

You Lift Me Up

Words and music by Ryan Holmes



Group discussion

This song was on CrossRoad's first album, "Rock of Ages", and is written by one of our founding members, Ryan Holmes. When Ryan left the group, we re-recorded that album, and replaced his two songs with hymns. And "You Lift Me Up" slipped into obscurity!

Towards the end of the recording process of "I Owe You Everything", I decided to keep one of the songs for the next CrossRoad album. So I was one song short, and instead of writing a new one, I thought I'd ask Ryan if I could record a cover of his old song. He obliged, and I had a blast singing and playing it!

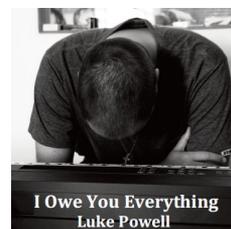
The song is simply a proclamation of God's wonderful way of lifting us up when we're in a tough situation, when we're struggling. If any of you are "feeling down" at the moment, I hope this song will lift you up as you feel God move in you!

Listen to the song, and then work through the discussion questions below:

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- Verse 1:
 - I know sometimes it's hard to go on with the pressures that we face each day
 - Do you ever feel like it's hard to go on? Do you feel like that right now?
 - What pressures do you face each day?
 - We feel like there's no hope at all and we wish we could just run away
 - Have you ever felt like just running away? Where would you run to?
 - Is it possible to have "no hope at all"?
 - But when we think about what you did for us, the sacrifice that You made
 - What all has God done for us? What did God sacrifice for us?
 - We figure out that our lives aren't so bad, cos by Your blood we are saved
 - Read Ephesians 1:7.
 - Does this knowledge of God's great love for you give you hope? We know that his blood has bought our forgiveness and saved us from eternity in hell. But how does it transform our day to day lives?
 - And so we say You lift me up
 - Read Psalm 107:41. This is a great truth for the struggling person in this verse to hold onto! Do you believe God can lift you out of your affliction/struggle?
 - Read Luke 1:52, 1 Peter 5:6 and James 4:10. What is the pattern here?
 - Who is the most humble person you know or know of? How can you grow in humility this week?
 - Chorus:
 - You lift me up *when I call out Your name*
 - What does it mean to call out God's name? Is it in a physical voice? In your spirit? Both?
 - You lift me up *when I sing Your praise*
 - The Psalms are FULL of calls to sing our praise.
 - Can you remember a time when singing a praise song seemed to lift your spirits?
 - You lift me up *now I know I am saved*

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- How do you know you are saved?
- The basics of our faith are really powerful. What do you need to do to be saved? How could you answer this if a friend asked you?
- You lift me up *every day*
 - How can we let God lift us up every day?
 - How do you deal with days where you feel down, disconnected from God and demotivated? How can you still allow him to lift you up on those days?
- You lift me up *when I'm feeling down*
 - Read Psalm 42. How do we find God lifting us up when we're feeling down?
- You lift me up *now I stand on higher ground*
 - Read Psalm 61:2-3. What does it mean to "stand on higher ground"?
- Verse 2:
 - I can't imagine the pain and suffering that You were made to endure
 - Read Mark 15:16:39. This was the worst of Jesus' suffering.
 - Read Matthew 26:51-54. Here we see that Jesus *chose* to endure this suffering, so that we could be saved. Spend some time thanking Jesus for this choice.
 - Just goes to show for Your amazing grace and Your mercy and Your love so pure
 - Because of this selfless act we are no longer condemned by sin
 - I've put these two lines together because they really go hand in hand. This amazing grace, mercy and love have saved us from the condemnation we deserve for our sin.
 - If we are no longer condemned by sin, why should we stop sinning? Read Romans 6:1-14 for an answer.
 - We are set free from the burdens in life
 - What other burdens does Christ set us free from?
 - And now the enemy can never win
 - Have you ever felt as if the enemy is winning in your life?
 - How can we be sure that he is not winning?
 - Read Psalm 108:12-13. Hold onto this promise in verse 13!

● Chorus

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- Listen to the song again, paying careful attention to the words.
 - Spend some time in prayer.
 - Praise God for his greatness and strength, calling out His name in praise
 - Thank Him for His great love and mercy and grace, and for the blood of his Son which saves us.
 - Ask him for grant strength and encouragement to those in your group who are struggling and feeling down
 - Ask God to humble you as he lifts you up