

## Hold Onto Me written and performed by Lauren Daigle

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

When the best of me is barely breathin', when I'm not somebody I believe in,  
hold on to me.

When I miss the light the night has stolen, when I'm slammin' all the doors you've opened,  
hold on to me.

Hold on to me

Chorus:

Hold on to me when it's too dark to see You, when I am sure I have reached the end.

Hold on to me when I forget I need You. When I let go, hold me again.

When I don't feel like I'm worth defending, when I'm tired of all my pretending,  
hold on to me.

When I start to break in desperation, underneath the weight of expectation,  
hold on to me.

Hold on to me

Chorus:

I could rest here in your arms forever. 'Cause I know nobody loves me better.

Hold on to me.

Hold on to me.

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*Job 12:8b-10a "Listen - the fish in the ocean will tell you their stories. Isn't it clear that they all know and agree that God is sovereign, that he holds all things in his hand - every living soul, yes, every breathing creature?" The Message*

*Psalm 57:1-2 "Be good to me, God—and now! I've run to you for dear life. I'm hiding out under your wings until the hurricane blows over. I call out to High God, the God who holds me together." The Message*

*Psalm 119:76-77a "Oh, love me - and right now! - hold me tight! just the way you promised. Now comfort me so I can live, really live." The Message*

*2 Samuel 22:17-18 "He reached down from on high and took hold of me; he drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me." New International Version*

*Psalm 142:3 "For when I was desperate, overwhelmed, and about to give up, you were the only one there to help. You gave me a way of escape from the hidden traps of my enemies."*

The Passion Translation

How does this song make you feel? Why?  
Is there a part that you identify with? Which one? Why?

Do you have trouble believing in yourself? Describe what that is like for you.

“Hold on to me when I forget I need You. When I let go, hold me again.” Have there been times you forgot you needed God? That you let go of God? What made (or makes) you do that? How does that feel?

*“Listen - the fish in the ocean will tell you their stories. Isn't it clear that they all know and agree that GOD is sovereign, that He holds all things in his hand - every living soul, yes, every breathing creature?”* How does this verse make you feel? Do you feel held in God's hands? Why do you feel that way? If you answered no, how might it feel to be held in God's hands?

Can you pray this song? Can you admit your need and ask for God's help? Can you ask God to hold you?

Take some time this week to speak to God about your fears and the times you feel that you've failed. When you feel lost in the dark, reach out and take God's hand...

*“For I am the LORD your God who takes hold of your right hand  
and says to you, Do not fear; I will help you.”*

Isaiah 41:13 New International Version