

## I Lay Them Down - Song Story by Dan Adler

I Peter 5:7 says, “Cast all your cares upon Him for He cares for you”. Hebrews 13:5 says, “I will never leave you or forsake you”. And Jesus, in Matthew 11:28–30 said, “Come to me, all you who are weary and heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light” This song is based around those verses.

When I write songs, most of the time, they are coming out of my own experience or thoughts or prayers. But most of my songs, I also write with others in mind. So, they apply to me personally, but also to others in a generic way or specifically. Pain and burdens are universal experiences. If we aren't going through something now, we are going to be going through some difficulty sometime in the future or have in the past already.

When I wrote this song, we had been going through some long-term, heavy family crises and I felt so afraid and overwhelmed and weary. It was in the middle of this pain that I wrote this song. When I write songs, I write what I believe – not necessarily what I feel. Sometimes writing the song is an act of faith – saying what I know is true so that it will remind me what's true and will help me – and others – to believe it and live it out. So when this song says “I lay my burdens at Your feet and leave them there”, the “leave them there” part is the thing I know I should do and am called to do, but that I have a tough time doing. So, this song helps me – and hopefully the listeners - to remember to do that.

### I Lay Them Down

Words & Music by Dan Adler

**CHORUS:** I lay my burdens at Your feet, I lay them down there  
I lay my burdens at Your feet, I lay them down  
For they are more than I can carry  
They are more than I can bear  
I lay my burdens at Your feet and leave them there

**1.** Jesus, you told us, if we are weary  
To come to You and You will give us rest  
To take all our burdens and cast them upon You  
For You know how to care for us the best

**2,** Sometimes my troubles, they overwhelm me  
Sometimes I just don't know what I should do  
But You gave a promise that You'll never leave me  
So I lay my burdens down and look to You

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