

Song Story # 3 – *I Run to You*

Several years ago, Sandy and I were leading worship for a youth retreat at a camp in Myrtle Beach, South Carolina. While the speaker was speaking, we sat in the back of the room, behind all of the kids, listening. As I was listening, I found myself looking across the room at all the different kids. There were the cool kids and the jocks and the pretty girls and the geeky kids, but for some reason, my eyes landed on a sort of chubby, not very attractive young girl as she sat and listened. As I looked at her, my mind started to ponder her life a bit. I thought about how, in a world where, especially for a young woman, slimness, beauty and glamour seem to be the prime things that validate a girl, she had so much against her. I thought about how hard it was going to be for this young girl to feel loved and validated for just who she is. I thought about how lonely she probably felt. I thought about how she will feel so tempted to run to whatever might come along to make her feel loved and validated. I thought about how it will probably be hard for her to keep her heart and hope on God... I felt the weight of that as I thought about her. Now I could have had those same thoughts from different angles about all the other categories of kids that day as well. But for some reason, this girl and her life had my attention. And as I sat there thinking about her, I got the inspiration for the song "I Run to You". I wanted to write a song that might be from her perspective. I hoped to write an upbeat song that maybe kids like her would sing that might express some of those honest feelings of loneliness, pain, temptation and fear in a prayer to God. But I also wanted it to affirm the hope that we really can run to God and that He truly does love us and how that inspires us to love Him back and to praise Him. The first verse especially captured her pain for me. And the 2nd and 3rd verses also fit the angst of a young person like her, but came right out of my own personal struggles as well. All I had to write on was a napkin, so I started scribbling out the words to this song on that napkin as the speaker kept speaking. I shoved it in my back pocket and finished writing all of it when I got back from my trip. Somehow I could read it and it was still in tact.

I love singing this song because I think there's great comfort in honest prayers. I think that God welcomes them and comforts us as we run to Him with all of our fear and doubt and sin and mess – instead of running away from Him. And when we run to Him, He receives us with true love, hope, courage, strength and mercy. I'm grateful that this is true for that young woman and that it's true for me as well.

You can click on this link to hear this song and see a slideshow of it on Youtube. <http://www.youtube.com/watch?v=cTwUNDoPmZc> This song is recorded both on my recent solo CD "Songs for the Battle" and on our Heart of the City "With One Voice" CD. If you don't have these CD's already, you can order them from us by emailing us at dadler@heartofthecity.org or you can download just this song on iTunes, CDBaby.com and many other mp3 sites.

I Run to You

by Dan Adler

1. Sometimes it's lonely, Lord, livin' in this world, livin' in this world
Tryin' to follow You
Sometimes it's lonely, Lord, livin' in this world,
Feelin' I'm unlovely to everyone but You

So I run to You, 'cause You are so loving
And I come to You, 'cause Your love is great
Oh, I run to You, and I bring You praises
'Cause You promised me that You won't go away! No!

2. Sometimes I struggle, Lord, livin' in this world, livin' in this world
tryin' to do what's right
Sometimes I struggle, Lord, livin' in this world,
Feelin' such temptation, it's such an uphill fight

So I run to You, 'cause You are so mighty
And I come to You, 'cause You are so strong
Oh, I run to You, and I bring You praises
'Cause You carry me when I can't carry on

Bridge: I'll bless You, I'll thank You, I'll praise You forever
Your grace is sufficient for me
My shelter, my refuge, my strength and my comfort
I'm running to You and You're setting me free

3. Sometimes it's scary, Lord, livin' in this world, livin' in this world
Wonderin' what's ahead
sometimes it's scary, Lord, livin' in this world
Troubles all around me keep messin' with my head

So I run to You, 'cause You'll never leave me
And I come to You, 'cause You calm me down
Oh, I run to You, and I bring You praises
'Cause You bring me peace where no peace can be found (repeat)
'Cause You pick me up every time I fall down
'Cause no other love like Your love can be found
Every time that I'm lonely, I run to You!

Every time that I sorry, I run to You!
Every time that I struggle, I run to You!
Every time that I'm thankful, I run to You!
I run, I run, I run, I run to You!
I run, I run, I run, I run to You!

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