

REST AND RESTORATION

(Jill Jones, Rachel Barrentine, Shelly Head)

VERSE 1

I don't know why I'm still in the fire
I don't understand the reason for the flames
But I settle into You as my Defender
'Cause I know You are not the One to blame
Lord, help me look at this with faith

CHORUS

I'm taking my eyes off the pain
Lifting my life to You again
You are the rest and restoration
For my soul
You want to heal what I'm holding
You are the Hope still unfolding
You are the rest and restoration
For my soul

VERSE 2

Remind me that this isn't mine to carry
You would take the weight if I let go
I've been wearing myself out to find the answers
Maybe I don't really need to know

BRIDGE

All I have
All I am
In Your hands
No matter what
I will trust
You're enough