

Lay It All Down

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Lay It All Down

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Oh, that I had the wings of a dove! I would fly away and be at rest... I would hurry to my place of shelter, far from the tempest and storm.

PSALM 55:6-8

We watched quietly as she carried a cooking pan out onto the cold deck and set it down. Why is she doing that? we whispered to one another. No one knew. Not yet.

Then the plan unfolded.

King David once wrote from a place of deep distress: “Oh, that I had the wings of a dove! I would fly away and be at rest... I would hurry to my place of shelter, far from the tempest and storm.” (Psalm 55:6-8)

Haven’t we all felt that way at times—longing to escape the weight of worry, grief, and responsibility? But it is verse 22 that gently redirects our hearts:

“Cast your cares on the LORD and He will sustain you; He will never let the righteous be shaken.”

David reminds us that God does not simply invite us to survive our burdens—He promises to carry us through them, steadying us when we feel close to falling.

Sitting around my friend Carrie’s table, she handed each of us a small piece of paper.

"As this new year begins," she said softly, "you're probably carrying things that weigh you down—unfinished forgiveness, lingering fears, concerns that steal your sleep. Write them down."

We hesitated. Would we have to share? "Oh no," she smiled. "This is just between you and God."

Pens began to move quickly. Mine did not. I felt awkward.

After years of heartache, I had learned to forgive quickly and release offenses. Day by day, I tried to give my worries to God, and my life truly felt peaceful. Still, knowing I am nothing more than a sinner saved by grace, I searched my heart.

Slowly, my pen began to write.

Six concerns emerged—things I gave far too much mental space to each day. Things I believed I could control on my own. I thought I had surrendered them to God, but I realized I had never fully laid them down.

As we folded our papers and passed them along, tears filled our eyes. Now we understood.

Carrie gently placed each folded slip into the pan on the deck. One flame was lit, and we watched as our worries, burdens, and seemingly unsolvable challenges turned to smoke—an offering, a release, a quiet declaration of trust.

The next morning at church, we laughed and agreed—we felt lighter. More peaceful. Not because our circumstances had changed, but because we finally learned to lay it all down.

Will Reagan, a Christian singer-songwriter, captures this truth beautifully in his song Lay It All Down:

"Bring your worry, grief, and pain Every cause you have for shame Lay it all down... At the feet of Jesus."

What are you still holding onto today—something you thought you'd given to God, but never fully laid at His feet?

Heavenly Father, we come to You with open hands and humble hearts. Help us release the worries, fears, and burdens we were never meant to carry alone. Teach us to trust You fully, to lay it all at Your feet, and to rest in the promise that You will sustain us. In Jesus' name, Amen.

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