It's hard for me to let go, hard for me to breathe
Thinking that I gotta control it all I can feel my worry, and anxiety
When it's slipping through my fingers and I know it
I've been losing my sleep, I've been losing my cool
I can feel my heart go boom, boom, boom
Starin' at the ceiling, feeling like a fool
I'm going under and I know it

But I hear You whisper to me
If I lose my grip I could see
That You are carrying me

Oh I'm gonna let it, I'm gonna let it go
Oh 'cause if I trusted, I could move with Your flow
Being carried in the current of Your love
When I lean into Your arms, You're enough
So, I'm gonna let it
I'm gonna let it go

Time for me to let go, time for me to breathe Knowing that He already holds it all
Time for me to turn down, this anxiety
I can know my freedom in a moment
'Cause when I lay it all down, You gonna lift me up
When I pour it all out You gonna fill my cup
You're holding out your arms and telling me to jump
1-2-3 here I go yeah

'Cause I hear You whisper to me If I lose my grip I will see You're always carrying me

Oh I'm gonna let it, I'm gonna let it go
Oh 'cause if I trusted, I could move with Your flow
Being carried in the current of Your love
When I lean into Your arms, You're enough
So, I'm gonna let it
I'm gonna let it go

Letting go of my worries

For my need to control things

I'm gonna take You at Your word

I'm gonna lay down all my burdens

Oh I'm gonna let it, I'm gonna let it go
Oh 'cause if I trusted, I could move with Your flow
Being carried in the current of Your love
When I lean into Your arms, You're enough
So, I'm gonna let it
I'm gonna let it go