



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

IT'S TIME TO LAY THAT BURDEN DOWN

Words by Alison Herron / Music by Sid Herron

VERSE ONE

Sometimes...
As I've looked back
On things that happened to me,
Oft' times
I got off track,
Clinging to past misery.

Wishing
I could undo
Mistakes made in blindness and fear,
Knowing
That it's so true,
I can't make them disappear.

CHORUS ONE

Realizing that there's no peace
In this pointless self-reproach,
I'm moving toward a sweet release
With a loving new approach.

It's time to lay that burden down,
I didn't know then what I know now.
It's time to lay that burden down,
With Jesus' help, I am learning how.

VERSE TWO

Sometimes
Folks made choices
That caused me lots of pain.
Oft' times
Echoed voices
Handed me unjustified blame.

I'm not
Called to answer
For decisions that others made.
Blame taught,
Like a cancer,
Can grow, once it starts to invade.

CHORUS TWO

I'm not going to carry shame
For things that weren't my fault,
Moving on is my cherished aim.
Self-blame is at a halt.

It's time to lay that burden down,
I didn't know then what I know now.
It's time to lay that burden down,
With Jesus' help, I am learning how.

BRIDGE ONE

It doesn't matter what the source
Of my grief or regrets might be;
Pain, shame, fear, misplaced remorse...
No longer have a place in me.

VERSE THREE

Sometimes...
Things alarmed me
I had no way to understand.
Oft' times
They disarmed me;
Pushed down paths that were unplanned.

Terrors
That beset me
Changed who I thought I was.
But answers
Heaven sent me
Let me leave that all behind, because...

CHORUS THREE

I've learned that there is no load
That Christ can't lift from me.
He teaches me to walk new roads.
If you doubt, just come and see...

CHORUS THREE CONTINUED

Yes, it's time to lay those burdens down,
Blessed by God with what I know now.
I'm so glad to lay those burdens down,
In Jesus' arms... He shows me how.

BRIDGE TWO

It doesn't matter what the source
Of our grief or regrets might be;
Pain, shame, fear, misplaced remorse...
Have no place in you and me.

CHORUS FOUR

For I've learned that there is no load
That Christ can't lift from me.
He teaches me to walk new roads.
If you doubt, just come and see...

For it's time we laid our burdens down,
Blessed by God with what we know now.
Yes, it's time we laid our burdens down,
In Jesus' arms... He shows us how.
In loving arms, we're learning how.

ABOUT THIS SONG—Human beings have interesting tendencies toward some seriously self-defeating behaviors. This is never truer than when struggling to cope with mistakes we make, pain we carry, inadequacies we think we have, and regrets that haunt us for far too long. Part of the secret is knowing how to walk the line between taking responsibility for OUR stuff and doing what we can to make things right VS. feeling like we can never do enough to make it all right and/or following a path of denial. It might hurt a lot when others cast blame and recrimination at us, but it hurts a lot more when we do it to ourselves. This is especially true when it far outlives the purpose of creating a course correction. The emotions that go with all of that are huge roadblocks to mental, emotional, spiritual and **physical** healing.

Yes... if we sin, we need to repent. Yes... if we hurt anyone we need to apologize and make amends. Yes... if we fall short in something that really matters, we need to learn and grow, and try harder next time. But the fact is, as imperfect human beings, all of that is pretty difficult to do well on our own. What a blessing it is to know that Jesus Christ is our Savior! He was sent to SAVE us... not only from death and the grave, but also from all the suffering that can cling to us when we fail to turn to Him and access His atoning power. "For my yoke is easy, and my burden is light." (Matt 11:30) Turn to Him. He's waiting.

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Faith Squared =
FAITH in God multiplied by FAITH in your brain
and its miraculous innate ability to create true
healing and wholeness in body, spirit, mind and heart.

Experts in neuroplasticity compare the limbic system to an alarm system. When activated, it responds by flooding the body with cortisol, norepinephrine, and adrenaline. This better equips us to respond to danger... especially if we need to run away or defend ourselves. But when your brain is overwhelmed by major traumas and/or long-term stress, it may become locked into believing it must work even harder to protect you from danger, even when there is none. This state of over-vigilance—and the continuing flood of agitating chemicals that go with it—can cause a variety of problems. These include mental or emotional illnesses, very real physical symptoms and illnesses, and significant spiritual challenges.

But there is good news! Brains that become wired to over-react to perceived threats CAN be rewired. Properly applied principles of neuroplasticity can turn fear into peace, despair into joy, and illness into health. The other good news is that every science-based tool used in this process is deeply rooted in the basic teachings of the gospel of Jesus Christ.

Our bodies—including our brains—were made in the image of God, with the built-in ability to heal! We just need to learn some specific tools for aligning our thoughts, words, emotions, intentions, and actions with this gift. Combine that alignment with faith in a loving God's desire for our wholeness and happiness... and Christ-centered brain-rewiring is ours.

Be transformed by the renewing of your minds... Romans 12:2

Faith Squared Music is written with the intention of you as a listener learning the songs well enough to sing along, so that your brain hears your own voice repeat these messages. The lyrics are crafted for compassionate self-directed brain-rewiring, delivered through music that we hope and pray just *feels good*. Let it renew and transform not only your mind... but your heart, body and soul.

PROVEN PRINCIPLES OF BRAIN REWIRING — IN HARMONY WITH THE GOSPEL OF JESUS CHRIST

Daily gratitude practices have transformative power — 2 Cor 4:15, Psalm 100, 147:1&3, 92:1,2&4, 95:1-2, Col 3:15, Rev 7:12
Meditation & prayer invite & expand healing & peace — 1 Tim 4:15, Phil 4:6-7, James 5:13-16, Eph 6:18, John 17, Matt 6:6
Use thoughts, words, & actions w/ intention—Prov 23:7, Heb 4:12, 1 Thes 1:5, 3:12, Acts 11:23, Phil 4:8, Mark 4:14, 2 Cor 2:7
Mindfulness & using our senses for awareness—2 Pe 3:1,2, Mt 13:16, Rom 10:17,18, Heb 5:14, Lk 4:31, Prov 22:12, Col 3:2, Acts 28:26,27
Forgiveness of self and others is crucial to healing — John 1:29, Matt 6:14, Luke 11:4, Eph 4:32, 1 John 1:9, Mark 2:4-12
Self-care practices are vital to personal well-being — 3 John 1:2, Acts 27:34, 1 Cor 6:19-20, Mark 6:31, Luke 5:16, Eph 5:29
Service to others increases confidence & self-worth — Isa 58:7-8, Prov 28:27, 1 Pet 4:8-10, Mark 10:42-45, Matt 25:34-40
Caring relationships add meaning and value to our lives — Prov 18:24, Eph 4:32, 1 Thes 5:11, John 15:9-17, 1 Cor 13:4-7
Connecting w/nature needs to be part of our healing — Luke 6:12, Jn 18:1, Ps 118:24, Job 38:7, Gen 1:31, Ex 19:3, Acts 16:13
We must choose taking responsibility over victimhood — Heb 12:6-7&11, Luke 15:17-20&24, Jn 5:5-9, Gal 6:3-5, 2 Cor 9:6, Luke 22:41-43
Repeating affirmations shapes perceptions and possibilities — Luke 18:27, Prov 4:23, Mark 4:39, Gen 1:3, 1 Pet 2:9, Ps 19:14
Emotions, beliefs, & expectations create your reality — Heb 4:3 & 16, 3:14, 12:2, Matt 15:28, 21:22, Eph 6:16-17, John 17:13
Joy is found in visualizing righteous desires — Heb 9:11, Matt 6:21, 17:20, Prov 13:12 & 19, 29:18, John 16:24, Ps 5:1-3 & 11
Love & light bring energy, connection & hope—Matt 11:28-30, 13:43, 5:14-16, Eph 5:8, 2 Cor. 5:17, Rev 3:20, Ja 1:17, Jn 8:12

Col 1:16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.