The Flow of Water

Through the Rain (by Mariah Carey)

V.1
When you get caught in the rain
With nowhere to run
When you're distraught and in pain
Without anyone
When you keep crying out to be saved
But nobody comes
And you feel so far away
That you just can't find your way home
Finding hope til you've flown
It's okay, once you say
CHORUS
I can make it through the rain
I can stand up once again
Heal in love and I know
That I'm strong enough to mend
And every time I feel afraid
I hold tighter to my faith
And I live one more day
And I make it through the rain
And when the wind blows
As shadows grow close, don't be afraid
There's nothing you can't face
And should they tell you
You'll never pull through
Don't hesitate - stand tall and say
[CHORUS]

Singing in the Rain (sung by Gene Kelly)

I'm singing in the rain just singin' in the rain
What a glorious feeling, I'm happy again
I'm laughing at clouds so dark up above
The sun's in my heart and I'm ready for love
> Let the stormy clouds chase, everyone from the place
> Come on with the rain I've a smile on my face
> I walk down the lane with a happy refrain
> Just singin', singin' in the rain
Dancing in the rain, I'm happy again
I'm singin' and dancing in the rain
I'm dancing and singin' in the rain

I've Got a River of Life (by Marcus & Marketo)

V1. I've got a river of life flowing within me;
It makes the lame to walk and the blind to see.
It opens prison doors, sets the captives free.
I've got a river of life flowing within me.
CHORUS:
Spring up, O well, inside my soul!
Spring up, O well, and make me whole!
Spring up, O well, inside my soul!
O I got the river of life flowing out of me.
V2. I've got a river of life flowing within me;
It started gushing up when Love set me free.
That I keep the flow is my only plea.
I've got a river of life springing within me.

The sadness in life feels as blunt and unyielding as a tooth of rock jutting from a river, sending the smooth waters of thought & comfort leaping into a silver boil. But the water is still the water. The river is still the river. And with time, we know water will shape stone.

– Jarod K. Anderson

EMPTY YOUR MIND

Empty your mind,
be formless, shapeless – like water.

If you put water into a cup,
it becomes a cup.

You put water into a bottle
and it becomes a bottle.

You put it in a teapot
it becomes a teapot.

Now water can flow
or it can crash.
Be water my friend.

(by Bruce Lee)

Ezekiel 31:4 - The waters nourished it, deep springs made it grow tall; their streams flowed all around its base and sent their channels to all the trees of the field.

Ezekiel 36:25 - I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you.

Isaiah 43:2a - When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.

Ezekiel 47:9 - Swarms of living creatures will live wherever the river flows. There will be large numbers of fish, because this water flows there and makes the salt water fresh; so where the river flows everything will live.

I WILL EXTEND PEACE TO HER LIKE A RIVER
Isaiah 66:12

THE CURE FOR THE PAIN
(by Conie Borchart; inspired by a Rumi poem)

The cure for the pain
The cure for the pain
I know the cure for the pain
     is inside the pain
It is inside the pain
2X

Don't run from it, walk with it
Like a good friend,
     listen to what it has to say
2X

The peace in the storm
The peace in the storm
I know the peace in the storm
     is inside the storm
It is inside the storm
2X

Don't run from it dance with it
Like a good friend,
     listen to what it has to say
2X

Rain Down On Me (by SWV)

V1. Sometimes it's soft as a misty rain
   That gently touches my soul
   It cools the fire that burns in me
   And I simply lose control, so just
CHORUS
   Rain down *on me* (Your Peace/Lord please)
   Let your love just fall like rain
   Just rain on me
   Rain down *on me*
   Let your love just shower me
   Just rain *on me*
V2. Full as a dam at capacity
   My passion's about to explode, yeah
   I can't escape, it's surrounding me
   I'm caught in a storm
   That I don't need no shelter from
   [Back to CHORUS]

Down to the River to Pray
(by Alison Krauss)
CHORUS
As I went down in the river to pray
Studying about that good old way
And who shall wear the starry crown
Good lord, show me the way
V.1
O sisters, let's go down
Let's go down, come on down
O sisters, let's go down,
Down in the river to pray
      [back to Chorus]
V.2
O brothers, let's go down
Let's go down, come on down
O brothers, let's go down,
Down in the river to pray
      [back to Chorus]
V.3
O siblings, let's go down
Let's go down, come on down
O siblings, let's go down,
Down in the river to pray **[back to Chorus]**

Every Storm Runs Out of Rain (by Gary Allen)
V1. So your standing in the middle of a thunder and lighting
And I know your feeling like you just can't win but your trying
It's hard to keep on keeping on when your being pushed around
Don't even know which way is up, you just keep spinning down around and down
[CHO] Every storm runs, runs out of rain
      Just like every dark night turns into day
      Every heartache will fade away
      Just like every storm runs, runs out of rain
V2. So hold your head up & tell yourself that there's something more & walk out that door
Go find a new rose, don't be afraid of the thorns cause we all have thorns
Just put your feet up to the edge put your face in the wind
And when you fall back down, keep on remembering
         [BACK TO CHORUS]

Spirit's Calling (by Beautiful Chorus)

Be the love	You are the love
Be the light	You are the light
Hear your voice	Lift your voices
Spirit's calling	Spirit's calling
2X	

Awaken to the rhythm
Of the falling rain
Surrender to the moment
Let it wash your pain away
2X

Put Your Roots Down
   (by Molly Hartwell)
Put your roots down
Put your feet on the ground
You can hear the earth sing
If you listen   (2X)

It's the same sound of the river
As it moves across the stones
It's the same sound as the blood in your body
As it moves across your bones
Are you listening
Are you listening

Our Tears Falling Down Like Rain
(by Paul Vasile; Psalm 126:6)
Our tears, falling down
like rain to the ground
will water seeds of change
   Let it be, let it be,
   let it be, let it be
   Let it be, O let it be

"BE LIKE A RIVER. BE OPEN. FLOW."
- JULIE CONNOR
WALK MY WORLD

The mystery of life isn't a problem to solve, but a reality to experience. A process that cannot be understood by stopping it. We must move with the flow of the process. We must join it. We must flow with it.
- Jamis (Film: DUNE)

...where the river flows everything will live.
EZEKIEL 47:9 NIV