

# Help Me Lift-a-My Load

SATB *a cappella*

Words and Music by  
Pepper Choplin

With rhythmic drive (♩ = 132)

Soloist (preach it!)

*mf*



An - y - bod - y here who feels \_\_\_ like say - ing, "O, Lord, \_\_\_ help me



lift - a - my load"? Who will join \_\_\_ me as \_\_\_ I'm \_\_\_ pray - ing?



"O Lord \_\_\_ help me lift - a - my load." \_\_\_



An - y - bod - y here who's tired \_\_\_ and hurt - ing?



Oh \_\_\_ O, Lord, \_\_\_ help me



13

Who is hold - ing a se - cret bur - den?  
lift - a - my load. Oh

16

In the morn - ing,  
O, Lord, help me lift - a - my load. Lift up, lift up,

19

in the ev' - ning. Hear the Lord say, "I will nev - er leave."  
lift up, Hear the Lord say, "I will nev - er leave." Lift up,

Take cour - age, be strong. Feel the Spir - it lead -  
lift up, lift up. Feel the Spir - it lead -

- ing you on.  
- ing you on. When the world is weigh - ing so heav - y,

O, Lord, help me lift - a - my load. Hear my pray'r and do -

A few sopranos  
Lift - a - my load. Lift up,  
- not tar - ry. O, Lord, help me lift - a - my load. Lift up,

34

in the morn - ing, in the ev' - ning. Hear the Lord say, "I\_

lift up, lift up, Hear the Lord say, "I\_

37

\_ will nev - er leave." Lift up, Take cour - age, be strong.

\_ will nev - er leave." Lift up, lift up, lift up.

40

Feel the Spir - it lead - ing you on.

Feel the Spir - it lead - ing you on. Feel the Spir - it lead -

Slower with warmth (♩=80)

43

- ing you\_ on to stop, for a\_\_ mo - ment to

46

pause and take a breath. Spend time to live in My

49

pres - ence and I will give you rest. For

52

I will hear you pray - ing when you are call - ing

55 *mf*

Me. And when your bur - dens are heav - y, My

*mf*