JUST BE HELD

Verse 1

Hold it all together
ev'rybody 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

Chorus

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

Verse 2

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

Bridge

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 a
God who won't let go

Ending

Just be held Just be held

HAIL HOLY QUEEN ENTHRONED ABOVE

Verse

Hail holy queen
enthroned above
O Maria
Hail Queen of mercy
and of love
O Maria
Triumph all ye Cherubim
Sing with us ye Seraphim
Heaven and earth
resound the hymn
Salve Salve Regina

Verse 2

The cause of joy to
all below
O Maria
The spring through which
all graces flow
O Maria
Angels all your
praises bring
Earth and heaven
with us sing
All creation echoing
Salve Salve Regina

Verse 3

O gentle loving
holy one
O Maria
The God of light
became your Son
O Maria
Triumph all ye Cherubim
Sing with us ye Seraphim
Heaven and earth
resound the hymn
Salve Salve Regina

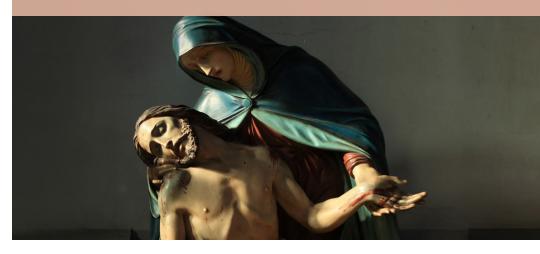
— Save the Date —
Kingdom Builders Conference *Everything is Grace* 10/1/22

Tickets Available 8/22/22



JUST BE HELD

AUGUST 2022 GATHERING NOTES



Valley of Tears

Section One: There are many struggles in this world. We have both a Heavenly Father and Mother that claim us as their children.

"When Jesus saw His mother and the disciple there whom He loved, He said to His mother, 'Woman, behold, your son.' Then He said to the disciple, 'Behold, your mother.'" John 19:26-27 (from the Gospel 9/15/22)

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope.

To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us O Holy Mother of God, That we may be made worthy of the promises of Christ.

Seven Sorrows of Mary

The Seven Sorrows of Mary show us how she walked through the Valley of Tears. We can claim her as our advocation along our own journey.

Seven Sorrows of Mary

- 1. The Prophecy of Simeon
- 2. The Flight into Egypt
- 3. Search for the Child in Jerusalem
- 4. Mary Meets Jesus on His Way to the Cross
- 5. Standing at the Foot of the Cross
- 6. The Crucifixion and Descent from the Cross
- 7. Assisting at the Burial of Christ

Welcoming the Divine

We allow no opportunity for the lies and spirits of the enemy. We are called to live in the Divine Environment (Source: Into Your Hands, Father by Wilfried Stinissen).

"Those who trust that God is guiding everything can never be frustrated ... they are not disappointed, because everything is just as it should be; not in itself; far from it, but as the environment they are to live in, a 'divine environment.'" Wilfried Stinissen

"We know that all things work for good for those who love God" Romans 8:28

"Imagine yourself as a living house. God comes in to rebuild that house.

. You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself." C.S. Lewis

"Who can know God's counsel, or who can conceive what the Lord intends?"
Wisdom 9:13(from the 1st Reading, 9/4/22)

"Honor the Discomfort" KB Motto

"Endure your trials as discipline . . . At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it."

Hebrews 12:7,11(from the 2nd Reading, 8/21/22)

"Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say "My tooth is aching" than to say "My heart is broken." C.S. Lewis

"For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends."

Luke 15:29 (from the Gospel 9/11/22)

Renounce ~ Remove ~ Receive

*Specific Instructions for Personal Deliverance on page 23 in the Gathering Companion.

"You are always with Me and all that is Mine is yours." Luke 15:31 (from the Gospel 9/4/22)

TONIGHT'S TAKEAWAY				

The dates of all Gatherings at all Host Parishes can be found on our website.

www.BuildingThroughHim.com
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