



Praise The Lord

Praise the Lord from the heavens
Praise Him in the heights above
Praise Him all His angels praise Him
All His heavenly hosts
Praise Him, praise the Lord.

Praise the Lord sun, moon
Oh praise Him all you shining stars
Praise the Lord earth, sea and ocean
All you rain and skies
Praise Him, praise the Lord
Praise Him, praise the Lord

Chorus

*Let us praise the name of the Lord
For His name alone is exalted
His splendor above
All the earth and the sky
He has raised up a King
All the earth let us sing
Let us praise the name of the Lord.*

Alleluia, alleluia
Alleluia, alleluia
Let us praise the name of the Lord
Alleluia, alleluia
Alleluia, alleluia
Let us praise the name of the Lord

**Kelita Haverland & Gord Lemon
Heart & Soul Music/Sour Songs
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Story Behind “Praise The Lord”.

One night while spending some solitary time on the floor of my family room with a lit candle and the book of Psalms, I came across Psalm 148. I was very moved by God’s spirit that night and went upstairs to my piano and before I knew it had written this song of reverence and praise. I hope this song allows you to focus on the majesty of God and all that He has created”.



Kelita

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Peace

Peace you bring me peace
In the waters of your love
Flowing through the channels
You have found in me

Peace you bring me peace
I have waited for so long
To drown myself in waves
Of love you've given me

Chorus

*Peace, peace
I have been craving
No more alone
Peace, peace
I have been waiting
My heart is home*

Peace, you bring me peace
In the waters of your love
Flowing through the channels
You have found in me

Peace, you bring me peace
I have waited for so long
To drown myself in waves
Of love you've given me

Bridge:

And when I call your name
Gently on my tongue
Jesus You always bring me

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Story Behind "Peace"

"Tormented for many years by worry and fear I suffered greatly from any form of peace of mind. After many years of being liberated, this song was an expression of that welcomed freedom. If you need peace in your life I think this song will be one that could encourage that. Or if you can relate to where I was and how peace did come then you can celebrate. In any case you can bask in the fact that God does want you to know His peace and love".

This song is dedicated to my sister Vian who passed away just before I released this album.



In My Father's House

**In my Father's love I am safe
In my Father's love I will stay
Nothing could ever come
Come between us now
Me and my Father.**

**In my Father's arms I am safe
In my Father's arms there is strength
Nothing could ever come
Come between us now
I've heard the Father calling my name.**

Chorus

*And God will be our God
And we will be His people
He has promised to receive us
When we separate ourselves from every sin
Every thing unclean and not of Him.*

**In my Father's son I am safe
In my Father's son there is grace
Nothing could ever come
Come between us now
I've heard the Father calling my name.**

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Story Behind "In My Father's House"

"This song represents the love I feel for my heavenly Father. This means so much to me since I lost my father when I was only eleven years old and then after his passing was raised by an emotionally abusive stepfather. When I was 18 I walked away from my heavenly Father for many years. Having never known a lasting or healthy father daughter relationship, people can never comprehend the love of a father. I hope this song is an expression of being united with the unconditional love of God the Father".



Kelita

www.kelita.com

If My People

If my people called by my name
Will humble themselves and pray
Seeking my face
Turning from wicked ways
Then will I hear from heaven
I will forgive, I will forgive
I will forgive their sins
And I will heal their land

If my people called by my name
Will humble themselves and pray
Seeking my face
Turning from wicked ways
Then will I hear from heaven
I will forgive, I will forgive
I will forgive their sins
And I will heal their land

Bridge

*And I will heal every heart
And I will set the captives free
And every knee shall bow
Every tongue confess
In heaven and on earth
His righteousness
Christ Jesus is Lord*

If my people called by my name
Will humble themselves and pray
Seeking my face
Turning from wicked ways
Then will I hear from heaven
I will forgive, I will forgive
I will forgive their sins
And I will heal their land.

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Story Behind “If My People”

“This song is a prayer and plea for the healing of our nation and world. Lately with so many natural disasters happening around the world I pray for the quick return of Jesus. I am afraid of what this world will be like for my grandchildren and their children, if our world even remains as we know it today. We only have hope in Him”.



More of Jesus

Strip away what isn't you
Wanna feel I'm naked in a river
Jumpin' in I feel the rush on my skin
Like icy cold water
Take my ego and my pride
Clean away the junk inside
Saturate me with your love
The only thing I need more of is

Chorus

*Jesus more of Jesus
And less of everything in me.
I need Jesus, more of Jesus
Oh Lord you're all I need*

Touch me with your Holy flame
Lord I wanna know that fire
Stir the embers in my heart oh Lord
Filling my desire
Take the sin I try to hide
Every ugly thought inside
Touch me with your healing love
The only thing I need more of is

I'm so desperate to be free
I need more of you
And you need more of me
And you need more of me

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Story Behind "More of Jesus"

"Many years ago at a Transformations Conference I had a very supernatural experience with God. I don't know if I will experience anything like it again but it made a huge impact on my life at the time and I will never forget the physical connection I had with God. For over 30 minutes I was plugged into an electrical socket and the power of God was literally electrifying. My experience that day allowed me to realize that too often we dismiss the many levels that God can and wants to connect with us on".



You Are So Good

Oh when I get down
Oh Lord I get so low
I know that you
Are praying for my soul
You are so good

And when I'm discouraged
And so tired of me
And misery can't
Seem to find company
You are so good
You are so good

Chorus

*And Jesus I have never been so loved
In my life
In my life
And Jesus I have never been this cared for
In my life
In my life*

When I've been let down
By people that I love
You give me strength
To stand and rise above
You are so good
You are so good

Bridge

I'm safe with your arms
Wrapped around me
In every ounce of your love
There's every drop of your blood
I'm grateful for your faithfulness
And the power of your grace
That surrounds me

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Story Behind "You Are So Good"

"This song was written after praying with a woman who was experiencing great emotional and physical turmoil. I know that we are at times conduits of Gods message and love. Accepting the love and prayers of others is God's way of loving us and communicating that to us. I really felt that I came into this woman's life that day because God wanted her to know He was right beside her. If you are going through something difficult even God is praying on your behalf".



Not Gonna Worry

Chorus

*Oh Lord I'm not gonna worry
Oh Lord I'm not gonna worry
My rock and my salvation
Never be never be shaken
Oh Lord I'm not gonna worry
Oh I'm not gonna worry
You're there in every situation
Never be I will never ever be shaken*

**The Lord's my shepherd
I shall not want
He makes me lie down
In pastures of green
He's leading me beside still waters
My soul finds strength in Him alone.**

**Seek first His kingdom
And His righteousness
And all of these things will be given to you
He says don't worry
Don't worry about tomorrow
'Cause tomorrow He'll take care of you**

**Do not be anxious
But in everything give thanks
You've got to get down on your knees
And the peace of God
That transcends all understanding
He will guide you and protect you
And He'll ease your worried mind**

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Story Behind "Not Gonna Worry"

"Although I am much better than I used to be, I still wrestle with worry. This was written during a time of purchasing a new home and not being able to sell the one we were living in. I put some well known scriptures together so that I could memorize these powerful words to encourage myself. I hope this song is a tool that you can hum, sing, recite when you find yourself feeling anxious. Worry really is wasted energy and changes absolutely nothing. This is a constant reminder to myself".



My Sweet Lord

I want to know you Lord
Your Holy presence Lord
Bathe in your glory
Over and over, holy holy.
My life is not complete
With out your breath in me
Bathe in your glory
Over and over, holy holy.

Chorus

*Oh my sweet Lord
King of creation
Light of my life
Such peace you bring
Oh my sweet Lord
I am not anxious
You are more precious
Than anything
My sweet Lord, my sweet Lord*

I want to praise you Lord
Your holy presence Lord
Bathe in your glory
Over and over, holy holy.
My life is not complete
Without your breath in me
Bath in your glory
Over and over, holy holy.

Bridge

Early in the morning
When the sun breaks through the night
I will sing - sing a new song
To my Lord

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Story Behind “My Sweet Lord”

“This was written on one of my many music tours to Scotland. There is a beautiful tranquil setting up in the lush green hills near to where I have stayed many times and it is there that I have sat and meditated, basking in the Creators glory. It is one of my most favorite places in the world. I hope that the essence and spirit in which this song was written draws you close to God and touches your heart deeply”.



I'm So Hungry

Give me something outside the box
Wide open spaces
Humble my spirit, convict my heart
Find me new places
Far away from these limits I've known
Help me step outside of my comfort zone.

Chorus

*I'm so hungry for the love of Jesus
Hungry and looking for a place
I can truly know His presence
I just came here to seek His face.*

Give me something much more than I've known
Lord I am pleading
Come and heal all your wounded lambs
So many bleeding
I'm just longing to know what you give
Restore my soul and let this heart live

Hungry for Jesus
Come Holy Spirit
Fill me down deep in my soul
My heart is crying
So tired of trying
Take me much deeper than I've ever known

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Story Behind "I'm So Hungry"

"During a time of transitioning and experiencing the need for spiritual growth and depth, this song weighed heavy inside of me. I have never been one to conform to any one style or brand of music and I experience that in my spiritual life as well. Sometimes we are screaming to get out of the box and do things differently than what everyone else is doing. This was a gentle way of expressing the strong desire to just simply experience God's presence and not all the other junk that gets in our way because of "church" or "religion".



Sweeter Than Wine

There will be songs of joy in heaven
A choir of angels peacefully singing
There will be love light overflowing
When we see Jesus, Jesus.
We will be ever true and faithful
Gentle and kind and self-controlled
There will be patience and goodness
When we see Jesus, Jesus.

Chorus

*And the fruit of the spirit
And the love in every man's heart
Is gonna be sweeter,
Sweeter than honey
Sweeter than sugar
Sweeter than wine.*

Our children will ride on the wings of angels
The lost paradise will forever be found
And every tear drop will be wiped away
When we see Jesus, Jesus.
There will be glory, thanks and honour
From every nation, people and tribe
Prayers of the saints will be filling the kingdom
When we see Jesus, Jesus.

No more hunger, no more greed
No more anger, only peace
And when He opens up His arms
And we meet Him at the gate
We're going to know the love of Jesus
Face to face.

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Story Behind "Sweeter Than Wine"

"While working in the studio on the Spirit & Truth CD Gord was practicing his bass and began to play the bass riff that begins this song. I loved what he was playing and pulled out my lyric book and began singing along. Before we knew it the song was birthed. Lyrically it is built on the 'fruits of the spirit' which come from the popular scripture and is my vision of what heaven might look like one day".



There Will Be Joy

You never give me more
Than you know I can handle
Tough times a hurting heart
Troubled waters and an aching soul
But you breathe on me breath
And fill me with your spirit
And though I weep
There will be joy

Chorus

*There will be joy
There will be joy
Be strong, take heart
All those who wait on the Lord
There will be joy.*

You never lead me down
Any road I cannot travel
Even when these bleeding feet
Can't walk another mile
When each step that I take
Is more broken than the last one
But when I fall
I'm down on my knees

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Story Behind "There Will Be Joy"

"This song is a remnant from the "Because of Love" story which never made it on to that CD. While experiencing turmoil in my marriage I was still able to write about seeing beyond the pain and rejection. I would never have been able to write such a song without the strength that I received from my faith and trust in God during one of the most painful times in my life. I hope this message will encourage you, knowing that in extreme times of devastation we can be secure in the fact that the sun will shine brighter and we will stand again... and even experience happiness and joy".