



Quiet Moments with God

*Allow these Quiet Moments to draw you into a time
of refreshing, reflection and rest with the Lord.*

He Holds You

Reading: Safe in the Hand of God

*Cast all your anxiety on him because he cares for you.
1 Peter 5:7 NIV*

*I keep my eyes always on the Lord.
With him at my right hand, I shall not be shaken.
Therefore my heart is glad and my tongue rejoices;
my body also will rest secure
Psalm 16:8-9a NIV*

*The Lord is good, a refuge in times of trouble.
He cares for those who trust in him
Nahum 1:7 NIV*

*Come, let us bow down in worship,
let us kneel before the Lord our Maker;
for he is our God
and we are the people of his pasture, the flock under his care.
Psalm 95:6-7 NIV*

Prayer: Heavenly Father, I feel the weight of responsibility and of my anxieties. Thank you that you hold me. In your heart I am safe. Amen

[Song: Just Be Held. Casting Crowns](#) (Lyrics on page 2)

Just Be Held

Casting Crowns

Hold it all together
Everybody needs you strong
But life hits you out of nowhere
And barely leaves you holding on

And when you're tired of fighting
Chained by your control
There's freedom in surrender
Lay it down and let it go

So when you're on your knees and answers seem so far away
You're not alone, stop holding on and just be held
Your world's not falling apart, it's falling into place
I'm on the throne, stop holding on and just be held
Just be held, just be held

If your eyes are on the storm
You'll wonder if I love you still
But if your eyes are on the cross
You'll know I always have and I always will

And not a tear is wasted
In time, you'll understand
I'm painting beauty with the ashes
Your life is in My hands

So when you're on your knees and answers seem so far away
You're not alone, stop holding on and just be held
Your world's not falling apart, it's falling into place
I'm on the throne, stop holding on and just be held
Just be held, just be held

Lift your hands, lift your eyes
In the storm is where you'll find Me
And where you are, I'll hold your heart
I'll hold your heart
Come to Me, find your rest
In the arms of the God who won't let go

So when you're on your knees and answers seem so far away
You're not alone, stop holding on and just be held
Your world's not falling apart, it's falling into place
I'm on the throne, stop holding on and just be held
(Stop holding on and just be held)
Just be held, just be held
Just be held, just be held

Songwriters: Mark Hall / Matthew West / Bernie Herms

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