Help Set the Captives Free

cheryl anne day—swallow
August 10, 2025

On days that you and your friends or loved ones seem like the world is just pushing down on them or you, its hard to stay positive. I totally understand. But there is a way out of feeling like this.

Just be keep being grateful for what you have and think about ways you can help the captives be free.

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James 2:14-17
"What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead." This passage emphasizes that faith should be accompanied by practical acts of service and helping others.

Galatians 6:2
Carry one another’s burdens, and in this way you will fulfill the law of Christ.

Isaiah 61:1
The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners

1 Thessalonians 5
Rejoice always. Pray without ceasing. In everything give thanks, for this is the will of God in Christ Jesus toward you. Do not quench the Spirit. Do not treat prophecies with contempt, but test all things; hold firmly that which is good. Abstain from every form of evil.

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[Verse 1]
Sensitive souls, they wear a heavy load,
Exhausted by the pressures that this world bestows.
When will the torment end? When can we heal?
What can we do to change what we feel?

[Chorus]
We can lift our hands higher, with a grateful heart,
We can pray for each other, that's a really great place to start,
Instead of focusing on the worldly wrongs we see,
Let’s share the gifts we have and help set the captives free.

[Verse 2]
The bills are stacking up, putting heavy weights on our chest,
While the rich folks grow richer, it’s the poor who’ve been oppressed.
Evil eyes they are a lurking, wanting more of what they see,
Why can't they just be happy and just let things be

[Chorus]
We can lift our hands higher, with a grateful heart,
We can pray for each other, that's a really great place to start,
Instead of focusing on the worldly wrongs we see,
Let’s share the gifts we have and help set the captives free.

[Verse 3]
Look for the good in others, let love come your way
Help another soul to make it through the day.
With your heart wide open and a willing mind.
Love one another, stand side by side.

[Chorus]
We can lift our hands higher, with a grateful heart,
We can pray for each other, that's a really great place to start,
Instead of focusing on the worldly wrongs we see,
Let’s share the gifts we have and help set captives free.

[Chorus]
We can lift our hands higher, with a grateful heart,
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