

Rachel Zello's "Set Me Free"

Lyrics and Scripture Guide

In 2011 Rachel went through a very traumatic event that caused months of suffering and PTSD. She spent night after night crying to God for help and healing, reading His Word, and praying for normalcy. The lyrics to this song were birthed out of her personal testimony of injustice, hurt, freedom, forgiveness, healing, and joy. God is faithful and uses our painful experiences to identify with Christ's suffering and death on the cross in order to shape and mold us into who He wants us to become so we can more effectively show His love to others and be used for His glory.

Verse 1

Scorned and Torn

Then Pilate had Jesus flogged with a lead-tipped whip. The soldiers wove a crown of thorns and put it on his head, and they put a purple robe on him. "Hail! King of the Jews!" they mocked, as they slapped him across the face (John 19:1-3).

See, my servant will prosper; he will be highly exalted. But many were amazed when they saw him. His face was so disfigured he seemed hardly human, and from his appearance, one would scarcely know he was a man (Isaiah 52:13-15)

But he was pierced for our rebellion, crushed for our sins (Isaiah 53:5).

Bearer of Thorns

Then Jesus came out wearing the crown of thorns and the purple robe. And Pilate said, "Look, here is the man" (John 19:5)!

You endured the cross

Look unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God (Hebrews 12:12).

He humbled himself in obedience to God and died a criminal's death on a cross (Philippians 2:8).

Carrying the cross by himself, he went to the place called Place of the Skull (John 19:17).

I carry mine too

Then Jesus said to his disciples, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. (Matthew 16:24)

My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me (Galatians 2:20).

And whoever does not carry their cross and follow me cannot be my disciple (Luke 14:27).

We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed. Through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies (2 Corinthians 4:7-8).

All of me is lost

My heart is breaking as I remember how it used to be: I walked among the crowds of worshipers, leading a great procession to the house of God, singing for joy and giving thanks amid the sound of a great celebration! Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! Now I am deeply discouraged, but I will remember you (Psalm 42:4-5)

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God (Psalm 43:5).

It's why I run to you

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." (Matthew 11:28-30)

Every word of God proves true: He is a shield to those who take refuge in Him (Proverb 30:5).

All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. For the more we suffer for Christ, the more God will shower us with his comfort through Christ (2 Corinthians 1:3-5).

So deep is the pain

Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony. I am sick at heart. How long, O LORD, until you restore me? Return, O LORD, and rescue me. Save me because of your unfailing love. For the dead do not remember you. Who can praise you from the grave? I am worn out from sobbing. All night I flood my bed with weeping, drenching it with my tears. My vision is blurred by grief; my eyes are worn out because of all my enemies (Psalm 6:1-7).

My God, my God, why have you abandoned me? Why are you so far away when I groan for help?

Every day I call to you, my God, but you do not answer. Every night I lift my voice, but I find no relief (Psalm 22:1-2).

Come quickly, LORD, and answer me, for my depression deepens. Don't turn away from me, or I will die. Let me hear of your unfailing love each morning, for I am trusting you. Show me where to walk, for I give myself to you. Rescue me from my enemies, LORD; I run to you to hide me. Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing. For the glory of your name, O LORD, preserve my life. Because of your faithfulness, bring me out of this distress (Psalm 143:7-11).

I cry out your name

The LORD hears his people when they call to him for help. He rescues them from all their troubles. (Psalm 34:17).

But in my distress I cried out to the LORD; yes, I prayed to my God for help. He heard me from his sanctuary; my cry to him reached his ears (Psalm 18:6).

Chorus

Jesus

There is salvation in no one else! God has given no other name under heaven by which we must be saved (Acts 4:12)

Near to the broken-hearted

The LORD hears his people when they call to him for help. He rescues them from all their troubles. The LORD is close to the brokenhearted; he rescues those whose spirits are crushed (Psalm 34:17-18).

The Spirit of the Sovereign LORD is upon me, for the LORD has anointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to proclaim that captives will be released and prisoners will be freed (Isaiah 61:1).

Heal(ed) my deepest wound

He heals the brokenhearted and bandages their wounds (Psalm 147:3)

By his wounds you are healed (1 Peter 2:24)

Jesus

Finish(ed) what You started

And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns (Philippians 1:6).

When Jesus had tasted it, he said, "It is finished!" Then he bowed his head and gave up his spirit (John 19:30).

Restore(*d*) what no one could

The LORD says, "I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you. Once again you will have all the food you want, and you will praise the LORD your God, who does these miracles for you. Never again will my people be disgraced (Joel 2:25-26).

When Job prayed for his friends, the LORD restored his fortunes. In fact, the LORD gave him twice as much as before (Job 42:10)!

O LORD, if you heal me, I will be truly healed; if you save me, I will be truly saved. My praises are for you alone! (Jeremiah, 17:14)

And the one sitting on the throne said, "Look, I am making everything new!" And then he said to me, "Write this down, for what I tell you is trustworthy and true (Revelation 21:5).

Jesus Deliver(*ed*) me

Yes, and the Lord will deliver me from every evil attack and will bring me safely into his heavenly Kingdom. All glory to God forever and ever! Amen (2 Timothy 4:18).

I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD. (Psalm 40:1-3)

Set me free

And you will know the truth, and the truth will set you free. So if the Son sets you free, you are truly free. (John 8:32,36)

***(You)* Set me free**

So Christ has truly set us free. Now make sure that you stay free (Galatians 5:1).

Verse 2

In darkness alone

You have thrown me into the lowest pit, into the darkest depths (Psalm 88:6)

Tears for me were shown

He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood (Luke 22:44).

And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words (Romans 8:26).

Despair and the grave

Following Jewish burial custom, they wrapped Jesus' body with the spices in long sheets of linen cloth. The place of crucifixion was near a garden, where there was a new tomb, never used before. And so, because it was the day of preparation for the Jewish Passover and since the tomb was close at hand, they laid Jesus there (John 19:40-42).

Fearful, used, and shamed

He was despised and rejected by mankind, a man of suffering, and familiar with pain. Like one from whom people hide their faces he was despised, and we held him in low esteem (Isaiah 53:3).

The guards in charge of Jesus began mocking and beating him. They blindfolded him and said, "Prophecy to us! Who hit you that time?" And they hurled all sorts of terrible insults at him (Luke 22:63-65).

All to make me brave

But you will receive power when the Holy Spirit comes upon you (Acts 1:8).

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline (2 Timothy 1:7).

So be strong and courageous, all you who put your hope in the LORD (Psalm 31:24)!

You claimed all the blame

The next day John saw Jesus coming toward him and said, "Look! The Lamb of God who takes away the sin of the world (John 1:29)!"

For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ (2 Corinthians 5:21).

All of us, like sheep, have strayed away. We have left God's paths to follow our own. Yet the Lord laid on him the sins of us all. (Isaiah 53:6).

He personally carried our sins in his body and the cross so that we can be dead to sin and live for what is right (1 Peter 2:24).

Took what hell stole

Because God's children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death (Hebrews 2:14)

I am the living one. I died, but look—I am alive forever and ever! And I hold the keys of death and the grave (Revelation 1:18)

Made me free and whole

And Jesus said to her, "Daughter, your faith has made you whole. Go in peace. Your suffering is over." (Mark 5:34)

For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom (2 Corinthians 3:17).

He was beaten so we could be whole. He was whipped so we could be healed (Isaiah 53:5)

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever (Revelation 21:4).

Bridge

So I give You all the glory

To all who mourn... he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for his own glory (Isaiah 61:3).

With all my heart I will praise you, O Lord my God. I will give glory to your name forever, for your love for me is very great. You have rescued me from the depths of death (Psalm 86:12-13).

Honor the LORD for the glory of his name. Worship the LORD in the splendor of his holiness (Psalm 29:2).

“You are worthy, O Lord our God, to receive glory and honor and power. For you created all things, and they exist because you created what you pleased” (Revelation 4:11).

Lift my voice and sing

I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD (Psalm 40:1-3).

Sing a new song to the LORD, for he has done wonderful things (Psalm 98:1).

I will sing of the LORD’s unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens (Psalm 89:1-2).

I will sing of your love and justice, LORD. I will praise you with songs (Psalm 101:1).

Praise to you, I worship

Let all that I am praise the LORD; with my whole heart, I will praise his holy name. Let all that I am praise the LORD; may I never forget the good things he does for me (Psalm 103:1-2).

But the time is coming—indeed it’s here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship him that way (John 4:23).

My life an offering

If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it (Mark 8:35).

I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him (Romans 12:1).

You are Healer, Savior, Deliverer,

I love you, LORD; you are my strength. The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. (Psalm 18:1-2).

The righteous person faces many troubles, but the LORD comes to the rescue each time (Psalm 34:19).

You are my help and my deliverer (Psalm 70:5).

He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies. He fills my life with good things (Psalm 103:3-5)

Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf (Hebrews 7:25).

We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers. Then many will give thanks on our behalf for the gracious favor granted us in answer to the prayers of many (2 Corinthians 1:8-11).

Redeemer of all things

You heard me when I cried, “Listen to my pleading! Hear my cry for help!” Yes, you came when I called; you told me, “Do not fear.” Lord, you have come to my defense; you have redeemed my life. (Lamentations 3:57-58)

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death (Romans 8:1-2).

We wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good (Titus 2:13-14).

For all creation is waiting eagerly for that future day when God will reveal who his children really are. Against its will, all creation was subjected to God’s curse. But with eager hope, the creation looks forward to the day when it will join God’s children in glorious freedom from death and decay (Romans 8:19-21).

He redeems me from death and crowns me with love and tender mercies. He fills my life with good things (Psalm 103:4-5).

But as for me, I know that my Redeemer lives, and he will stand upon the earth at last (Job 19:25)