

*Lay it in His hands,  
la-y it in His ha-nds  
take all that so upsets you,  
unnerves you and unrests you,  
and lay it in His hands.  
la-y it in His hands  
He's said He'll take your burdens  
so lay it in His hands.*

*I know your soul is troubled  
by deamons of the past  
It feels as if your whole life's  
getting nowhere really fast.*

*And I know that you have tried hard  
to escape the sticky web,  
but once so very often  
you are caught up in the net.*

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*And when you do, you bless Him  
and the things that you've let go,  
cause they're the ones that moulded you  
and gave you all you know.*

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