



## *The Inner Journey*

### Songs for Reflection

#### **Be Exalted, O God**

(Brent Chambers. Recorded by John Michael Talbot.)

I will give thanks to thee, O Lord, among the people  
I will sing praises to thee among the nations.  
For thy steadfast love is great -- it is great to the heavens  
And thy faithfulness, thy faithfulness to the clouds.

\* Be exalted, O God, above the heavens  
Let thy glory be over all the earth.  
Be exalted, O God, above the heavens  
Let thy glory be over all the earth.

#### **Bread That Was Sown**

(Gregory Norbet. Recorded by The Monks of Weston Priory.)

\* Bread that was sown in our hills and valleys  
Now harvested becomes one  
From all the earth gather your people, O Lord  
Into the feast of your love.

With grateful hearts we sing our joy for knowing  
Spirit within, among us all  
Life and knowledge revealed through your Word  
Jesus, the Christ, Emmanuel.  
Leaven and wheat, so let us be for others  
Nurturing good with earnest care  
Bringing to birth new life where hope has gone stale  
Faith-giving moments to share.

#### **Christ Has No Body Now But Ours (Prayer of Teresa of Avila)**

(John Michael Talbot. Recorded by John Michael Talbot.)

Christ has no body now but ours  
No hands, no feet on earth but ours  
Ours are the eyes through which he looks  
Compassion on this world  
Ours are the feet with which he walks to do good  
Ours are the hands with which he blesses all the world.

\* Ours are the hands  
Ours are the feet  
Ours are the eyes  
We are his body.

Christ has no body now but ours  
No hands, no feet on earth but ours  
Ours are the eyes through which he looks  
Compassion on this world  
Christ has no body now on earth but ours.

#### **Come Worship the Lord**

(John Michael Talbot, 1979. Recorded by John Michael Talbot.)

\* Come, and worship the Lord  
For we are his people, the flock that he shepherds  
Al - le - lu - ia.

Come, let us sing to the Lord  
And shout with joy to the One who saves.  
Let us come with thanksgiving  
And sing joyful songs to the Lord.  
Come, let us bow down and worship  
Raising our hands before the Lord our Maker  
For we are his people  
We are the flock that he shepherds.

\*  
The Lord is God, the mighty God  
The King over all the earth  
He holds in his hands the depths of the earth  
And the highest mountains as well.  
He made the sea, it belongs to him  
The dry land, too, was formed by his hand.

## The Dark Night of the Soul

(Loreena McKinnett / St. John of the Cross, 1994. Recorded by Loreena McKinnett.)

Upon a darkened night the flame of love was burning in my breast  
 And by a lantern bright I fled my house while all in quiet rest.  
 Shrouded by the night, and by the secret stair I quickly fled  
 The veil concealed my eyes while all within lay quiet as the dead.

\* Oh night thou was my guide  
 Oh night more loving than the rising sun  
 Oh night that joined the lover to the beloved one  
 Transforming each of them into the other.

Upon that misty night in secrecy beyond such mortal sight  
 Without a guide or light than that which burned so deeply in my heart  
 That fire 'twas led me on and shone more bright than of the midday sun  
 To where he waited still  
 It was a place where no one else could come.

\*

Within my pounding heart which kept itself entirely for him  
 He fell into his sleep beneath the cedars all my love I gave.  
 From o'er the fortress walls the wind would brush his hair  
 against his brow  
 And with its smoothest hand caressed my every sense it would allow.

\*

I lost myself to him and laid my face upon my lover's breast  
 And care and grief grew dim as in the morning's mist became the light.  
 There they dimmed amongst the lilies fair  
 There they dimmed amongst the lilies fair....  
 There they dimmed amongst the lilies fair.

## Every Grain of Sand

(Bob Dylan, 1982. Recorded by Bob Dylan.)

In the time of my confession, in the hour of my deepest need  
 When the pool of tears beneath my feet flood every mood unseen.  
 There's a dying voice within me reaching out somewhere  
 Toiling in the danger and in the morals of despair.  
 Don't have the inclination to look back on any mistake  
 Like Cain, I now behold this chain of events that I must break.  
 In the fury of the moment I can see the Master's hand  
 In every leaf that trembles, in every grain of sand.

Oh, the flowers of indulgence, and the weeds of yesteryear  
 Like criminals they have choked the breath of conscience  
 and good cheer.

Like the sun beat down upon the steps of time to light the way  
 To ease the pain of idleness, and the memory of decay.  
 I gaze into the doorway of temptation's angry flame  
 And every time I pass that way, I always hear my name.  
 Then onward in my journey I come to understand  
 That every hair is numbered like every grain of sand.

. . . . .

I have gone from rags to riches in the sorrow of the night  
 In the violence of a summer's dream, in the chill of a wintery light

In the bitter dance of loneliness fading into space  
 In the broken wheel of innocence on each forgotten face.  
 I hear the ancient footsteps like the motion of the sea  
 Sometimes I turn, there's someone there... other times, it's only me.

I am hanging in the balance of the reality of man  
 Like every sparrow falling, like every grain of sand.

## For Those Tears I Died

(Marsha Stevens, 1972. Recorded by The Children of the Day.)

You said you'd come and share all my sorrows  
 You said you'd be there for all my tomorrows  
 I came so close to sending you away  
 But just like you promised, you came here to stay...  
 I just had to pray.

\* And Jesus said, "Come to the waters, stand by my side  
 I know you are thirsty, you won't be denied  
 I felt every teardrop when in darkness you cried  
 And I long to remind you that for those tears I died."

Your goodness so great, I can't understand  
 But dear Lord, I know that all this was planned  
 I know you're here now and always will be  
 Your love burst my chains and in you I'm free...  
 But Jesus, why me?

Jesus, I give you my heart and my soul  
 I know that without you I'll never be whole  
 Savior, you opened all the right doors  
 And I thank you and praise you from earth's humble shores...  
 Take me, I'm yours.

\*

## Hallelu

(John Michael Talbot, 1974. Recorded by John Michael Talbot.)

I've gazed into the stars,  
 I've followed where the Eastern light does show  
 I've tried to find a light to fill my aching soul.  
 I've looked into the oceans  
 I've walked upon the mountain top  
 I've trusted in my guardian, tried to set my spirit free  
 And then the Son of Man he beckoned me  
 The Spirit of the light came in true love.  
 And like a gentle summer breeze  
 So comforting, so free  
 He gave the light of freedom within me.  
 He is the Morning Star  
 He causes all the lights to shine  
 He walks within the garden beside me  
 And from the depths of the seas  
 Beyond the highest mountain top  
 He causes all the universe to be.  
 And I sing hallelu! Sing praises to my Lord!  
 I sing hallelu, Hallelu!  
 I sing hallelu! Sing praises to my Lord!  
 I sing hallelu, Hallelu'....

## In the Stillness

(Gregory Norbet. Recorded by Gregory Norbet.)

In the stillness of the night  
 Places of our lives, of our world  
 Long to have you touch them  
 Healing ancient wounds  
 Come, o loving God, give us peace.  
 Silently you move, bringing grace  
 Giving us the courage to care  
 For another moment, for another day  
 Guiding hand of God, loving Friend.  
 Stay with us, o Spirit of God  
 Lead us on the path to true life  
 Keep us from all harm  
 Stir compassion's flame  
 Be our guest throughout day and night  
 Keep us from all harm  
 Stir compassion's flame  
 Be our guest throughout day and night.

## In This Day, O God

(Gregory Norbet, 1977. Recorded by The Monks of Weston Priory.)

In this day, O God... Having known the rising of  
 The lifting of the light of your sun  
 The grace of being alive... The joy to be ever thankful  
 And the call to prayer for all of these and more  
 The bread of our lives and for our hope  
 In the resting of today, the rising of tomorrow  
 We thank you, Giver and Source of all the good  
 We know to be from your hands... O God.  
 Let our weary hearts... Find their calm in list'ning  
 To the voice of one who stirs from deep within  
 Calling us to feel our life as song and dance  
 A people born to rise and rise again  
 Open all the good... You see to be within us  
 Freeing it to be for others to share  
 May the stillness of the night sing of peace for all  
 That our hopes may find new strength in the morning  
 O God, our hope and our peace... for all times.

## Little Pilgrim

(Chuck Girard, 1972. Recorded by Love Song.)

Little Pilgrim... walking down the road of life  
 I find that in your heart, you're just a lonely one  
 For you see... upon that very road  
 My search for good and truth had it's beginning  
 You take a little turn to the left  
 And you see what that path has to offer you  
 Then you gotta make it back to the main road anyhow  
 And you have all that lost time to make up for.  
 And it's a sad thing... to realize...  
 That you're all alone... that you're on your own... again.  
 Little Pilgrim... walking down the road of life  
 Can't you see that there are many others who are just like you  
 I was looking... in that same direction  
 But all I ever found were others who were searching just  
 like me  
 And we didn't find the way or the answers  
 To the questions that were buried deep down in our souls  
 We just found that the ways of men have no answers anyhow.  
 Oh... don't you wonder now, what you're trying to do?  
 Oh... don't you wonder now, where that path is taking you?  
 Little Pilgrim... walking down the road of life  
 I know that deep down in your heart that you are just like me  
 What you're seeking... is a better way  
 And you're reaching out for temporary resting places

And you're glad to find a little peace of mind here and there  
 But it won't last, no, no,  
 Cause you'll have to move along some day  
 'Til you're resting in the arms of the only one who can help  
   you  
 'Til you give your heart, and your soul and your body  
 And your mind and your life  
 To the Lord.  
 And it's a glad thing ... to realize  
 That you're not alone ... that you found your way ...  
 Back home ...  
 Back ... home.

## Lord of the Starfields

(Bruce Cockburn, 1976. Recorded by Bruce Cockburn.)

Lord of the starfields / Ancient of Days  
 Universe Maker / Here's a song in your praise  
 Wings of the storm clouds / Beginning and end  
 You make my heart leap / Like a banner in the wind.  
 \* O love that fires the sun keep me burning...

Lord of the starfields / Sower of life  
 Heaven and earth are / Full of your light  
 Voice of the nova / Smile of the dew  
 All of our yearning / Only comes home to you.  
 O love that fires the sun keep me burning...

## Make Me a Channel of Your Peace (Prayer of Francis of Assisi)

Make me a channel of your peace.  
 Where there is hatred, let me bring your love,  
 Where there is injury, your pardon, Lord,  
 And where there's doubt, true faith in you.

\* O Master, grant that I may never seek  
   So much to be consoled as to console,  
   To be understood, as to understand,  
   To be loved, as to love with all my soul.

Make me a channel of your peace.  
 Where there's despair in life let me bring hope,  
 Where there is darkness -- only light,  
 And where there's sadness, ever joy.

Make me a channel of your peace.  
 It is in pardoning that we are pardoned,  
 In giving to all that we receive,  
 And in dying that we're born to eternal life.

## O the Deep Joy

(Gregory Norbet. Recorded by Gregory Norbet.)

O the deep joy resounding clearly  
 Within each fiber of my whole being  
 Lifting burdens, yes, healing every wound  
 So that I rise and soar with eagle's wings.

  With all my heart, O God  
   I lift my voice in praise  
   For ev'ry way your love abounds in all creation.

You my sisters, and you my brothers  
 We are blessed share this present moment  
 Form a chain of love, all children 'round the earth  
 Give your hands to those beside you now.

May there be peace for all, let it begin with me  
 Our lives in harmony, respecting differences  
 May there be food and joy and gracious sharing of  
 The wonders of this earth to nourish all.

O the deep joy resounding clearly  
 Within each fiber of my whole being  
 Lifting burdens, yes, healing every wound  
 So that I rise and soar with eagle's wings  
 So that I rise and soar with eagle's wings.

## Only In God Is My Soul At Rest (Psalm 62)

(John Michael Talbot, 1980. Recorded by John Michael Talbot.)

Only in God is my soul at rest  
 In him comes my salvation  
 He only is my rock  
 My strength and my salvation.

\* My stronghold, my Savior  
   I shall not be afraid at all  
   My stronghold, my Savior  
   I shall not be moved.

Only in God is found safety  
 When an enemy pursues me  
 Only in God is found glory  
 When I am found meek, and found lowly.

\*

Only in God is my soul at rest  
 In You comes my salvation.

## The Power of Your Love

(Recorded by Darlene Zschech)

Lord, I come to you, let me heart be changed, renewed  
Flowing from the grace that I found in you.

Lord, I've come to know weaknesses I've seen in me  
Will be stripped away... by the power of your love.

\* Hold me close, let your love surround me  
Bring me near, draw me to your side  
And as I wait... I'll rise up like the eagle  
And I will soar with you, your Spirit leads me on  
In the power of your love.

Lord, unveil my eyes, let me see you face-to-face  
The knowledge of your love as you live in me.

Lord, renew my light as your will unfolds in my life  
In living everyday... by the power of your love.

## Spirit Alive

(Gregory Norbet, 1977. Recorded by The Monks of Weston Priory.)

\* Spirit of God... be for us joy  
Healing gift of love, creating a new heart  
Longing to be... Spirit alive  
Very life of God, be rooted within us.

Voice which calls us beyond scattered dreams, barren days  
To receive the gift of God's love.

May you kindle our hope in the morning of life  
May you bring us peace with day's end.

In contemplative silence you nurture our souls  
Grant us insight, vision and hope.

Tho' exalted, our hopes, no less real shall they be  
In compassion, faithfulness thrives.

## Setting of the Sun

(John Fischer, 1974. Recorded by John Fischer.)

The rocks are in their places... the seagulls look for theirs  
The flowers wait expectantly... forgetting all their cares  
The curtain clouds roll back to let you know the show has  
just begun

We're about to see the setting of the sun.

The sky has turned a yellow-gold... with fading signs of blue  
The ocean green has turned to gray... with a shining path  
breaking through

A lonely seal swims by the screen diving just for fun  
He has come to see the setting of the sun.

Though the sun must set each day... and come back again  
There will be a new sun soon... whose day will never end

He's the maker of it all... the light of everyone  
Soon we'll see the glory of the Son  
The real one...

## Still Life

(John Fischer, 1974. Recorded by John Fischer.)

Still life... we were always meant to live a still life  
But somehow we got trpped into the fast life  
The cast life... where everyone plays a part.

You lose yourself in the fast life in the fast pace of the rat  
race

Where no one knows who you are... and nobody cares  
If there really is a God, and he has something to say  
We would never hear it... 'cause the noise is in the way.

Still life... we were always meant to live a still life  
Where everyone can see our real life.

Be still and know who is God.

## Simple Pleasures

(John Fischer, 1974. Recorded by John Fischer.)

Sitting by the ocean with nothing to do but talk to you  
Sitting here listening to the whispering waves telling me it's  
true

Hiking to the top of a mountain, drinking water from a cool  
clear stream

Watching the sunset and talking to God and knowing he  
loves me.

\* These simple pleasures are everywhere in great measure  
I just open my eyes and I can see...  
The richest things I have are free.

I always wished I had a little cabin alone in the north country  
I'd sit there in the morning writing a song with the fire warming  
me

But it ain't that hard, and it's not that far

One look in your face and I realize... my cabin is in your eyes.

Everybody's buying and trying to keep up with the cost of life  
Getting paranoia when the prices annoy ya, you can't see the  
light

When real simple pleasures are everywhere in great measure  
Why, just open your eyes and you can see...

The richest things in life are free.