

Help Me Put This In Your Hands  
Words and Music By: Ed Newman

Take this burden from my hands, Can't carry it by myself  
There's a sickness in my heart, only You can make it well  
Circumstances out of reach, outcomes I can't control  
Your intervention's what I need. Your healing power for my soul

Chorus

Help me put this in your hands Lord, put it there and let it go  
Help Me put this in your hands O Lord, all my worries, and my fears and let them go.

But it's so hard for me to do; sometimes I lack the faith I need  
So now I'm asking You, Holy Spirit intercede  
Help me to put my trust in You. forgive my unbelief  
I know your promises are true! O Lord please help me to believe

Chorus

You are faithful and true and you have always come through  
And whatever's come my way Your by my my side  
When I seek Your face, you respond with Your grace,  
Never turn me away but hear my cry

But it's so hard for me to do; sometimes I lack the faith I need  
So now I'm asking You, Holy Spirit intercede

Chorus

Outro:

Help me put this in your hands and let it go