

## I Am New

### Castimonia Step 11

Another way to practice meditation is through the listening of Christian or other recovery music. We must come to an understanding that Christian music contains the heartfelt prayers of the song writer and perhaps even the performer.

Martin Luther was a German monk who sparked the Protestant Reformation in 1517 when he nailed his 95 theses to a church door. He had much to say about music. Some examples:

Next to the word of God, music deserves the highest praise...the gift of language combined with the gift of song was only given to man to let him know that he should praise God with both word and music...

Next to the word of God, the noble art of music is the greatest treasure in the world. The devil, the originator of sorrowful anxieties and restless troubles, flees before the sound of music almost as much as before the word of God...Music is a gift and grace of God, not an invention of men. Thus, it drives out the devil and makes people cheerful. Then one forgets all wrath, impurity, and other devices.

Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us.

One song that means much to me is I Am New, made popular in recent years by Jason Gray.

The song is based on 2 Corinthians 5:17:

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. ESV

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! NLT

Read the lyrics (you can find it sung on YouTube, various music sites)

### I Am New - Jason Gray

Now I won't deny the worst you could say about me  
But I'm not defined by mistakes that I've made because God says of me

I am not who I was, I am being remade, I am new  
I am chosen and holy, And I'm dearly loved, I am new

Who I thought I was and who I thought I had to be  
I had to give them both up, cause neither were willing to ever believe

I am not who I was, I am being remade, I am new  
I am chosen and holy, And I'm dearly loved, I am new

Too long I have lived in the shadows of shame  
Believing that there was no way I could change  
But the one who is making everything new

## I Am New

Doesn't see me the way that I do  
He doesn't see me the way that I do

I am not who I was, I am being remade, I am new  
I am chosen and holy, And I'm dearly loved, I am new

Forgiven beloved  
Hidden in Christ  
Made in the image of the Giver of Life  
Righteous and holy  
Reborn and remade  
Accepted and worthy, this is our new name

This is who we are now...

I discovered Jason Gray and this song almost 2 years ago when I first entered recovery. It spoke powerfully to me.

Admitting my problem - Now I won't deny the worst you could say about me

Recognizing my shame and helplessness - Too long I have lived in the shadows of shame,  
Believing that there was no way I could change  
Acknowledging that God sees things differently - But the one who is making everything new  
doesn't see me the way that I do

Acknowledging that I had to change - Who I thought I was and who I thought I had to be  
I had to give them both up, cause neither were willing to ever believe

Acknowledging that God could and would change me in Him - because he saw me differently  
and what he had already done for me - Forgiven beloved, Hidden in Christ, Made in the image  
of the Giver of Life, Righteous and holy, Reborn and remade, Accepted and worthy, this is our  
new name. This is who we are now...

Secular Songs that speak to Recovery:

That's Why I'm Here – Kenny Chesney