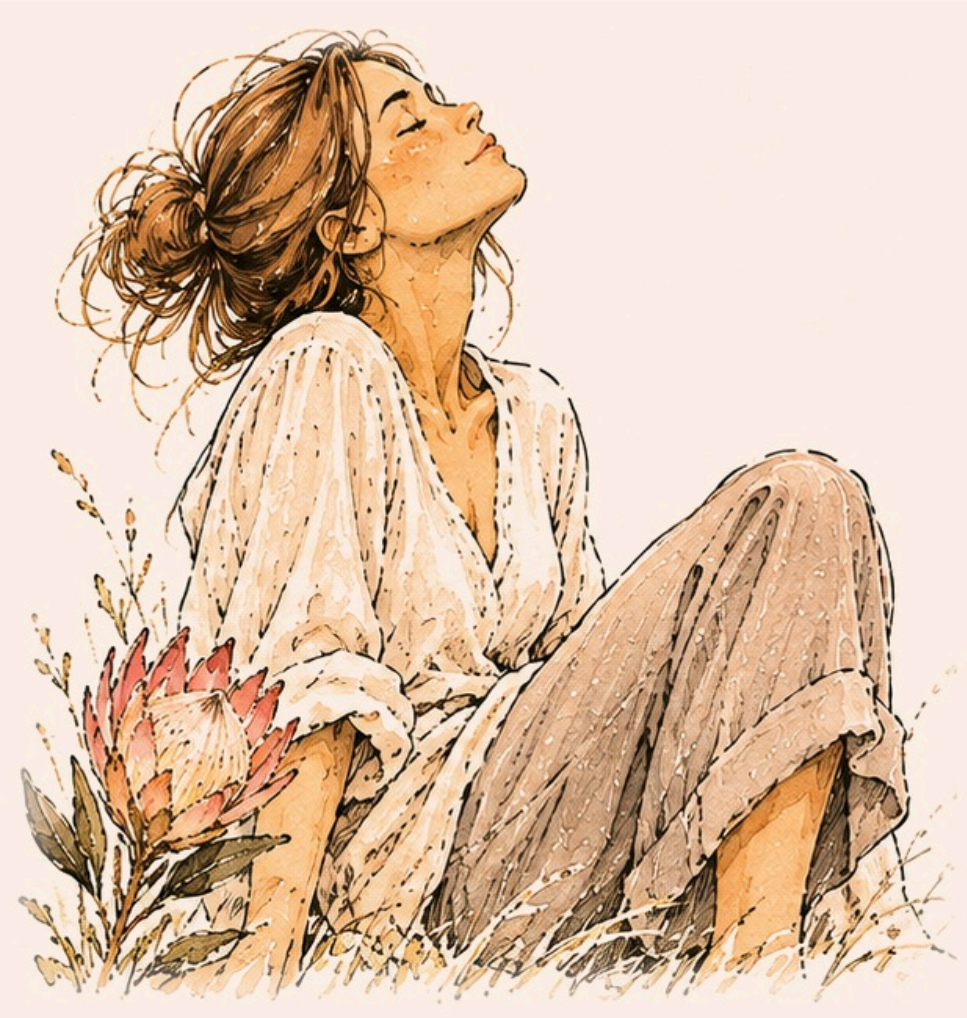


Metanoia

THE LYRICS

Sophia Oakley · words by Tehilla Luttig





Metanoia

SONGS AND LYRICS

sung by Sophia Oakley
words by Tehilla Luttig

www.tehillaluttig.com



metanoia

μετάνοια

meta, together with · *noieō*, to perceive with the mind

The awakening of the mind to that which is true;
a re-alignment of one's reasoning;
a gathering of one's thoughts, a co-knowing.

FRANCOIS DU TOIT, THE MIRROR BIBLE

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Be Still and Know

Written by Tehilla Luttig



Let go...
Let go...
You can let go...

Open your hands
Drop your shoulders
Release your jaw
Let your body soften

Release the breath
You've been holding in
You don't have to brace
For what might happen

You don't have to
Hold it all
You don't have to
Know it all

Let go...
Be still...

Let go
And know
That I am God

Be still
And know
That I am God

Be still...
Be still...
And know
That I am God

Before the answer
Before the healing
Before the door
Swings open wide

Before tomorrow
Before you know
You can release
Your hold on life

Let go
And know
That I am God

Be still
And know
That I am God

God is good
God is love
God is kind
God is here

Be still
And know
That I am God

Let the ground hold you
Let the waters roll

You don't have to save the world
You don't have to be in control

Let your hands fall open
Let your whole heart breathe

You are held in Love
You are free to be

Be still...
Be still...
And know...

That I am good...
That I am love...
That I am here...

Let go...
And know...
That I am God...

Let go...
Be still...
And know...
That I am God.





You don't have to save the world
You don't have to be in control

You are held in Love
You are free to be

Open your hands
Drop your shoulders
Release your jaw
Let your body soften

When I Am Afraid

Written by Tehilla Luttig



Fear not, for You are with me
I don't have to be dismayed
You are my God, You strengthen me
You help me when I'm afraid
You hold me, You uphold me
I am safe within Your hand
Fear can come, I don't have to run
You are with me where I am

When I am afraid
I can trust You
When I am afraid
I can trust You
I am held
I am loved
I am not alone
When I am afraid
I can trust You

Though I walk through the darkest valley
I don't have to fear the dark
You are with me, You comfort me
You know exactly where I am
You prepare a table before me
Even here, even now
Goodness and mercy are following me
I am surrounded somehow

When I am afraid
I can trust You
When I am afraid
I can trust You
I am held
I am loved
I am not alone
When I am afraid
I can trust You

Through the waters, You are with me
Through the rivers, You hold me safe
Through the fire, You are with me
You call me precious in Your sight
You call me honoured, You love me
You have called me by my name
I belong to You, You know me
I don't have to be afraid

You give me power and love
You give me a sound mind
You never leave or forsake me
You are with me every time
Nothing present, nothing coming
Nothing high and nothing deep
Can separate me from Your love
I am Yours and You keep me

When I am afraid
I can trust You
When I am afraid
I can trust You

I am precious
I am loved
I am held
I am known

I am Yours
I am not alone

When I am afraid
I can trust You

When I am afraid
I can trust You





Fear can come, I don't have to run
You are with me where I am

I am precious
I am loved
I am held
I am known

When I am afraid
I can trust You

Even Here

Written by Tehilla Luttig



No fruit on the branches
No grapes on the vine
The fields aren't producing
What I thought would be mine

No sheep in the pasture
No cattle in the stall
Nothing in front of me
Looks fruitful at all

I know the goodness of Your heart
Beyond what I can see
What I know of You is still
The truest thing to me

Even here
Even here
When nothing is growing
And nothing is clear
Even here
I can still rejoice
Because what I see is not all there is
And Your goodness hasn't changed

I don't have to call it failure
Because I cannot see the fruit
I don't have to call You absent
Because I don't know what You're doing

The field can't tell me who You are
The lack can't speak for You
My life is held within a goodness
That doesn't change with what I view

I know the goodness of Your heart
Beyond what I can see
What I know of You is still
The truest thing to me

Even here
Even here
When nothing is growing
And nothing is clear
Even here
I can still rejoice
Because what I see is not all there is
And Your goodness hasn't changed

I don't rejoice because it's easy
I don't rejoice because it doesn't hurt
I don't have to call the barren fruitful
To know Your goodness isn't lost

I won't measure love by harvest
I won't measure truth by sight
The field may tell me what is missing
But it cannot tell me what is right

Even here
Even here
When nothing is growing
And nothing is clear
Even here
I can still rejoice
The barren field cannot redefine
The goodness of Your heart

Even here
Even here
I don't have to make it beautiful
To find Your goodness here
Even here
I can still rejoice
What I see is not all there is
Your goodness hasn't changed

No fruit on the branches
No grapes on the vine
And still I will rejoice
Your goodness hasn't changed

Even here
Even here





I don't have to make it beautiful
To find Your goodness here

The field may tell me what is missing
But it cannot tell me what is right

I won't measure love by harvest
I won't measure truth by sight

Leaning In

Written by Tehilla Luttig



Doubt gets loud so quickly
It knows exactly where to speak
One thought becomes a thousand
And suddenly I can't see

I used to think You wanted
A steadier version of me
Someone who never questioned
Someone better at belief

But You don't seem offended
When I spiral underneath
You don't ask me to believe harder
Or prove what I believe

Maybe my faith never grew
Maybe I just learned to lean
Maybe You were holding all of it
Before I knew what faith could mean

I thought faith was me gripping tighter
Trying hard not to let go
Maybe faith is letting You hold me
And finding out You always have

I counted all the moments
I was certain, I was strong
Called those days my faithful ones
And thought the doubt meant something's wrong

But underneath the noise
Not louder, just more true
Something deeper than my certainty
Keeps leaning into You

And You don't seem disappointed
When my questions circle back
You're not measuring devotion
By the doubts I never had

Maybe my faith never grew
Maybe I just learned to lean
Maybe You were holding all of it
Before I knew what faith could mean

I thought faith was me gripping tighter
Trying hard not to let go
Maybe faith is letting You hold me
And finding out You always have

What if faith was never mine
To build from nothing, brick by brick?
What if You were underneath me
Even when my footing slipped?



What if every time I thought
I'd somehow wandered out of reach
I was falling into something
That was deeper underneath?

So let the questions come
Let uncertainty have room
You have never needed certainty
To keep me close to You

Maybe my faith never grew
Maybe I just learned to rest
Stopped confusing my conviction
With the faithfulness beneath it

I don't have to grip You tighter
I don't have to make it true
Maybe faith is letting You hold me
While I'm learning to lean into You

Doubt gets loud so quickly
But louder doesn't mean more true
Maybe faith was Yours all along
And I'm just learning to lean into You



Maybe faith is letting You hold me
And finding out You always have

Doubt gets loud so quickly
But louder doesn't mean more true

You have never needed certainty
To keep me close to You

Metanoia

Written by Tehilla Luttig



Mmmmmm...
Mmmmmm...
Mmmmmm...

Mmmmmm...

We were taught repentance meant remember
Everything that we'd done wrong
As if fear and shame were needed
To keep us good

Find the sin
Feel the sorrow
Promise we'd do it right tomorrow
We got very good at looking back
And called that changing our lives

We thought shame would keep us humble
Keep us somewhere close to grace
So we studied every fracture
Till the cracks became our face

We were trying to pay for mercy
With a currency called shame
As if grace became more sacred
If we suffered for the change

But You never asked us
To keep proving we were wrong
You invited us to see things
From where You've seen us all along

Metanoia
Change the way we see
Till the thoughts we keep returning to
Agree with what You know of us

Metanoia
A whole new way to think
Not a lifetime looking backward
But learning how to see

We had always heard "repentance"
Never knew the Greek behind
Metanoia meant a changing
Of the heart and of the mind

So what if turning isn't staring
At the worst thing we have done?
What if turning is agreeing
With what You've known all along?

Metanoia
Change the way we see
Till the thoughts we keep returning to
Agree with what You know of us

Metanoia
Let the old lens fall
We don't have to hate who we were
To answer when You call

Not: Look how bad you've been

But: Come and see what I can see

Not a life spent paying for grace

But grace renewing me

Not rehearsing every failure

So we never lose our place

Not becoming more forgiven
Just awakening to grace

I can change my mind
I can change my mind
I can let Your truth
Rewrite the story I recite

Again and again
As the old thoughts lose their grip
Not earning Your forgiveness
Just learning to live in it

I can change my mind
I can change my mind
Maybe changing how I see
Was what You meant all this time

Metanoia
Change the way I see
Till the thoughts I keep returning to
Agree with what You know of me

Metanoia
Let the old lens fall
I don't have to hate who I was
To answer when You call

I can change my mind
I can change my mind

Not looking back forever
To prove that I have changed

Metanoia

Till the way that You've been seeing me
Feels more familiar than shame



We were trying to pay for mercy
With a currency called shame

Not becoming more forgiven
Just awakening to grace

Till the way that You've been seeing me
Feels more familiar than shame

Are You Willing?

Written by Tehilla Luttig



Are You willing?
Do You want to?
Are You willing?
Do You want to?

A man with leprosy came to Jesus
Fell down at His feet
"Lord, if You are willing
You can make me clean"

He wasn't asking if He could
That part he already knew
The question underneath the question was
Do You want to?

Do You want this for me?
Do You desire it too?
If healing lives within Your hands
Does Your heart reach for it too?

And Jesus reached toward the man
Before another word
Touched the skin no one would touch
And gave the answer first

"I am willing"

I've heard those words before
But somehow I had heard them
Like a yes and nothing more

"I am willing"

Not permission
Not persuasion
Not, I suppose I will

There was desire in the answer
There was movement in Your will

You could
And You would
Because You wanted to

Are You willing?
I am willing

Do You want to?
I want to

Everybody knew his illness
It entered every room before his name
But when Jesus looked toward him
He never disappeared behind his pain

A body can be hurting
Without becoming who we are
You never lose the person
In the story of the scar

And maybe I can trust that
When You look at mine as well
You are not standing at a distance
Waiting to be compelled

Because maybe that's the question
I have carried quietly too
Not whether You are powerful
But whether healing reaches me too

"I am willing"

I've heard those words before
But now I hear the heart
Not reluctant kindness
Not a God I have to start

"I am willing"

Not permission
Not persuasion
Not, I suppose I will

There was desire in the answer
There was movement in Your will

You could
And You would
Because You wanted to

Are You willing?

Do You want to?

Maybe I have made Your goodness
Something I could talk You into
Prayed a little harder
Tried to get the wording right

Are You willing?

Do You want to?

I believed that You were able
I believed You healed before
But I wondered if Your healing
Would reach me at all

And You said...

"I am willing."

Not just for him
Not just back then
Not just the miracles
I've heard about

The man who came
With nothing to offer
Was met with a hand
That reached out first

You didn't turn away
You didn't make him wait
You touched the place
The world had taught him to hide

And when he asked
If You were willing

You said...

"I am willing."

And maybe I can bring You
The places that still hurt
Without first deciding
What I think I deserve

I don't have to stand outside
And wonder if I'm in
I can bring my need for healing
To the One who reached for him

"I am willing"

Now I hear it differently
Not reluctant kindness
Not a favour done for me

"I am willing"

Not a promise I can force
Not a healing I can earn
Not a love I must persuade

But the heart of Jesus
Reaching toward the hurt

You could
And You would
Because You wanted to

Are You willing?
I am willing

Do You want to?
I want to

Are You willing?
I am willing

Do You desire to?
I desire to

You could
You would

You wanted to

Three small words
And underneath them
The answer I was looking for

Not just for him
Not just back then

Your willingness
Reaches here too

"I am willing."





He wasn't asking if He could
That part he already knew
The question underneath the question was
Do You want to?

A body can be hurting
Without becoming who we are

You could
And You would
Because You wanted to

Holy Holy Holy

Written by Tehilla Luttig



Holy, holy, holy
Hallowed be Thy name
Holy, holy, holy
Hallowed be Thy name

Since I was little
I'd close my eyes
And fold my hands

Our Father
Who art in heaven...

My feet would dangle from the chair
I'd whisper words I knew by heart
I didn't know what half them meant
But I knew where they all would start

I pictured You beyond the blue
Somewhere higher than the stars
Somewhere I could never get to
Somewhere very far

Then one day I heard it differently
A little word I'd always known
He didn't say my Father
He said our
And something in me opened

Holy, holy, holy
Hallowed be Thy name
Not a name I have to make holy
But a heart I get to know

Your kingdom come
Your will be done
Not a formula to bring You near
But an invitation to discover
The love that's always here

Your kingdom come
I thought You hadn't come yet
Like we were waiting for a world
Where You would finally reign

And Your will be done
I used to hear it like a warning
As though surrender meant I'd lose
The very person I was born to be

But what if Your will looks like Jesus?
What if love was always the plan?
What if surrender isn't disappearing
But becoming who I am?

I used to close my eyes
To find You somewhere far away

Now sometimes I close them
Just to notice
You were here before I prayed

And every time I look at Jesus
I discover You again
There's so much more to knowing You
Than all the words I've said

Holy, holy, holy
Hallowed be Thy name
Not a name I have to make holy
But a heart I get to know

Your kingdom come
Your will be done
Let the earth begin to see
The love that Jesus came revealing
Was already reaching me

Our Father
Who art in heaven...

Holy, holy, holy
Hallowed be Thy name

And I get to call You

Papa





What if surrender isn't disappearing
But becoming who I am?

Now sometimes I close them
Just to notice
You were here before I prayed

Not a name I have to make holy
But a heart I get to know

From Wholeness

Written by Tehilla Luttig



Not for it
From it
Not someday
Already

I kept waiting till I healed
Till the scars no longer showed
Till I felt a little stronger
Till I finally felt whole

I put so much life on hold
Waiting for that someday me
Never knowing I could start
From the wholeness already in me

What if healing isn't climbing
To a place I've never been?
What if it's remembering
The truth that's always lived within?

I heal from wholeness
Not to become whole
I live from fullness
Not to fill a hole

I love because I'm loved
I rest because I belong
I'm not trying to become
What I've been all along

From wholeness
From wholeness
It's where I begin
Not where I'm going

I can feel the weight of sorrow
Without calling myself lost
I can hold the parts still hurting
Without measuring their cost

I can grow without believing
There's something wrong with who I am
Every step is an expression
Not a test of where I stand

I don't have to wait for healing
To begin to live my life
I can trust the life within me
Even when it still feels hard

I heal from wholeness
Not to become whole
I live from fullness
Not to fill a hole

I love because I'm loved
I rest because I belong
I'm not trying to become
What I've been all along

From wholeness
From wholeness
It's where I begin
Not where I'm going

Not when the pain is over
Not when the fear is gone
Not when I've found the answers
Or finally become strong

Not when my body feels better
Not when my mind is still
Not when my life looks perfect
Or everything bends to my will

Here
In the middle of becoming
Here
With so much still unknown

I am held
I am loved
I am whole

I heal from wholeness
Not to become whole
I live from fullness
Not to fill a hole

I give because I'm grateful
I create because I'm free
I don't have to chase completion
It's already part of me

From wholeness
From wholeness
It's where I begin
Not where I'm going

I can heal
I can grow
I can change
And still be whole

Not someday
Not when I'm ready

Already

From wholeness



I heal from wholeness
Not to become whole
I live from fullness
Not to fill a hole

I can grow without believing
There's something wrong with who I am

I can heal
I can grow
I can change
And still be whole

There's Always More

Written by Tehilla Luttig



I thought I knew the story
I'd heard it all before
The words upon the pages
I thought there was no more

But something made me linger
Where I'd always hurried through
And in the words I thought I knew
I found another glimpse of You

Not a different God
Not a different truth
Just another layer
Of the beauty that is You

So I'll look again
And then I'll look some more
Every time I think I've seen it all
There's beauty I haven't seen before

One thing I desire
One thing I will do
To spend my life discovering
The endless beauty of You

I used to read for answers
For the rules to get things right
I'd search to find the boundaries
Between the wrong and right

But now I read with wonder
And questions I'm not scared to ask
And where I once expected judgment
I keep finding grace instead

Not a different story
Just a clearer view
And every time I linger
There's more to discover in You

So I'll look again
And then I'll look some more
Every time I think I've seen it all
There's beauty I haven't seen before

One thing I desire
One thing I will do
To spend my life discovering
The endless beauty of You

What if we were wrong about Your anger?
What if we misunderstood Your heart?
What if all the things we thought we knew
Were only where the questions start?

And what if there's no end to wonder?
No final page, no last surprise?
What if every glimpse of beauty
Opens up our hearts and eyes?

And I don't need to have You figured out
To know that You are good
There's no end to understanding
And I don't think there should

The more I discover of You
The freer I am to be me
And the more I behold Your beauty
The more of my own I see

So I'll look again
With eyes that long to see
Not just the words upon the page
But all the beauty underneath

One thing I desire
One thing I will do
To spend my life discovering
The endless beauty of You

I thought I knew the story
I'd heard it all before

But the longer I behold You
The more I want to know

So I'll look again
I'll look again

There's always more of You.





The more I discover of You
The freer I am to be me
And the more I behold Your beauty
The more of my own I see

And I don't need to have You figured out
To know that You are good

What if there's no end to wonder?
No final page, no last surprise?



LISTEN

Every song in this book is on Spotify and YouTube.
The lyrics for all the albums live online too.

tehillaluttig.com/lyrics

Sung by Sophia Oakley · Words by Tehilla Luttig

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