

ALL I CAN DO IS PRAISE

SONG DEVOTIONAL - JOSH EDINGTON

LYRICS

Deep in the night when I lie awake
All of the fear and shame rush in
Crashing like waves

Deep in the night
I'll sing out to You
Your spirit is speaking out to me
And carries me through

All I can do is praise
Call out to You in faith
All I can do is praise, praise You now

You'll never leave me
Here on my own
Your mercies surround my anxious thoughts
Reviving my soul

No chains can hold me
That worship won't break
Healing and power that I need
Is found in Your name

Turn my darkest night into brighter days
As I praise You now
All depression ends when You draw me near
And I praise You now
All anxiety turns to perfect peace
As I praise You now
All addiction bows in the light of You
And I, praise You now

DEVOTIONAL

Psalm 145:1

Every day I will praise you and extol your name for ever and ever. Great is the LORD and most worthy of praise; his greatness no one can fathom.

Do you ever lay awake at night thinking about something you just can't shake? Maybe the busyness of the day kept you distracted, and now you're left to process your thoughts in the quiet, in the dark. I've been there before, and I assume we all have. Fear, shame, doubt, anxiety, and depression all seem to creep their way into our lives at some point.

In these moments and through these seasons, we are left with an important decision to make: do I try to deal with this on my own, or do I give it to Jesus? Paul encourages us in 1 Peter 5:7 to "Cast all your anxiety on him because he cares for you." This is a powerful reminder that Jesus cares about every aspect of our lives, and he carries our burdens for us if we trust him. As Moses led the Israelites out of Egypt, he reminded them in Exodus 14:14, "The Lord will fight for you. You must only be still."

When you don't know what to do, where to turn, or how to cope, I encourage you to praise Jesus. Call out to him in faith, and experience the peace that only he can give. Give up control, and trust that he will fight for you.

"All I can do is praise, call out to you in faith.
All I can do is praise, praise you now."

