

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

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