

Be Still
By Sam Weaver

Be Still

Up and down up and down
So my mood swings go
Unsettledness
Coming from my soul

I should know better but
It keeps happening to me
And I know there's only
One way to break free

From inner storms
That plague my inner man
Lord Jesus I ask You
Please help me to stand

By letting me feel
The words peace be still
As I search out Lord
Your perfect will

For only then will
My mood swings go
By feeling Your peace
Flowing through my soul

Psalms 46-10.
Be still, and know that I am God.