It's hard to stand
On shifting sand
It's hard to shine
In the shadows of the night
You can't be free
If you don't reach for help
And you can't love
If you don't love yourself
But there is hope when my faith runs out...
Cause I'm in better hands now

It's like the sun is shining
When the rain is pourin' down
It's like my soul is flying
Though my feet are on the ground
So take this heart of mine
There's no doubt
I'm in better hands now

I am strong
All because of you
I stand in awe of
Every mountain that you move
For I am changed
Yesterday is gone
I am safe
From this moment on...
And there's no fear when the night comes 'round
I'm in better hands now

It's like the sun is shining
When the rain is pourin' down
It's like my soul is flying
Though my feet are on the ground
So take this heart of mine
There's no doubt
I'm in better hands now

It's like the sun is shining
When the rain is pourin' down
It's like my soul is flying
Though my feet are on the ground
It's like the world is silent
Though I know it isn't true
It's like the breath of Jesus
Is right here in this room
So take this heart of mine
There's no doubt

I'm in better hands now
I'm in better hands now