

Oh My Soul written by John Mark Hall and Bernie Herms

If you'd like to watch the music video: <https://youtu.be/DjNZf878ISO>

Oh my soul, oh how you worry, oh how you're weary from fearing you've lost control.
This was the one thing you didn't see coming. And no one would blame you, though,
if you cried in private. If you tried to hide it away so no one knows,
No one will see, if you stop believing.

Chorus:

Oh my soul, you're not alone.
There's a place where fear has to face the God you know.
One more day, He will make a way.
Let Him show you how, you can lay this down,
'cause you're not alone.

Here and now, you can be honest. I won't try to promise, that someday it all works out.
'Cause this is the valley and even now He is breathing on your dry bones.
And there will be dancing there will be beauty, where beauty was ash and stone.
This much I know.

Chorus:

I'm not strong enough, I can't take any more.
And my shipwrecked faith will never get me to shore.
Can He find me here? Can He keep me from going under?

Chorus:

Oh my soul, you're not alone.

This song was written the night Mark Hall was diagnosed with kidney cancer. Read through the lyrics again and note down phrases or lines that seem related to his health crisis.

Can you relate to those phrases or lines? How?

How does it make you feel to know that someone else has experienced those feelings?

Did it cause you to "stop believing"? Why? Do you still feel that way? Is there something in this song that might help you feel differently? Spend some time with those words.

Psalm 42:5 "Why then be downcast? Why be discouraged and sad? Hope in God! I shall yet praise him again. Yes, I shall again praise him for his help." The Living Bible

Why do we feel discouraged and sad when facing hard things? Can you let God “show you how you can lay this down” so you can “hope in God”? How might that feel? What could help you do that?

Ezekiel 37:1-14 “The power of the Lord was upon me and I was carried away by the Spirit of the Lord to a valley full of old, dry bones that were scattered everywhere across the ground. He led me around among them, and then he said to me: “Son of dust, can these bones become people again?” I replied, “Lord, you alone know the answer to that.” Then he told me to speak to the bones and say: “O dry bones, listen to the words of God, for the Lord God says, ‘See! I am going to make you live and breathe again! I will replace the flesh and muscles on you and cover you with skin. I will put breath into you, and you shall live and know I am the Lord.’” So I spoke these words from God, just as he told me to; and suddenly there was a rattling noise from all across the valley, and the bones of each body came together and attached to each other as they used to be. Then, as I watched, the muscles and flesh formed over the bones, and skin covered them, but the bodies had no breath. Then he told me to call to the wind and say: “The Lord God says: Come from the four winds, O Spirit, and breathe upon these slain bodies, that they may live again.”¹⁰ So I spoke to the winds as he commanded me, and the bodies began breathing; they lived and stood up—a very great army. Then he told me what the vision meant: “These bones,” he said, “represent all the people of Israel. They say: ‘We have become a heap of dried-out bones—all hope is gone.’ But tell them, ‘The Lord God says: My people, I will open your graves of exile and cause you to rise again and return to the land of Israel. And, then at last, O my people, you will know I am the Lord. I will put my Spirit into you, and you shall live and return home again to your own land. Then you will know that I, the Lord, have done just what I promised you.’” The Living Bible

How do you see this Bible story relating to the story of the song? Have you ever felt like dry bones, with little or no breath? What caused that?

How do you feel about the idea that God can breathe new life into the dry times of our lives? Have you ever had this experience? If so, describe it. If not, why do you think you haven’t experienced it?

Read the chorus 3 times slowly...

Oh my soul, you’re not alone.

There’s a place where fear has to face the God you know.

One more day, He will make a way.

Let Him show you how, you can lay this down,

‘cause you’re not alone.

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 days 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.

Steep your life in God-reality, God-initiative, God-provisions.

*Don't worry about missing out. You'll find
all your everyday human concerns will be met.*

Matthew 60:33

The Message