I'm trading my sorrows I'm trading my shame I'm laying them down For the joy of the Lord I'm trading my sickness I'm trading my pain I'm laying them down For the joy of the Lord Yes, Lord I'm pressed but not crushed Persecuted not abandoned Struck down but not destroyed I am blessed beyond the curse For his promise will endure That his joy is going To be my strength Though my sorrows may last for the night His joy comes with the morning