

**Song Story: *My Deliverance***  
By Nate Cobb

When I started helping with the writing of *My Deliverance*, Kim had sent me Christy Britton's initial lyrics for the song. This song is based out of Romans 7, which is very weighty theologically. Because of this, the initial verses had a lot of theological vocabulary that was difficult to establish a melody to accompany it. Though this was the case for the verses, the chorus Christy wrote was so rich in theology and I was able to find a melody that worked well with it. The chorus is really a summation of Romans 7, that though we cannot live up to God's law, Christ did, so he provides deliverance for us from our sin. Christy's bridge also resonated with me, so I only added a couple of words at the end. She had written the line, "Who'll deliver me from this body of death?" My natural thought was that Jesus is that one, and only Jesus, so that's what I wrote. The verses for the song did not come until a good 6–7 months later when we met for our songwriting retreat. We stressed out about it for quite a while, but eventually the group (Alex, Amber, Andy, Christy, and Kim) came up with very simple verses that held much meaning, recognizing that we are wretched people who could not stand before God. Though this is true, we also recognize that Christ is not a wretched man, but a *worthy* man, the only worthy man who could stand before the Father spotless to bear the immense weight of our sin. Therefore, we can exhort our souls, "O my soul, rejoice in him!"