

You Raise Me Up

Music from a Secret Garden by Rolf Løvland - 1996 (Norwegian composer and pianist); lyrics by Brendan Graham - 2001 (Irish novelist and composer), and; as recorded by Josh Groban - 2004 (American singer, song writer and actor).

YOU ARE INVITED TO SING THE CHORUS AS WE SIGN! (Underlined)

Verse

*When I am down and, oh my soul, so weary;
When troubles come and my heart burdened be;
Then, **I am still and wait here in the silence,***

**But when we decide to look up and let God help us
and wait we know the answer will be the right one -
God's plan for us.**

Until You come and sit awhile with me.

I know it is God to whom I must connect.

Chorus (repeat 4 times)

You raise me up, so I can stand on mountains;

You raise me up, to walk on stormy seas;

I am strong, when I am on your shoulders;

**We are strong when we let God hold us on His shoulders
and trust God to lead the way, to help (just like the boy
in the picture is trusting his parent....**

You raise me up.... to more than I can be.

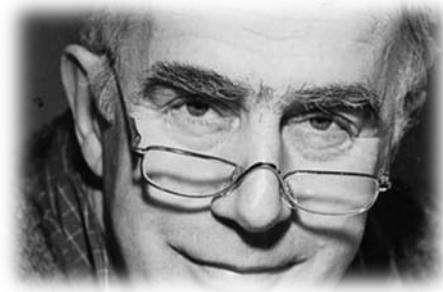
....for together "God" is our support).

Ending

*You raise me up to more than **I can be.***



This song is different for the choir. Instead of reaching out to the congregation, each choir member has known burdens, felt overwhelmed, been struck with intense grief, or a multitude of challenging things "whatever and whenever." This song is an intimate relationship between each choir member and our God. Enjoy the comments the author makes as he answers the question: **"Who is 'you' supposed to be in this song?"**



Irish novelist and composer, Brendan Graham, wrote the lyrics to this song in 2001 and it was made popular by singer, Josh Groban in 2004. In an interview here is what Mr. Graham said:

"I am often asked the question, 'Who did you mean by **you** in **You Raise Me Up**'? I have never answered the question and it is best left unanswered.

In that way the **you** can be whomever you want it to be....mother, father, sister, brother, son, daughter, grandparent, husband, wife, partner, a loved one, a leader, a teacher....or even a power outside of ourselves....nature....the beauty of our world. The **you** can be anybody or anything that raises us up to be more than we can be....on our own. In these times of great affliction for people everywhere, the **you** can be each of us through what we do to help each other, to keep each other safe....to raise each other up. It can be each of **you**, who around the world come together to perform this song of hope and strength and gratitude for all those in our countries and communities who care for us...are there for us....and keep us safe."

"Hands in Praise" is an American Sign Language (ASL) Christian choir, sponsored by Bethel Lutheran Church, Windsor, Colorado. For information, call Director, Elaine Mainwaring, 970-686-5319 or go to www.HandsInPraiseASL.com . Please feel free to take this home with you and share with others.



The different challenging times are repeated in the chorus by using different expressions in sign. This provides a fuller understanding of the song as the DEAF would "see" the signs. American Sign Language (ASL) has a different sentence structure but often it gets to the real meaning of a song that "the hearing" may miss, being distracted by rhyme or music. **See this song through new eyes.**

BURDEN - With the fingers of both bent hands on the right shoulder, palms facing down, roll the hands forward on the fingertips.
Hint: Having a heavy burden on your shoulders.



STRUGGLE - Both pointer finger hands, palms **right**, point at each other with **right** hand out front and a little to the **right** and **left** hand near your body. Together move hands out and back in (like in a **tug-of-war**). Let your body do the same movement.

GRIEF - Both "S" hands on heart palms in, index fingers touching. Twist wrists in opposite directions.
Hint: Heart wringing with pain.
<https://www.handspeak.com/word/search/index.php?id=950>

HELP - With the little-finger side of the right "A" hand, palm facing in, on the palm of the open left hand, raise both hands in front of the chest. **Hint: Giving a "helping" hand. This sign comes from God to you.**



SUPPORT - Push the knuckles of the right "S" hand up under the little finger side of the left "S" hand held in front of the chest, both palms facing in, forcing the left hand to move upward to the left.
Hint: The right hand is giving support to the left hand. Again the sign is from God to you.



STRONG - Move both "S" hands, palms facing in, forward from in front of shoulders with force. **Hint: A natural gesture showing strength.**



TOGETHER - With the palm sides of both "A" hands together, move the hands in a flat circle in front of the body.
Hint: Two things moving together.



"YOU RAISE ME UP"

VERSE

When I am down and, oh my soul, so weary;
SOMETIMES FEEL **BURDENED**; (NOD-YES) MY SOUL WEARY
When troubles come and my heart burdened be;
SOMETIMES **STRUGGLES** IN-MY-FACE; (NOD-YES)
MY HEART **GRIEF**
Then, I am still and wait here in the silence,
BUT DECIDE "OPEN-ARMS LOOK UP AND CLOSE EYES"
(RECEIVE GOD)," YOU-**HELP**-ME (NOD-YES)
Until You come and sit awhile with me.
ME, THEE **CONNECT-ME**

CHORUS 1

You raise me up, so I can stand on mountains;
ME, THEE **SUPPORT** IF FEEL TIRED THEE INSPIRE-ME
You raise me up, to walk on stormy seas;
ME, THEE **SUPPORT** IF FEEL **STRUGGLE** OVERWHEM
THEE **HELP**-ME
I am strong, when I am on Your shoulders;
STRONG, I BECOME (NOD-YES) ME THEE **TOGETHER**
You raise me up... To more than I can be
ME, THEE **SUPPORT** CAUSE-ME DEPEND-ON-YOU

CHORUS 2

You raise me up, so I can stand on mountains;
ME, THEE **SUPPORT** IF FEEL **BURDEN** THEE TAKE-AWAY
You raise me up, to walk on stormy seas;
ME, THEE **SUPPORT** IF FEEL **GRIEF** THEE DISSOLVE
I am strong, when I am on Your shoulders;
STRONG, I BECOME (NOD-YES) ME THEE **TOGETHER**
You raise me up... To more than I can be.
ME, THEE **SUPPORT** CAUSE-ME DEPEND-ON-YOU

CHORUS 3 and 4

You raise me up, so I can stand on mountains;
ME, THEE **SUPPORT** WHATEVER IN-MY-FACE CAN BEAT
You raise me up, to walk on stormy seas;
ME, THEE **SUPPORT** WHATEVER IN-MY-FACE CAN
PUSH-ASIDE
I am strong, when I am on Your shoulders;
STRONG, I BECOME (NOD-YES) ME THEE **TOGETHER**
You raise me up... To more than I can be.
ME, THEE **SUPPORT** CAUSE-ME IMPROVE

ENDING

You raise me up...to more than I can be.
ME, THEE **SUPPORT** FOREVER TWO-OF-US **CONNECT**

CONNECT - With the fingers of both "9" hands interlocked, right hand closer to the chest than the left, move the hands forward and back with a repeated movement. **Hint: Similar to the sign for "join" moving back and forward to indicate the relationship between the two things or interlocking**

