He’s the One

Words and Music by J. B. Mackay

1. Is there any one can help us, one who understands our hearts
When the thorns of life have pierced them till they bleed; One who sympathizes
with us, who in wondrous love imparts just the very, very
blessing that we need? Yes, there’s One, only One,
ev - er - last - ing arm? Yes, there’s One, only One,
make us white as snow? Yes, there’s One, only One,
and the heavy burden share, And support us with an
make us white as snow? Yes, there’s One, only One,

2. Is there any one can help us when the load is hard to bear,
And we faint and fall beneath it in alarm; Who in tenderness will
lift us, and the heavy burden share, And support us with an

3. Is there any one can help us who can give the sinner peace,
When his heart is burdened down with pain and woe; Who can speak the word of
par - don that affords a sweet release, And whose blood can wash and

Chorus

He's the One
He’s the One

The bless-ed, bless-ed Je-sus, He’s the One; When af-flic-tions press the soul, when

waves of trou-ble roll, And you need a friend to help you, He’s the One.