SJB SELECTION

REVIEW · GOSPEL

Captured | Mark Barlow & Isla Vista Worship

First comes doubt. Then faith. The order matters.

SJB SELECTION · NOVEMBER 2026

First comes doubt. Then faith. The order matters.

Pain.

Questions too big.

Memory that betrays.

A mind that ends up becoming its own cage.

“Captured” begins there.

Not with the solution.

With the problem.

The music doesn’t erase the doubt right away.

It lets it breathe.

It’s a **strong fragility**.

The sound has a lukewarm temperature. The progression moves forward through small, steady beats.

Like finding your stride again after standing still for a long time.

Faith, when it arrives, doesn’t erase what happened.

It passes through it.

Easy consolation rarely leaves anything behind. The hard-won kind, instead, still carries the marks of the road travelled.

> ***“Captured” works because faith arrives after being lost, not before. It doesn’t seem handed over ready-made. It seems like something that had to fight its way through fear.***

LISTEN

Captured — Mark Barlow & Isla Vista Worship — is in our playlist Gospel After Dark.

Mark Barlow & Isla Vista Worship. Updated every Friday. Selected by ear.

LISTEN FIRST. SELECT SECOND.