

STORIES BEHIND THE SONGS:-

LIFT (NOTHING I CAN HOLD BACK)

This is quite a significant song in that it was the first fruit of Sue Bavister's prophecy back in 2002 about my moving into a zone where I would write songs that would catch within the church. It was also the first of mine to be tried out in the context of a professional recording studio in the hands of a producer, as you will hear on the CD if you have got it. While it has not travelled as extensively and with as much impact as "Lose Myself" it has made an inroad into the youth culture of the Church via Lincoln's TREACLE events. As a clear indicator of things to come and a pleasing delusion that I could extend my stay in the land of youth and pitch my tent in *Tir Na Nog* I am thrilled with it!

On the last weekend of June in 2002 I was actually *attending* the TREACLE youth weekend at the Lincolnshire Showground with my fellowship's youth group. The inspiration for the song came at a reflective point in one of the worship times with the suggestion of the opening two lines in my head; I was in a place of gratitude towards God and reflecting on the fact that all our worship is merely a response to the Father's overtures of love and we cannot possibly pre-empt God or out-give Him (hopefully a theme which comes across well in the song!) I quickly wrote the rest of the song after the meeting as I made my way back to my tent.

When I offered the song to Howard Williams at dB Studio as one of a selection of 'grassroots' songs to go on a pilot project for a new series called "Released", the brainchild of Chris Bowater, he immediately latched onto it as a 'youth' song as his work on the song will show. Whereas I conceived it as a reflective ballad (and still tend to play it as such!) he gave it a much more contemporary feel. I had immediately apprised him of the circumstances in which I wrote the song, as he had been the worship leader at the event where I wrote it. The recording is probably the first and only time you will hear me sounding like a boy band thanks to Howard's backing vocals alongside Andy Bromley in the studio! Since its release Howard has adopted the song into his repertoire to some extent, and members of our youth have testified to being there when he's given it the live grungy Coldplay sound in live worship – a version I'd love to hear myself but have so far missed! Thanks for using it my friend, and thanks for your initial injection of the contemporary feel when you recorded it!