

HELP ME LOOK UP PRAYER

©2024 DianaDee Osborne page 1 of 3

MUSIC SHEET

www.DianaDeeOsborneSongs.com CCLI pending.

4/4 time (pu = 0)

dedicated to our DEFENDER God, 19 Oct 2024

TEMPO: 124 BPM

Album: Amazing **PEACE** 'n' **Passion** Ref: 47-xxx

Psalm 46: 1 - 2a. "God is our refuge & strength, A very present help in trouble. Therefore we will not fear..."

Psalm 5: 3. "My voice You shall hear in the morning, O LORD YHWH; In the morning I will direct it to You, and I will look up." **Isaiah 51: 6.** God YHWH says, "Lift up your eyes to the heavens,My salvation will be forever, & My righteousness will NOT be abolished". [God gives His Name in Hebrew, in Isaiah 42:8]

VERSES		<i>Osborne TExt-Based Notation (OTEN) -- see website tab for full explanation</i>															
		1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+

	D	<i>arpeggios</i>				Bm			
1-3a	Help	—		me	—	look	—	up	—
<i>melody</i>	F#	—		F#	—	F#	—	^B	—

	D	<i>straight</i>				Gmaj7	Am	G	F
1b	when	I'm		feel-	ing	down.	<i>(down</i>	<i>down</i>	<i>down)</i>
2b	when	I'm		feel-	ing	scared.	<i>(scared</i>	<i>scared</i>	<i>scared)</i>
3b	when	I'm		feel-	ing	low.	<i>(low</i>	<i>low</i>	<i>low)</i>
4b	when	Sa-		tan	tempts	me	TO	DOUBT	YOUR
<i>melody</i>	vF#	F#		F#	E	F#	E	vD	vC

	C /E			Em		Am			
1c	—	God,		I	need	You	—	so	much!
2c	—	God,		I	need	You	—	to	save
3c	—	No		mat-	ter	"what",	—	God	saves !
4c	—	John		Ten:	Ten	LOVE	—	for	me !
<i>melody</i>	—	^C		<i>high</i> B	vE	A	^G	^B	^D

	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
--	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

	Am	<i>arpeggios</i>				Em	Dm	G	Fmaj7
1d	—	I'm		fall-	ling	down	<i>(down</i>	<i>down</i>	<i>down)</i>
2d	—	me		from	des-	pair	<i>(scared</i>	<i>scared</i>	<i>scared)</i>
3d	—	You,		God,	give	HOPE!	<i>(hope</i>	<i>hope</i>	<i>hope)</i>
4d	—	Sa-		tan	wants	to	des-	troy	me.
<i>melody</i>	—	^C		A	A	^B	^A	G	E

	C	<i>straight</i>				G		Bm	
1e	Help	—		me	—	look	—	up	—
2e	Help	—		me	—	look	—	up	—
3e	Help	—		me	—	fo-	cus	on	—
4e	Help	—		me	—	look	to	YOU	when
<i>melody</i>	vE	—		^G	—	G	G	^B	(B)

	1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
--	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

HELP ME LOOK UP PRAYER

©2024 DianaDee Osborne page 2 of 3

1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

	Cmaj7	<i>arpeggios</i>				D6									
1f	trust-	ing	in	Your	Word.	—	—	—							
2f	know-	ing	You	are	there.	—	—	—							
3f	Your	love	and	Your	Word.										
4f	Doubt	says	"Don't	be-	lieve."										
<i>melody</i>	[^] B high	A	G	A	B										

	Cmaj7	<i>straight</i>	D		Am										
1g	I	—	SHALL	—	look	—	up	to							
2g	You	—	hear	—	me	—	and	You							
3g	You,	—	Yah-	weh	God	—	shall	help							
4g	In	—	my	—	heart	—	I	KNOW							
<i>melody</i>	[^] B high	—	[^] D	(D)	vG	—	[^] C	B							

	D	<i>arpeggios</i>			E										
1h,i	YOU,	my	God,	my	LORD !	—	—	—	>INT						
2h,i	love	me	AND	You	Care !	—	—	—							
3h,i	<i>me!</i>	You	NEV-	ER	LIE!	—	—	—							
4h,i	You'll	help,	AS	I'VE	<u>SEEN.</u>	—	< END OF SONG >	—							
<i>melody</i>	vA	A	[^] D	C	B										

MUSIC INTERLUDE	with echoes - Then, music repeated for Scriptures (3 sets, Vss 1,2,3)														
1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+

	Cmaj7					G									
Int-1	Je -	sus	loves	me:	Je -	sus	loves	me:							
<i>melody</i>	[^] B	vG	G	vE	[^] B	vG	G	vE							

	Am9				D		Bm								
Int-2	He	won't	leave	me.	He'll	help	me.	—							
<i>melody</i>	[^] B	vG	G	vE	vD	D	[^] F#	—							

	Cmaj7				G										
Int-3	God	has	prom-	ised.	God	has	prom-	ised.							
<i>melody</i>	[^] B	vG	G	vE	[^] B	vG	G	vE							

	Am9				D		Gmaj7								
Int-4	God	won't	leave	me.	He'll	help	me.	—							
<i>melody</i>	[^] B	vG	G	vE	vD	D	[^] F#	—							

Song Story. Written from 5 to 6 AM (all 4 sets of verse lyrics AND the music to measures 1 + 2) from 5 to 6 AM after yet another bad dream. Not a nightmare, but a continuance of a full year of prayers (with some breaks, thankfully) for God to stop letting these keep happening. YET: Looking up to Him, even when I wonder about what seems to be a Promise of deep sleep, thru Psalm 4.

HELP ME LOOK UP PRAYER

©2024 DianaDee Osborne page 3 of 3

INTERLUDE READINGS Following the sung words (3 scripture readings per set)

SET 1 after Verse 1

- Psalm 46: 1 - 2a. "God is our refuge & strength, A very present help in trouble. Therefore we will not fear..." (NEW KJV)
- Psalm 5: 3 prayer: "My voice You shall hear in the morning, O LORD YHWH; In the morning I will direct it to You, and I will look **up**."
- Isaiah 51: 6. God named YHWH says, "Lift **up** your eyes to the heavens, My salvation will be forever, & My righteousness will NOT be abolished". [God gives His Name in Isaiah 42:8 -- in Hebrew, it is spelled Y-H-W-H.] [pronounced as if **yaw- way**]

SET 2 after Verse 2

- Psalm 121: 1-3 "I look **up** to the mountains— does my help come from there? My help comes from the LORD YHWH, who made heaven and earth! He will not let you stumble; the one who watches over you will not slumber."
- Psalm 123: 1-3 "I lift my eyes to You, O God, enthroned in heaven. We keep looking to the LORD YHWH, our God, for His mercy.... Have mercy on us, LORD, have mercy...."
- Isaiah 40: 26 "Look **up** into the heavens. Who created all the stars? Creator God brings them out like an army, one after another, calling each by its name. Because of God's great power and incomparable strength, NOT a single star is missing." (NLT)

SET 3 after Verse 3

- Isaiah 40: 26 + 28 "Look **up** into the heavens. Who created all the stars?" ... "Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. [No one can measure the depths of His understanding." (NLT)
- Jesus said in Luke 21 [26 to 28]: "People will be terrified at what they see coming upon the earth, for the powers in the heavens will be shaken. Then everyone will see the Son of Man coming on a cloud with power and great glory. So when all these things begin to happen, stand and look **up**, for your salvation is near!"
- In John 16:33 [to 17:1], after describing bad times to come, Jesus said, "I have told you all this so that you may have **PEACE** in Me. Here on earth you **will** have many trials and sorrows. But **take heart, because I have overcome the world.**" [Then] Jesus looked **up** to heaven and said, "Father, the hour has come. Glorify your Son so he can give glory back to You." **EVEN JESUS LOOKED UP** to His Father God.... giving us HIS example of what to do.