

You Raise Me Up

When I am down and, oh my soul, so weary;
When troubles come and my heart burdened be;
Then, I am still and wait here in the silence,
Until you come and sit awhile with me.

You raise me up, so I can stand on mountains;
You raise me up, to walk on stormy seas;
I am strong, when I am on your shoulders;
You raise me up: To more than I can be.

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You raise me up, to walk on stormy seas;
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There is no life - no life without its hunger;
Each restless heart beats so imperfectly;
But when you come and I am filled with wonder,
Sometimes, I think I glimpse eternity.

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From the Book Choosing to See

The book Choosing to See, written by Mary Beth Chapman, the wife of Christian recording artist Steven Curtis Chapman, deals with the healing process of losing their daughter in a terrible accident. The following passage is an excerpt from this book and written for anyone "whether you're in a good place, or in a place that's hard, sad, mad or desperately hopeless. In the midst of it all, God really is with us and for us. I have found that even during those times when the path is the darkest, He leaves little bits of evidence all along the way--bread crumbs of grace--that can give me what I need to take the next step. But I can only find them if I choose to SEE."