

JUST BE HELD

Verse 1

Hold it all together
Ev'rybody needs you strong
But life hits you out of nowhere
And barely leaves you holding on
And when you're tired of fighting
Chained by your control
There's freedom in surrender
Lay it down and let it go

Chorus

So when you're on your knees
And answers seem so far away
You're not alone
Stop holding on and just be held
Your world's not falling apart
It's falling into place
I'm on the throne
Stop holding on and just be held
Just be held, just be held

Verse 2

If your eyes are on the storm
You'll wonder if I love you still
But if your eyes are on the cross
You'll know I always have
and I always will
And not a tear is wasted
In time you'll understand
I'm painting beauty with the ashes
Your life is in My hands

Bridge

Lift your hands lift your eyes
In the storm is where you'll find Me
And where you are I'll hold your heart
I'll hold your heart
Come to Me find your rest
In the arms of a God who won't let go

Ending

Just be held
Just be held

HAIL HOLY QUEEN ENTHRONED ABOVE

Verse 1

Hail holy queen enthroned above
O Maria
Hail Queen of mercy and of love
O Maria
Triumph all ye Cherubim
Sing with us ye Seraphim
Heaven and earth resound the hymn
Salve Salve Salve Regina

Verse 2

The cause of joy to all below
O Maria
The spring through which all graces
flow
O Maria
Angels all your praises bring
Earth and heaven with us sing
All creation echoing
Salve Salve Salve Regina

Verse 3

O gentle loving holy one
O Maria
The God of light became your Son
O Maria
Triumph all ye Cherubim
Sing with us ye Seraphim
Heaven and earth resound the hymn
Salve Salve Salve Regina



Kingdom
Builders

JUST BE HELD

AUGUST 2025 GATHERING NOTES



1. Valley of Tears
2. Seven Sorrows of Mary
3. Welcoming the Divine

VALLEY OF TEARS

We have both a Heavenly Father and Mother that desire to hold us,
especially in times of struggle.

“ . . . He said to His mother, ‘Woman, behold, your son.’ Then He said to the disciple, ‘Behold, your mother.’” John 19:26-27 (from the Gospel 9/18/25)

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God, That we may be made worthy of the promises of Christ.

SEVEN SORROWS OF MARY

The Seven Sorrows of Mary show us how she walked through the Valley of Tears. We can claim her as our advocate along our own journey.

The Prophecy Of Simeon ~ The Flight Into Egypt ~ Search For The Child In Jerusalem ~ Mary Meets Jesus On His Way To The Cross ~ Standing At The Foot Of The Cross ~ The Crucifixion And Descent From The Cross ~ Assisting At The Burial Of Christ

WELCOMING THE DIVINE

We do not allow the enemy to steal our peace and joy; we choose to live in the Divine Environment.

"Those who trust that God is guiding everything can never be frustrated ... they are not disappointed, because everything is just as it should be; not in itself; far from it, but as the environment they are to live in, a 'divine environment.'" Wilfried Stinissen

"We know that all things work for good for those who love God" Romans 8:28

"Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof. . . . But presently, He starts knocking the house about in a way that hurts terribly. . . . You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself." C.S. Lewis

"Who can know God's counsel, or who can conceive what the LORD intends?" Wisdom 9:13-18 (1st Reading 9/7/25)

"Honor the Discomfort." KB Motto

"At the time, all discipline seems a cause not for joy but for pain, yet later it brings the peaceful fruit of righteousness to those who are trained by it." Hebrews 12:5-7, 11-13 (2nd Reading 8/24/25)

"The frequent attempt to conceal mental pain increases the burden: it is easier to say 'My tooth is aching' than to say 'My heart is broken.'" C.S. Lewis

"My daughter, behold these wounds. They have all been opened for your sins. But now, be consoled, for they have all been closed by your sorrow." Jesus speaking to St. Gemma Galgani

*The steps for Personal Deliverance Prayer can be found on page 21 of the Gathering Companion.

NOTES

Join us for our
Women's
Conference on
October 4th!

Behold
I make all things new
REVELATION 21:5



Buy your ticket and T-shirt:
BuildingThroughHim.com/conference

We would love to have your
feedback on your Gathering
experience. Please follow this QR
code to a two-minute survey.



The dates of all Gatherings at all Host Parishes
can be found on our website.

www.BuildingThroughHim.com

If you are a Catholic that has been away from the Sacraments ~ Jesus thirsts for you to come home. If you are not Catholic but are seeking Jesus in the Eucharist, He longs to give Himself to you. Please contact our RCIA Director below for more information.

PARISH INFORMATION



Listen to the Podcast: Building Through Him!