

YOU RAISE ME UP



## Background

- “You Raise Me Up” was written in 2001 by composer Rolf Løvland and lyricist Brendan Graham.
- It became widely known through Josh Groban’s 2003 recording.
- Though not written as a hymn, the song quickly became beloved in churches, senior communities & memorial services.

## Background

- The song's message echoes deep biblical truths:
  - God meets us in our weakness
  - God lifts us when we cannot lift ourselves
  - God strengthens us to face storms
  - God gives us glimpses of eternity
- For seniors who have walked through many seasons of life, this song resonates with the faithfulness of a God who continues to raise us up - physically, emotionally & spiritually.

## You Raise Me Up

*When I am down and, oh, my soul, so weary  
When troubles come, and my heart burdened be  
Then, I am still, and wait here in the silence  
Until You come and sit awhile with me*

## You Raise Me Up

*There is no life, no life without its hunger  
Each restless heart beats so imperfectly  
But when you come, and I am filled with wonder  
Sometimes I think I glimpse eternity*

## You Raise Me Up

*You raise me up so I can stand on mountains  
You raise me up to walk on stormy seas  
I am strong when I am on your shoulders  
You raise me up to more than I can be*

## Background

God lifts His people in times of weakness,  
strengthens them for life's storms, and fills them  
with hope for eternity.

# JESUS MEETS US WHERE WE ARE

---





## Jesus Meets Us Where We Are

- Jesus sees our burdens even when no one else does.
- He invites the weary to come to Him.

*28 “Come to me, all who labor and are heavy laden, and I will give you rest.” (Matthew 11:28 ESV)*

- He understands the heaviness of our hearts.

*18 The Lord is near to the brokenhearted and saves the crushed in spirit. (Psalm 34:18 ESV)*

## Jesus Meets Us Where We Are

- Jesus calls us to be still in His presence.

*10 “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”  
(Psalm 46:10 ESV)*

- He sits with us in our loneliness.

*20 “teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.” (Matthew 28:20 ESV)*

## Jesus Meets Us Where We Are

- Jesus renews our strength when we wait on Him.

*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 40:31 ESV)*

# God Rules Over Life's Storms



## God Rules Over Life's Storms

- God raises us to places we could never reach alone.

*19 God, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places.  
(Habakkuk 3:19 ESV)*

- He helps us walk through stormy seasons.

*39 And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. (Mark 4:39 ESV)*

## God Rules Over Life's Storms

- God strengthens us when we feel weak.

*9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.  
(2 Corinthians 12:9 ESV)*

## God Rules Over Life's Storms

- God carries us when we cannot carry ourselves.

*4 even to your old age I am he, and to gray hairs I will carry you. I have made, and I will bear; I will carry and will save. (Isaiah 46:4 ESV)*

- God enables us to become more than we ever imagined.

*13 I can do all things through him who strengthens me. (Philippians 4:13 ESV)*





# GOD of HOPE



## God of Hope

- Life's hunger & longing point us toward God.

*35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. (John 6:35 ESV)*

- Our hearts are restless until they rest in Him.

*For God alone my soul waits in silence; from him comes my salvation. (Psalm 62:1 ESV)*

## God of Hope

- God fills us with wonder when He draws near.

*18 Open my eyes, that I may behold wondrous things out of your law. (Psalm 119:18 ESV)*

- God gives us glimpses of eternity even now.

*11 He has made everything beautiful in its time. Also, he has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end. (Ecclesiastes 3:11 ESV)*

## God of Hope

- Our hope grows stronger as we age in Jesus.

*16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. 17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, 18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.*  
*(2 Corinthians 4:16–18 ESV)*

## Practical Applications

- Spend quiet moments with God each day - Stillness invites strength.
- Remember that weakness is not failure - It is an opportunity for God to carry you.
- Look back & recall times God “raised you up.”
- Lean on God during physical, emotional, or spiritual storms - He has carried you before & He will again.
- Keep your eyes on eternity - Hope grows when we remember that this life is not the end.

## Discussion Questions

- When have you felt God “sit with you” in a difficult season?
- What storms has God helped you walk through in the past?
- How does God make you “more than you can be”?
- What gives you the greatest sense of hope for eternity

YOU RAISE ME UP

