

This is How I Know-- *Interlude* --Cast Your Burden on the Lord

Sally DeFord

Narrator 1: He loved them then and He loves us now.

(Music begins)

As they watched, He was taken up into heaven, but He left them with the promise that He would always be with them. That promise is also ours today. He invites us all to come to Him; to bring Him our every affliction, and every burden we have to bear, that He may heal us. When I am faced with difficulties I can't overcome alone, or sorrows that would break my heart, I can rely on the atonement of Jesus Christ, on His power and His compassion, to sustain me.

about ♩ = 68

Narrator: "As they watched, He was taken up..."

Organ (piano if no organ is used) *pp*

The musical score consists of two staves: a treble clef staff and a bass clef staff. The key signature has three flats (B-flat, E-flat, A-flat), and the time signature is common time (C). The music begins with a whole note chord in the bass staff. The treble staff has a melodic line starting on a half note, followed by quarter notes. Measure numbers 2, 4, and 5 are indicated above the staff.

"...to bring Him our every affliction..."

"...His compassion, to sustain me."

The musical score continues with two staves. The treble staff has a melodic line with quarter and eighth notes. The bass staff has a harmonic accompaniment with chords and single notes. Measure numbers 6, 8, and 10 are indicated above the staff.