

# LEADER'S GUIDE

(\* [Participant's Guide Link](#))

## Down to the River to Pray

(by Alison Krauss)

### 1st FRET

G  
As I went down in the river to pray  
D C  
Studying about that good old way  
G Em  
And who shall wear the starry crown  
Am7 Cmaj7 D  
Good lord, show me the way

D G  
O sisters, let's go down  
Am C D  
Let's go down, come on down  
D G  
O sisters, let's go down,  
Am Cmaj7 D  
Down in the river to pray

G  
As I went down in the river to pray  
D C  
Studying about that good old way  
G Em  
And who shall wear the starry crown  
Am7 Cmaj7 D  
Good lord, show me the way

D G  
O brothers, let's go down  
Am C D  
Let's go down, come on down  
D G  
O brothers, let's go down,  
Am Cmaj7 D  
Down in the river to pray

G  
As I went down in the river to pray  
D C  
Studying about that good old way  
G Em  
And who shall wear the starry crown  
Am7 Cmaj7 D  
Good lord, show me the way

D G  
O siblings, let's go down  
Am C D  
Let's go down, come on down  
D G  
O siblings, let's go down,  
Am Cmaj7 D  
Down in the river to pray

G  
As I went down in the river to pray  
D C  
Studying about that good old way  
G Em  
And who shall wear the starry crown  
Am7 Cmaj7 D  
Good lord, show me the way

# WISDOM STORY + WONDERINGS

Song about Crossing the River...

## River of Dreams (by Billy Joel)

5TH FRET [INTRO - G-C-G, C-D]

### [Chorus 1]

In the middle of the night, I go walking in my sleep  
From the mountains of faith, to the river so deep  
I must be looking for something, something sacred I lost  
But the river is wide, it's too hard to cross

### [Verse 1]

Even though I know the river is wide  
I walk down every evening and I stand on the shore  
I try to cross, to the opposite side  
So I can finally find, what I've been looking for

### [Chorus 2]

In the middle of the night, I go walking in my sleep  
Through the valley of fear, to a river so deep  
I've been searching for something, taken out of my soul  
Something I could never lose, something somebody stole

### [Verse 2]

I don't know why I go walking at night  
But now I'm tired / and I don't / wanna walk anymore  
I hope it doesn't take the rest of my life  
Until I find / what it is / I've been looking for

### [Chorus 3]

In the middle of the night, I go walking in my sleep  
Through the jungle of doubt, to the river so deep  
I know I'm searching for something, something so undefined  
That it only can be seen, by the eyes of the blind  
In the middle of the night

### [Verse 3]

Not sure about a life after this  
God knows I've never been a / spiritual man  
Baptized by fire, I wade into the river  
That is runnin' through the promised land

### [Chorus 4]

In the middle of the night, I go walking in my sleep  
Through the desert of truth, to the river so deep  
We all end in the ocean, we all start in the streams  
We're all carried along, by the river of dreams  
In the middle of the night

# WORKSHEET

Invite participants to write the heavy thing they want to let go to a WATER-SOLUBLE paper.

## **Prayer to Let Go**

During times of personal struggle, help me to simply let go of all the fears and worries, doubts, guilt and disappointments that seem to fill my heart and mind so often, during the course of a day.

Fill my hurting soul with peace. Fill the emptiness and pain with the healing power of your love. Help me take every thought captive to hand it over to You as it rears up in my mind, and help me to replace it with your light, with your hope, with your joy and strength. AMEN.

## Sojourner's Song (Journeyman's Song)

**NO FRET** [Intro: chords of 1st line]

(text by Braeden Ayres; adapted by Chaplain Donnel)

Em7 F# Cmaj7 Am7

I set out to follow that which calls life's travelers,

Em7 F# Cmaj7 Am7

But the path I traveled left me lost, alone again.

Em7 F# Cmaj7 Am7

Mountains, rivers, valleys. Will I ever get to rest?

Em7 F# Cmaj7 D

Feel the anxious pounding in my head and in my chest?

### CHORUS

G

I will not be enslaved to this loneliness!

C

I will look to the world in its loveliness!

G D

I will find myself stronger for all my trials! [BRIDGE] Em7-F#-C

Em7 F# Cmaj7 Am7

I feel lost and hungry, not for food, but in my soul,

Em7 F# Cmaj7 Am7

And I should be stronger; I should play the rugged role.

Em7 F# Cmaj7 Am7

"You should be the strongest, never showing any pain.

Em7 F# Cmaj7 D

Hide that anxious pounding, lock your heart up with a chain!"

### CHORUS

G

I will not be enslaved to this loneliness!

C

I will look to the world in its loveliness!

G D

I will find myself stronger for all my trials!

Fmaj7 Am7

I will cross, mountains capped with snowfall,

Fmaj7 Am7

I will fight, through the river's rage.

Fmaj7 Am7

Undeterred, by the hottest desert (or stickiest swamp)

Bb C

I'll continue; turn the page.

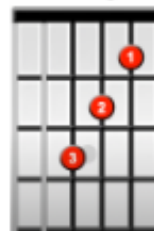
Em F#

Someday (3X)

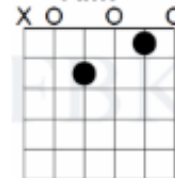
C

so soon.

Fmaj7



Am7



Bb

