

To the one whose dreams have fallen all apart
And all you're left with is a tired and broken heart
I can tell by your eyes you think you're on your own
But you're not alone
Have you heard of the One who can calm the raging seas
Give sight to the blind, pull the lame up to their feet
With a love so strong it never lets you go
No you're not alone

You will be safe in His arms. You will be safe in His arms
The hands that hold the world are holding your heart
This is the promise He made, He will be with you always
When everything is falling apart, you will be safe in His arms

Did you know that the voice that brings the dead to life
Is the very same voice that calls you now to rise
So hear Him now, He's calling you home. You will never be alone

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Cause these are the hands that built the mountains, the hands that calm the sea
These are the arms that hold the lame and they are holding you and me
These are the hands that heal the leper pull the lame up to their feet
These are the arms were nailed to the cross to break our chains and set us free

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