

JESUS
I CAN'T EVEN
WALK
WITHOUT YOU
HOLDING MY
HAND

Background

- The song was written in 1974 by gospel writers Colbert & Joyce Croft.
- Its message reflects their belief that real strength comes from depending on God, not ourselves.
- Charles Johnson & the Revivers helped make the song widely known in the 1990s, giving it lasting popularity in churches & senior communities.

Theme

A life of faith is not lived by our strength but by daily dependence on the Lord who holds, guides, and sustains us.

I Can't Even Walk Without You Holding My Hand

*I thought number one would surely be me
I thought I could be what I wanted to be
I thought I could build on life's sinking sand
But now I can't even walk without you holding my hand*

I Can't Even Walk Without You Holding My Hand

I thought I could do a lot on my own

I thought I could make it all day long

I thought of myself as a mighty big man

But Lord I can't even walk without you holding my hand

I Can't Even Walk Without You Holding My Hand

*Oh Lord, I can't even walk without you holding my hand
The mountains too high and the valleys too wide
Down on my knees that's where I learned to stand
Oh Lord, I can't even walk without you holding my hand*

I Can't Even Walk Without You Holding My Hand

*I think I'll make Jesus my all and all
And if I'm in trouble on his name I'll call
If I didn't trust him I'd be less of a man
'Cause Lord I can't even walk without you holding my hand*

I Can't Even Walk Without You Holding My Hand

*Oh Lord, I can't even walk without you holding my hand
The mountains too high and the valleys too wide
Down on my knees that's where I learned to stand
'Cause Lord I can't even walk without you holding my hand
Oh Lord, I can't even walk without you holding my hand*

**SOLID
ROCK**

- or -

Sinking sand

Solid Rock or Sinking Sand

- The opening lines of the song confess the illusion of self-sufficiency.
- Many seniors resonate with this after years of doing, leading, providing & managing life.
- But Scripture reminds us that human strength alone is never enough.

Solid Rock or Sinking Sand

- We often believe we can be “number one,” but Scripture warns against pride.

18 Pride goes before destruction, and a haughty spirit before a fall. (Proverbs 16:18 ESV)

Solid Rock or Sinking Sand

- Building life on our own abilities is like building on sand - unstable & temporary.

26 And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. 27 And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.” (Matthew 7:26–27 ESV)

Solid Rock or Sinking Sand

- Human strength fades, but God's strength never weakens.

9 He gives power to the faint, and to him who has no might he increases strength. 30 Even youths shall faint and be weary, and young men shall fall exhausted; 31 but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

(Isaiah 40:29–31 ESV)

Solid Rock or Sinking Sand

- Self-reliance blinds us to our need for God's grace.

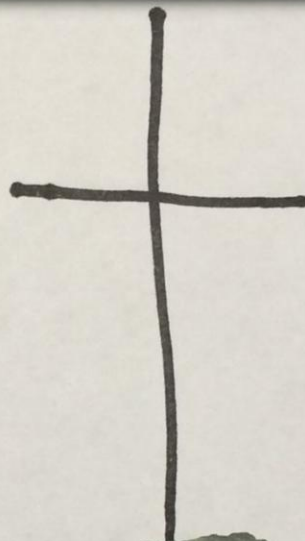
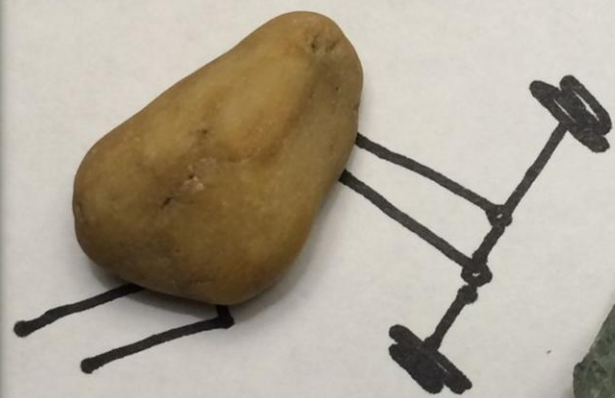
17 For you say, "I am rich, I have prospered, and I need nothing," not realizing that you are wretched, pitiable, poor, blind, and naked. (Revelation 3:17 ESV)

Solid Rock or Sinking Sand

- True wisdom begins when we admit our limitations & turn to God.

*5 Trust in the Lord with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths.
(Proverbs 3:5–6 ESV)*

Strength
is found
on our knees.



Strength is Found on Our Knees

- The song says, “Down on my knees, that’s where I learned to stand.” - This is a powerful truth.
- Prayer is not weakness; it is the doorway to God’s strength.
- Prayer humbles us & lifts our eyes to God’s power.

1 I lift up my eyes to the hills. From where does my help come? 2 My help comes from the Lord, who made heaven and earth. (Psalm 121:1–2 ESV)

Strength is Found on Our Knees

- God invites us to cast our burdens on Him because He cares.

7 casting all your anxieties on him, because he cares for you. (1 Peter 5:7 ESV)

- When we kneel in surrender, God lifts us up in strength.

10 Humble yourselves before the Lord, and he will exalt you. (James 4:10 ESV)

Strength is Found on Our Knees

- Mountains & valleys - life's challenges - are overcome through God's presence, not our effort.

4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4 ESV)

Strength is Found on Our Knees

- Standing firm in faith begins with kneeling in dependence.

6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6–7 ESV)



Following Jesus A Lifetime of Surrender

Following Jesus is a Lifetime of Surrender

- The song ends with a declaration: “I’ll make Jesus my all in all.”
- As seniors we especially understand the value of a lifetime of walking with the Lord & the peace of knowing He still holds our hand today.
- Jesus invites us to trust Him fully, not partially.

8 Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. (Psalm 62:8 ESV)

Following Jesus is a Lifetime of Surrender

- Calling on His name in trouble brings help & deliverance.

15 and call upon me in the day of trouble; I will deliver you, and you shall glorify me.” (Psalm 50:15 ESV)

- Trusting Jesus is the mark of true spiritual maturity.

*6 And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.
(Hebrews 11:6 ESV)*

Following Jesus is a Lifetime of Surrender

- God holds our hand through every season of life, including aging.

*13 For I, the Lord your God, hold your right hand; it is I who say to you, “Fear not, I am the one who helps you.”
(Isaiah 41:13 ESV)*

Following Jesus is a Lifetime of Surrender

- Surrendering to Jesus brings security, identity & peace.

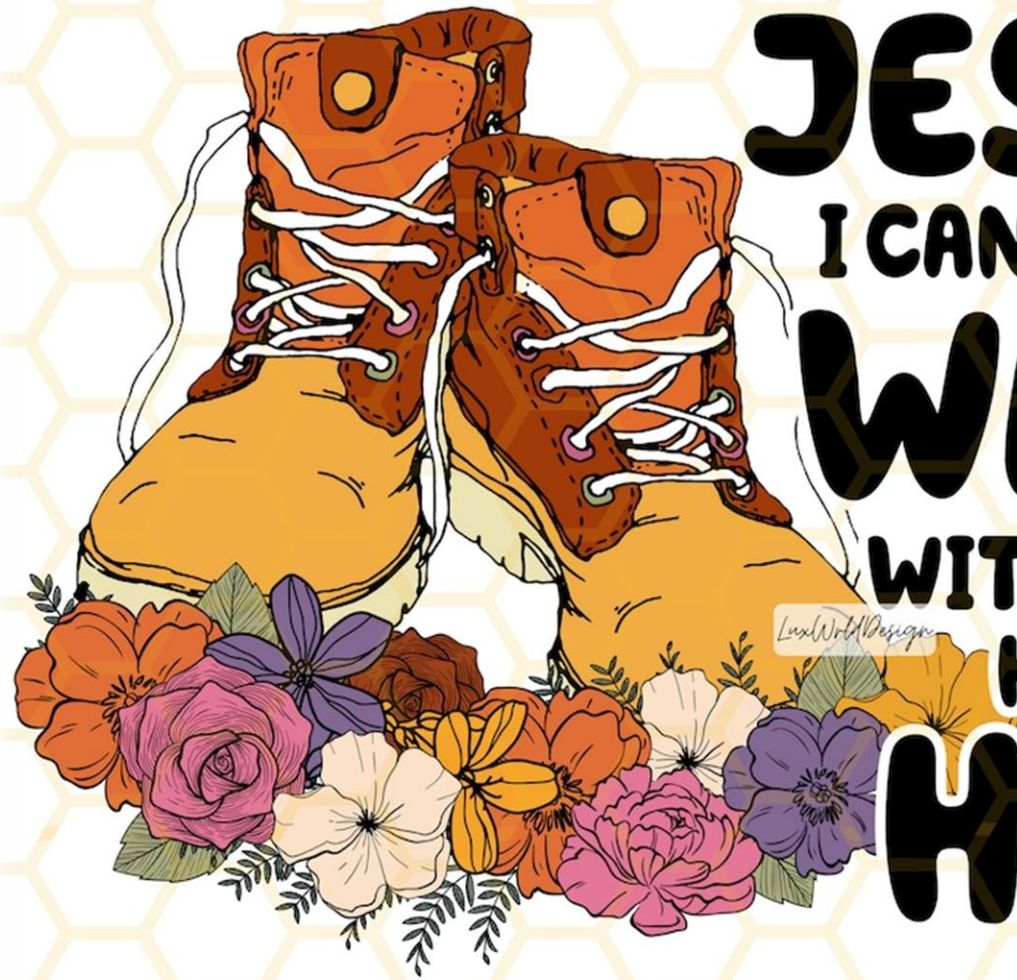
27 My sheep hear my voice, and I know them, and they follow me. 28 I give them eternal life, and they will never perish, and no one will snatch them out of my hand. 29 My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand. (John 10:27–29 ESV)

Practical Applications

- Begin each morning with a simple prayer: “Lord, hold my hand today.”
- When facing physical limitations, remember God’s strength is made perfect in weakness.
- Replace worry with calling on the name of Jesus throughout the day.
- Reflect on past moments when God carried you - use them to strengthen today’s faith.
- Practice surrender by giving God one specific burden each day.

Discussion Questions

- When in your life did you realize you couldn't "walk" without God's help?
- How has prayer helped you stand during difficult seasons?
- What does it mean to you personally that God "holds your hand"?
- What is one area of life where you sense God inviting you to trust Him more deeply?



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