

# 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 worlds not falling apart, its 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

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 wont let go