
METRO PRAIZ NEWS

February 2001

Let's remember...

That we're here to sing to God's Name, Honor and Glory

Why Do We Sing?

We must sing cause we cannot keep silent

We must sing cause he gave us a song

We must sing cause he has redeemed us

We must sing praises to our God.

Act like a success

Success is what you make it to be

How would you act today if you were the most successful person in your industry? How would you dress? How would you walk? How would you prioritize your time? Who would you speak to? What would you say?

What is preventing you from doing these things today? Nothing except your own expectations. You

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A Little Discomfort

Meet and greet your fellow choir members

When you meet a new person the relationship is a bit awkward at first. Over time, you become comfortable with each other and the relationship can blossom into something of great value. Yet I wonder how many relationships never even get a chance because they are so uncomfortable at the beginning.

Meeting new people, learning new skills, presenting your ideas, taking risks -- all these things can be very uncomfortable at first. After a while, though, that discomfort disappears and you're left with something very valuable such as a relationship, a skill, an influence, or an accomplishment.

When you have the courage to step outside your comfort zone, then you begin to create new value for your life. On top of that, your comfort zone expands. Sure, new things are a little uncomfortable. Yet that little bit of discomfort will soon pay big dividends. Endure a little discomfort. Meet new people, learn new skills, and take some calculated and intelligent risks.

A little discomfort won't hurt you, and can bring you big rewards.

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Let everything that
Let everything that
have breath praise the Lord...rd...

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can stand confidently, walk confidently, speak and act confidently at any point in time.

Confidence comes not only from where you've been. It also comes from where you expect to go. Expect the best and you'll be your best. Sincerely act like a winner and you become a winner.

Winners understand that their actions create their reality. How would you act if you were successful? Do it today. Understand that the actions come first and the success comes as a result. Act like a success, and before long you will be.

Learning Music? Need words?

Come in the House

Come in the house
Come in the house
Jesus you are welcome
Let your glory fill the house

Let your love fill the house
Love fill the house
Jesus you are welcome
Let your love fill the house

Let your glory fill the house
Glory fill the house
Jesus you are welcome
Let your glory fill the house

Let your presence fill the house
Presence fill the house
Jesus you are welcome
Let your presence fill the house

Hallelu is the Highest Praise

Hallelu is the highest praise
Hallelu is the highest praise
We praise thee oh Lord
For thy name, alone, above
Hallelu is the highest praise

We Sing Glory

We Sing Glory, to the king of kings
He's so marvelous
He is everything

It's a good thing, to love him and he loves you back

It's a good thing, to love him and that's a fact
Oh how wonderful it is, to bless his name

Joy and Peace

Sopranos

Your joy and your peace
Your love and liberty

Everyone

The warmth of your presence
Your tender mercy

Sopranos

Your grace is sufficient
Thine heir will bring to me

Everyone

Your blessings are plenteous
You meet all my needs
Because of these things
I shall not want
Because of these things
I give you my heart

Vamp

My heart, my mind, my soul
It all, belongs to you, Lord
REPEAT x3

Everything about me
All that I am
Is yours Lord
All that I am (x3)

Because of these things
I shall not want
Because of these things
I give you my heart

Your kindness is shown
To each and every man
For this, we are grateful
We life up our hands

Sopranos

In times of trouble
You are a present help

Everyone

Your words we can count on
You can't deny yourselves

UPCOMING PERFORMANCES

March 17

Seabrook SDA Church
Divine Hour
Arrive no later than 10:00 a.m.

March 24

Queens, New York, all day
Lunch will be provided
Transportation will be provided.

April 14

Memorial Service for Candice Drakes @ Metro.
Takoma Academy Choir
Venue to be determined, in Washington D.C.

May 19

Burnt Mills SDA Church
10915 Lockwood Drive
Silver Spring, MD
Divine Hour
Arrive no later than 10:00 a.m.
Lunch will be provided

June 2

Pennsylvania Avenue SDA
Youth Annual Concert

BREAK: July and August

September 8

First Church Annual Rally

October (dates to be determined)

Delaware Youth Federal Concert
Metro Praiz Annual Concert, Bowie
w/ New Hope Singers coming from London,
England

*Our Father, we love call you, by your grace you have
adopted now we're your children...Fred Hammond*

Our Father—Fred Hammond

Our Father
We love to call you
By your grace we have adopted
Now we're your children
You now receive us
Join hands with Jesus
Our Father, our Father

The awesome love you've shown to us
Goes beyond our wildest dreams
You saturate our lives with grace and mercy
Because you loved you chasten us
If we should go astray
Our Father, our father

I Came to Magnify the Lord

I came to magnify the Lord
Praise his holy name
Lift Jesus higher, lift Jesus higher
I just came to magnify
I just came to glorify
I just came to praise the Lord
REPEAT

For he is worthy, worthy of all our Praise (x3)
Never will a rock cry out in my place
He's worthy of all the praise
I just came to magnify
I just came to glorify
I just came to praise the Lord
REPEAT

Three-part split

Never will a rock cry out in my place
He's worthy of all the praise
All 3 parts—once
Everyone goes up, repeat twice

Never, never, never, never, never, never, never
I just came to magnify
I just came to glorify
I just came to praise.....the Lord

In the Sanctuary—Kurt Carr

We lift our hands in the sanctuary
We lift our hands to give you the glory
We lift our hands to give you the praise
And we will praise you for the rest of our days, yes
We will praise you for the rest of our days
REPEAT

We clap our hands in the sanctuary
We clap our hands to give you the glory
We clap our hands to give you the praise
And we will praise you for the rest of our days, yes
We will praise you for the rest of our days

We sing our song in the sanctuary
We sing our song to give you the glory
We sing our song to give you the praise
And we will praise you for the rest of our days, yes
We will praise you for the rest of our days

Vamp

Jesus, we give you the praise
Emmanuel, we life up your name
Heavenly father, coming Messiah
And we will praise you for the rest of our days, yes
We will praise you for the rest of our days

Hallelujah in the sanctuary
Hallelujah we give you the glory
Hallelujah we give you the praise
And we will praise you for the rest of our days, yes
We will praise you for the rest of our days

Three-part vamp

Sopranos: Yes, yes Lord for the rest of our days
Altos: Yes, yes Lord for the rest of our days
Tenors: Yes, yes Lord for the rest of our days
All 3 parts—x3 (go up on 2nd & 3rd go around)

Hallelujah, Hallelujah, Hallelujah
For the rest of our days (x2)

Going up, repeat three-part split

Hallelujah, Hallelujah, Hallelujah
For the rest of our days (x2)

Yes, yes Lord for the rest of our days
And we will praise you for the rest of our days

Thy Name Be Praised—Dallas Fort Worth

Choir

Whoo, whoo
Holy, Holy, Holy is thy name
Wonderful, worthy let all earth proclaim
When we consider thy wondrous heavens
And all the works of they hands
We bow in your presence
Our hands lifted reverence
Thy name oh Lord, thy name be praised
Thy name oh Lord, they name be praised
REPEAT

Thy name, thy name, let thy name be praised (x4)

Three-part vamp

Sopranos:
Holy is thy name, let all heave & earth proclaim
Altos:
Worthy is, is thy name, Lamb of God, that was slain
Tenors:
Your wonderful, Lord your marvelous, Holy is thy name

Holy, your Holy, your Holy
Holy is thy name
When we consider thy wondrous heavens
And all the works of they hands
We bow in your presence
Our hands lifted reverence
Thy name oh Lord, thy name be praised
Oooh's
Bom-Bom's
Thy name oh Lord, they name be praised
Thy name, thy name, let thy name be praised



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A.S.A.P

Ever wonder about the abbreviation A.S.A.P.? Generally we think of it in terms of even more hurry and stress in our lives.

Maybe if we think of this abbreviation in a different manner, we will begin to find a new way to deal with those rough days along the way. There's work to do, deadlines to meet; You've got no time to spare, But as you hurry and scurry-ASAP - ALWAYS SAY A PRAYER

In the midst of family chaos,
"Quality time" is rare.
Do your best; let God do the rest-
ASAP - ALWAYS SAY A PRAYER

It may seem like our worries
Are more than you can bare.
Slow down and take a breather-
ASAP - ALWAYS SAY A PRAYER

God knows how stressful life is; He wants to ease our cares, and He'll respond A.S.A.P. - ALWAYS SAY A PRAYER

Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved
-- William Jennings Bryan, US politician

Choose Joy

Most of us don't choose a difficult life—it chooses us. But we can choose our response to it. As someone once said, "Pain is inevitable but misery is optional." Yet, when difficulties arise, misery often seems to be the only option.

Fill your mind with these truths. Then, no matter what your circumstances, you can choose joy.

When trials come and my moods descend,
When pain and sorrows seem never to end,
As I yield to You, Lord, may I see
The peace and joy you've promised me.

For the Christian, joy is a choice.

More music...

Rain on Us – John P. Kee

God of mercy
God of love
Rain on us, from heaven above
REPEAT

Hallelujah is the highest praise
In advance, we praise you for your name
We exalt you, for we're not ashamed
We adore and magnify your name

God of mercy
God of love
Rain on us, from heaven above
REPEAT
On repeat, go up on God of mercy, God of love

Hallelujah is the highest praise
REPEAT line 3 times
In advance we praise you for your name
We exalt you, for we're not ashamed
We adore and magnify your name

Tenors: God of mercy, God of love, let your
blessings fall from above
Altos: God of mercy, God of love, let your blessings
fall from above
Sopranos: God of mercy, God of love, let your
blessings fall from above
Everyone

Instrumental...

Rain on us, (x10)
Rain on us, from heaven above

Rain on me (x6)

We adore you
No one before you
Rain on us
REPEAT x9

Rain on us (x11), **among instrumental...**
Rain on us, from heaven above

Be Open – Richard Smallwood

Be open, to the Spirit
Be open, to the Word
Be open, to his Power
Let it move all through your life

God is moving
By His Spirit
Be open, and receive it
Be open to his Spirit and you
Sopranos: shall
Everyone: be blessed

.....**SOLO**.....

Can't you feel it?
The Spirit moving
Don't you feel it?
His power moving
Can't you feel it?
His Spirit moving, all over you

Thank you Jesus
For your Spirit
Thank you Lord, for this feeling

Oh, I can feel it
Your Spirit moving all over me

Repeat till end

Rocking Jerusalem

Sopranos start...

Oh Mary, Oh Martha
Oh Mary, ring dem bells
REPEAT

Sopranos: I hear ark angels, a rocking Jerusalem, I
hear ark angels, ringing dem bells
Altos & Tenors: Jerusalem, Jerusalem, Jerusalem are
ringing dem bells

Church getting higher
Rocking Jerusalem
Church getting higher,
Ringing dem bells

Never Seen the Righteous—Donald Lawrence

I was young, and now I'm old
Seen a lot of situations unfold
Been a lot of places, met all kinds
But there's one thing that stays on my mind
Out of all, the things I've done
All the places I've gone
And the things I've seen

Tenors: Said I've never, seen the righteous, forsaken
Altos & Sopranos: join in on 'never', 'righteous' and
'forsaken'
Nor His seed begging bread

You don't have to worry 'bout a thang
If you're holy & righteous
REPEAT Twice, up on 2nd time

Tenors: Said I've never, seen the righteous, forsaken
Altos & Sopranos: join in on 'never', 'righteous' and
'forsaken'
Nor His seed begging bread

I never seen it (x8)
(Up on 5th time)

Three-part vamp

Sopranos: I never seen it
Altos: I never seen it
Tenors: I never seen it
Everyone

Repeat till end

*Great is the art of beginning, but greater is the art of
ending--Henry Wadsworth Longfellow*

Little Kindnesses

It's often little kindnesses that melt a heart of stone,
And leads a sad sinning soul to kneel before God's
throne,
And if these kindnesses don't work just right away,
Just you keep on trying friend, and don't forget to
pray.

Don't Give Up!

God does not put more on us than we can bare. He
loves us when we don't deserve to be loved. Think
of the words of song, 'I Almost let Go...'

I almost let go
I felt like I just couldn't take life anymore
My problems had me bound
Depression weighed me down
But God held me close, so I wouldn't let go
God's mercy kept me, so I wouldn't let go

God is hanging on to us, even when we think we
can conquer the world...your problems are not
REALLY your problems...they're God's. Let go
and let God hold you close, while he takes care of
your problems.

I almost gave up
I was right the edge of a breakthrough but
couldn't see
The devil really had me
But Jesus came and grabbed me
And he held me close, so I wouldn't let go
God's mercy kept me, so I wouldn't let go

Be patient! You'll eventually get to where you want
to be. If God wants you there, trust and have faith
that you will indeed get there. If he doesn't want
you there, he knows why. We need to trust that
God is in control of the outcome. What we call a
detour may be the Lord taking us on the scenic
route. We get lost and our plans get delayed, God
knows the way home. Trust that he'll get you there.

I'm here today, because God kept me
I'm alive today, only because of his grace
He kept me, God kept me
He kept me, so I wouldn't let go

It's not how well we do or how much success we
have that demonstrates the power of God, but its
how much we hang on, how much we persevere.

*Those who trust in the Lord are like Mount Zion,
which cannot be shaken but endures forever—Psalm
125:1*
