but I believe.

Refrain:

I don't know the future, it's one day at a time;  
But I know I'll be ok with your hand holding mine.  
So take all my resistance, oh God I need your grace.  
One step and then the other; show me the way, show me the way.

Refrain:

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There is a wrestling in my heart and in my mind,  
a disturbance and a tension I cannot seem to drive.  
And if I'm honest, there is quite a bit of fear, to sit here in this silence and really hear you.  
What will you ask of me? Will I listen to your voice when you speak.

Psalm 62: 5-8 *"But I stand silently before the Lord, waiting for him to rescue me. For salvation comes from him alone. Yes, he alone is my Rock, my rescuer, defense, and fortress - why then should I be tense with fear when troubles come? My protection and success come from God alone. He is my refuge, a Rock where no enemy can reach me. O my people, trust him all the time. Pour out your longings before him, for he can help!"* The Living Bible<sup>1</sup>

Hebrews 10:31-32 *"It's scary to fall into the hands of the living God! But remember the earlier days, after you saw the light. You stood your ground while you were suffering from an enormous amount of pressure."* Common English Bible<sup>2</sup>

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Romans 8:14-16 *“All who are led by God’s Spirit are God’s sons and daughters. You didn’t receive a spirit of slavery to lead you back again into fear, but you received a Spirit that shows you are adopted as his children. With this Spirit, we cry, “Abba, Father.” The same Spirit agrees with our spirit, that we are God’s children.”*  
Common English Bible<sup>2</sup>

Are you able to sit in silence before God? To listen to what God has to say to you? Why do you feel this way?

Are you afraid of what God might ask of you? How does that make you feel?

Paul reminded the Romans – and us – that we were not given a *“spirit of slavery to lead you back again into fear”*. That calls us to trust in God. Is that easy for you? Always? Only in certain circumstances? What circumstances? What steps can you take to be able to confidently say God is *“my Rock, my rescuer, defense, and fortress”*?

Help me to move, help me to see; help me to do whatever you would ask of me.

Help me to go, God help me to stay.

I’m feeling so alone here and I know that you are faithful; but I can barely breathe.

God help me.

Psalm 34:3-5 *“Let us praise the Lord together and exalt his name. For I cried to him and he answered me! He freed me from all my fears. Others too were radiant at what he did for them. Theirs was no downcast look of rejection!”*  
The Living Bible<sup>1</sup>

Matthew 9:35-36 *“Jesus traveled among all the cities and villages, teaching in their synagogue, announcing the good news of the Kingdom, and healing every disease and every sickness. Now when Jesus saw the crowds, he had compassion for them because they were troubled and helpless like sheep without a shepherd.”*  
Common English Bible<sup>2</sup>

Have you ever asked God for help with a decision about remaining in a place or situation? Think back to that time, and that process, and describe the experience.

Have you ever faced a time when you felt *“I can barely breathe”*? In that time, were you able to cry out *“God help me”*? Can you agree with the psalmist, that God answered?

If you couldn’t, what do you think held you back?

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Oh such a mystery, I don't always understand, but I believe.

*2 Peter 1:12-13, 19-21 "So I'll keep reminding you about these things, although you already know them and stand secure in the truth you have. I think it's right that I keep stirring up your memory, as long as I'm alive. In addition, we have a most reliable prophetic word, and you would do well to pay attention to it, just as you would to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. Most important, you must know that no prophecy of scripture represents the prophet's own understanding of things, because no prophecy ever came by human will. Instead, men and women led by the Holy Spirit spoke from God."* Common English Bible <sup>2</sup>

*Mark 9:22b-24 "“Oh, have mercy on us and do something if you can.’ ‘If I can?’ Jesus asked. ‘Anything is possible if you have faith.’ The father instantly replied, ‘*  
””  
The Living Bible<sup>1</sup>

How do you deal with the uncertainty in today's world? Do you look to yourself, or to the "morning star"? Do you feel comfortable saying to Christ "I do have faith; oh, help me to have more!"?

Do you need to understand in order to believe? Why do you feel that way? Do you feel that way all the time? Under what circumstances?

I don't know the future, it's one day at a time;  
But I know I'll be ok with your hand holding mine.  
So take all my resistance, oh God I need your grace.  
One step and then the other; show me the way, show me the way.

*Romans 5:3-5 "We can rejoice too, when we run into problems and trials, for we know that they are good for us – they help us learn to be patient. And patience develops strength of character in us and helps us trust God more each time we use it until finally our hope and faith are strong and steady. Then, when that happens, we are able to hold our heads high no matter what happens*

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*and know that all is well, for we know how dearly God loves us, and we feel this warm love everywhere within us because God has given us the Holy Spirit to fill our hearts with his love.”*

The Living Bible<sup>1</sup>

Can you see the value in the challenges in your life – taking “one step and then the other”, learning to “trust God more each time”?

Do you ask God to hold your hand in these times? If you do, describe how that feels. If you don't, why? Are you willing to try? How might that feel?

*“God made the nations so they would seek him, perhaps even reach out to Him and find him. In fact, God isn't far away from any of us. In God we live move and exist. As some of our poets said, ‘we are his offspring.’”*

Acts 17:27-28      Common English Bible<sup>2</sup>

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