## Women in Recovery

## Letters from God 2022

## Lyrics from the song played during meditation

## Diagram Description automatically generated

## God is a River

[Peter Mayer](https://www.google.com/search?rlz=1C1RXQR_enUS973US973&biw=1536&bih=721&q=Peter+Mayer+Musician&stick=H4sIAAAAAAAAAONgVuLSz9U3MCyysDA1XMQqEpBaklqk4JtYCSJLizOTMxPzAE3NJYUlAAAA&sa=X&ved=2ahUKEwjTm9T1-8r1AhUckYkEHfJFD6oQMXoECA4QAw)

In the ever-shifting water of the river of this life  
I was swimming, seeking comfort; I was wrestling waves to find  
A boulder I could cling to, a stone to hold me fast  
Where I might let the fretful water of this river round me pass

And so I found an anchor, a blessed resting place  
A trusty rock I called my savior, for there I would be safe  
From the river and its dangers, and I proclaimed my rock divine  
And I prayed to it protect me and the rock replied

God is a river, not just a stone  
God is a wild, raging rapids  
And a slow, meandering flow  
God is a deep and narrow passage  
And a peaceful, sandy shoal  
God is the river, swimmer  
So let go

Still I clung to my rock tightly with conviction in my arms  
Never looking at the stream to keep my mind from thoughts of harm  
But the river kept on coming, kept on tugging at my legs  
Till at last my fingers faltered, and I was swept away

So I m going with the flow now, these relentless twists and bends  
Acclimating to the motion, and a sense of being led  
And this river s like my body now, it carries me along  
Through the ever-changing scenes and by the rocks that sing this song

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https://www.youtube.com/watch?v=Wc8oL-p\_QEY

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