



Kingdom Builders

## JUST BE HELD

AUGUST 2022 GATHERING NOTES



## JUST BE HELD

### Verse 1

Hold it all together  
ev'rybody needs you strong  
But life hits you out  
of nowhere  
And barely leaves you  
holding on  
And when you're  
tired of fighting  
Chained by your control  
There's freedom in surrender  
Lay it down and let it go

### Chorus

So when you're on your knees  
And answers seem so far away  
You're not alone  
Stop holding on  
and just be held

Your world's not  
falling apart  
It's falling into place  
I'm on the throne stop  
holding on and  
just be held  
Just be held just be held

### Verse 2

If your eyes are on  
the storm  
You'll wonder if  
I love you still  
But if your eyes  
are on the cross  
You'll know I always have  
and I always will  
And not a tear is wasted  
In time you'll understand  
I'm painting beauty

with the ashes  
Your life is in My hands

### Bridge

Lift your hands lift your eyes  
In the storm is where  
you'll find Me  
And where you are  
I'll hold your heart  
I'll hold your heart  
Come to Me find your rest  
In the arms of a  
God who won't let go

### Ending

Just be held  
Just be held

## HAIL HOLY QUEEN ENTHRONED ABOVE

### Verse

Hail holy queen  
enthroned above  
O Maria  
Hail Queen of mercy  
and of love  
O Maria  
Triumph all ye Cherubim  
Sing with us ye Seraphim  
Heaven and earth  
resound the hymn  
Salve Salve Salve Regina

### Verse 2

The cause of joy to  
all below  
O Maria  
The spring through which  
all graces flow  
O Maria  
Angels all your  
praises bring  
Earth and heaven  
with us sing  
All creation echoing  
Salve Salve Salve Regina

### Verse 3

O gentle loving  
holy one  
O Maria  
The God of light  
became your Son  
O Maria  
Triumph all ye Cherubim  
Sing with us ye Seraphim  
Heaven and earth  
resound the hymn  
Salve Salve Salve Regina

## Valley of Tears

**Section One: There are many struggles in this world. We have both a Heavenly Father and Mother that claim us as their children.**

*“When Jesus saw His mother and the disciple there whom He loved, He said to His mother, ‘Woman, behold, your son.’ Then He said to the disciple, ‘Behold, your mother.’” John 19:26-27 (from the Gospel 9/15/22)*

*Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.*

*Pray for us O Holy Mother of God, That we may be made*

*worthy of the promises of Christ.*

— Save the Date —

Kingdom Builders Conference *Everything is Grace* 10/1/22

Tickets Available 8/22/22

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## Seven Sorrows of Mary

The Seven Sorrows of Mary show us how she walked through the Valley of Tears. We can claim her as our advocacy along our own journey.

### Seven Sorrows of Mary

1. The Prophecy of Simeon
2. The Flight into Egypt
3. Search for the Child in Jerusalem
4. Mary Meets Jesus on His Way to the Cross
5. Standing at the Foot of the Cross
6. The Crucifixion and Descent from the Cross
7. Assisting at the Burial of Christ

## Welcoming the Divine

We allow no opportunity for the lies and spirits of the enemy. We are called to live in the Divine Environment (Source: Into Your Hands, Father by Wilfried Stinissen).

*“Those who trust that God is guiding everything can never be frustrated ... they are not disappointed, because everything is just as it should be; not in itself; far from it, but as the environment they are to live in, a ‘divine environment.’” Wilfried Stinissen*

*“We know that all things work for good for those who love God” Romans 8:28*

*“Imagine yourself as a living house. God comes in to rebuild that house . . . You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself.” C.S. Lewis*

*“Who can know God’s counsel, or who can conceive what the Lord intends?” Wisdom 9:13(from the 1st Reading, 9/4/22)*

*“Honor the Discomfort” KB Motto*

*“Endure your trials as discipline . . . At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it.” Hebrews 12:7,11(from the 2nd Reading, 8/21/22)*

*“Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say “My tooth is aching” than to say “My heart is broken.” C.S. Lewis*

*“For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends.” Luke 15:29 (from the Gospel 9/11/22)*

## Renounce ~ Remove ~ Receive

*\*Specific Instructions for Personal Deliverance on page 23 in the Gathering Companion.*

*“You are always with Me and all that is Mine is yours.” Luke 15:31 (from the Gospel 9/4/22)*

## TONIGHT’S TAKEAWAY

The dates of all Gatherings at all Host Parishes can be found on our website.

[www.BuildingThroughHim.com](http://www.BuildingThroughHim.com)

Listen to: *Building Through Him Podcast*

