

Arise, My Love

by Newsong

CHORUS

"Arise, My Love.
Arise, My Love.
The grave no longer has a hold on You.
not

No more death's sting.
No more suffering.
suffer

Arise - Arise - My Love!"

VERSE 1

Not a word was heard at the tomb that day,
Just shuffling of soldiers' feet as they guarded the
grave.

One day, two days, three days had passed.
Could it be that Jesus breathed His last?
Could it be that His Father had forsaken Him,
Turned His back on His Son, despising our sin?
All Hell seemed to whisper,

"Just forget it, He's dead."

Then the Father looked down to His Son and said -

CHORUS (see above)

VERSE 2

The earth trembled, and the tomb began to shake,
And like lightning from Heaven, the stone was
rolled away,

And as dead men, the guards, they all stood there
in fright,

As the power of love displayed its might.

Then suddenly a melody filled the air,
Riding wings of wind, it was everywhere,
The words all creation had been longing to hear,
The sweet sound of victory, so loud and clear -

victory

CHORUS (see above)

Arise! Arise!

Remember, American Sign Language, is the language of the deaf culture. It is a conceptual language. It is not English Language, word for word. The signs, the facial expressions and body language express the context.

VERSE 3

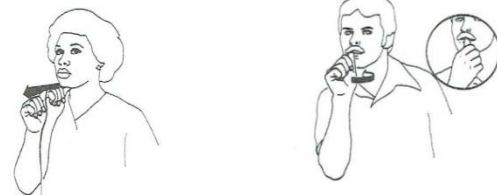
Sin, where are your shackles?
Death, where is your sting?
Hell has been defeated!
The grave could not hold the King!

CHORUS (see above)

ENDING

Arise! Arise, Arise!

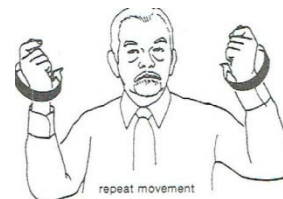
NOT - Bring the thumb of the right "a" hand, palm left, forward from under the chin with a negative shake of the head.



SUFFER - Beginning with the thumbnail of the right "a" hand on the chin, palm facing left, twist wrist back and forth several times. Facial expression should exhibit suffering.

VICTORY

With the index fingers and thumbs of both hands pinched together near each side of the head, palms facing each other, move the hands in small repeated circles. **Hint:** Waving a flag to celebrate.



Take Heart - I Have Overcome the World

I tossed a salad while hubby placed the buttery rolls on the table. Family dinners nudged us to hunt for memories. *"Do you remember how Joe would make us laugh with his silly comments?"* I said to my adult sons at the dinner table. They affirmed. And we all laughed remembering Joe's wit, his unique insights and his gusto for life. But....

...that laughter visited us only after a long, painful and devastating period of grief following Joe's death. When we first faced the anguish of his death the world turned upside down with heartache. I sunk in desperation, wondering - how can I ever face my tomorrows dragging this heavy chain of sorrow? But....

...one day, in my heart, I saw the answer. Christ also dragged the cross. I saw Him bleed his pain - without complaint. Sorrow scraped His heart too. He was nailed on the wood. He tasted the bitterness of betrayal mixed with the hardship of injustice. Why did He not fight? Beg for freedom from the cross? Or curse His fate?

The answer nearly exploded in my heart. Because He knew glory awaited Him. He was "certain" eternity was His and He counted on heaven. *"I want the same"* my soul cried out. And God heard my plea. So with the celebration of the resurrection of hope and the rebirth of joy came a new beginning.

And while wearing the new outfit of healing, of joy and renewed gusto, I got busy creating a new joy-filled life. When the day comes and my chair is empty at the dinner table, what will my family say about my life? Will they scoop up a second helping of mashed potatoes or pile more meat on their plate? Will they remember the way I dreaded my Calvary or will they recall how I lived my rebirth of joy?

How about you? Have you reached your own triumph for others to see? Whether sorrow or serenity, we're subtly creating a legacy, weaving memories and painting strokes on our own portrait our family will hold in their hearts.

This portrait will display the life we lived, the values we held and the conviction that danced in our hearts when we answered:

Did we keep moving with strength of hope, or did we sink under the weight of our cross?
Did we choose to see life beyond circumstances, or did circumstance see us to despair?
Did we face challenges with determination, or did we allow them to determine our destiny?
Did we look for tomorrow with passion, or did momentary trials rob the passion for today?
Did we reach out to others to encourage them, or did our own discouragement reach out to hold us back?
Did we live life rich with God's reassurance, or did we live empty by His grace?
Did we find the power of God's precepts, or did we fret over petty things?
Did we follow God's path, or follow our own plans?

No matter what the answer, there is no cross of pain that can hold us down, no suffering that can hold us back because Jesus is alive. And with passionate love He declares. ***"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart? I have overcome the world."*** John 16:33

Devotional Source - Janet Perez Eckles - Devotional - adapted

Sign Source: [Signing, How to Speak with Your Hands](#), Elaine Costello, Illustrated by Lois A. Lehman, pages 192, 207, CCL

"Hands in Praise" is a Christian American Sign Language (ASL) choir sponsored by Bethel Lutheran Church, Windsor, Colorado. For information, call Director, Elaine Mainwaring, 970-696-5319 or go to **www.bethelwindsor.com**, click-**More**, click-**Ministries**, click-**Hand in Praise**.
Please feel free to take this song sheet home with you and share with others.

