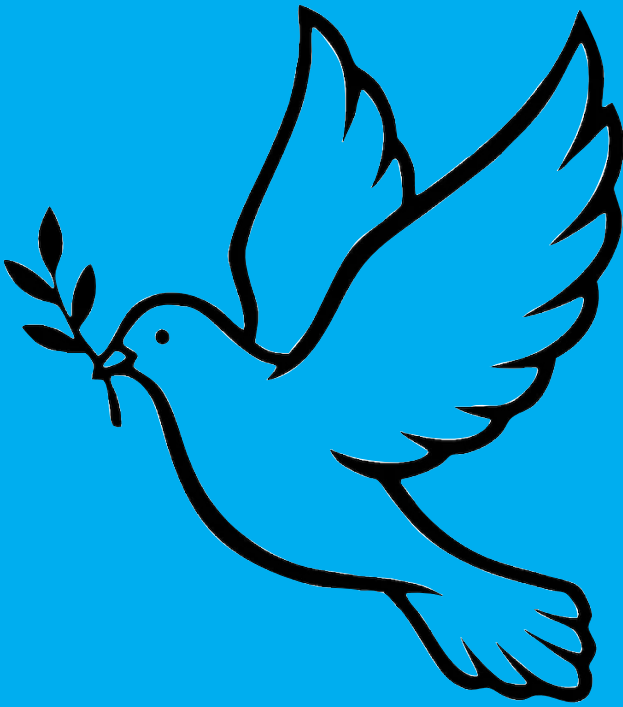


*The Journey
to Wholesomeness*



*A HYMNAL
by Lance J Christie*

THE JOURNEY TO WHOLESOMENESS

Composed by Lance J Christie
and edited by Rodney C Hawgood

A Congregational Hymnal aligned with the LV8 Programme that sings
theology, conscience and lived faith together

*“Speaking to yourselves in psalms and hymns and spiritual songs, singing and
making melody in your heart to the Lord.” – Ephesians 5:19*

DEDICATION

This complete hymn book is lovingly dedicated to those whose faithfulness, courage, and integrity were tested – yet who remained true to Christ and to conscience.

To my late parents,

James Anton and Stella Mary Christie,

who were excommunicated from the Exclusive Brethren fellowship in 1972 and never recovered materially – yet remained unwavering in integrity, steadfast in faith, and faithful to their calling.

“All things work together for good for those who love God...”
(Romans 8:28)

and

To my late grandfather, Eustace Roberts of Worcester,

family solicitor and faithful servant of Christ, who was taken to be with the Lord in 1961, having courageously warned the church in 1959 of the dangers of one-man authoritarian leadership under James Taylor Junior.

This work honours their suffering, their integrity, their courage to speak truth, their unwavering Christian character, and their refusal to surrender goodness even when hurt by those who named the name of Christ.

May their example inspire others to hold fast to conscience, to resist spiritual manipulation, to pursue truth without fear, and to walk always in grace, freedom, and light.

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THE JOURNEY TO WHOLESOMENESS

“Overcome evil with good.” These words stand at the heart of this hymn collection and at the heart of the journey that gave rise to it.

These hymns were not written out of comfort, ease, or institutional support, but out of years of wrestling with questions of faith, truth, justice, conscience, and spiritual integrity. They arise from wounds and perseverance, from disappointment with systems that should have protected and healed, and from a deep conviction that the way of Christ is neither coercion nor control – but freedom, compassion, courage, and love.

This work is inseparable from the LV8 vision (see pages 95-99): a practical pathway for restoring spiritual health, emotional integrity, moral depth, and Christ-centred living. LV8 exists because too many have been damaged by fear-based religion, manipulative authority, and cultures that prize power or money above truth and humanity. These hymns do not merely decorate that vision – they give it voice, breath, and prayer.

If faith is genuine, it must heal rather than harm. If the Church is true, it must liberate rather than enslave. If Christ is Lord, His people must reflect His gentleness, courage, justice, humility, and kindness.

These hymns celebrate grace that restores dignity; wholeness that resists shame; calling lived out quietly and faithfully; endurance that does not collapse beneath suffering; unity without control; and hope that refuses to die. They are steady hymns for wounded saints, faithful disciples, thoughtful believers, and those rebuilding their souls.

They stand for a Church culture that cherishes conscience, welcomes questions, dignifies the weak, protects the vulnerable, honours truth, and rests in the unfailing grace of Christ. God does not need fear to sustain faith. The Spirit of Christ continues to call His people into freedom, responsibility, generosity, courage, and love.

This book is therefore offered to those still inside churches but yearning for health; to the rejected and silenced discovering their worth; to leaders willing to shepherd with integrity; to communities longing to be genuinely Christlike; and to all who want to walk faithfully, honestly, and lovingly with God.

May these hymns breathe courage into tired hearts, gentleness into hard spaces, compassion into power, humility into pride, and light into every shadowed corner of faith.

And may they help us to overcome evil with good – not by noise, fear, or force – but by the steadfast, liberating love of Christ.

Amen.

LEADERS' GUIDE

A Guide for Leaders and Worship Planners

HYMNS 1-18

This hymnal is not arranged merely by theme, season, or musical style, but as a **journey toward wholeness**. It is designed to serve worship that is truthful, formative, and sustaining – especially for people seeking integrity, freedom, and faithful endurance.

Leaders are encouraged to use these hymns **deliberately and patiently**, allowing them to shape faith over time rather than to produce momentary effect.

1. Using hymns within the flow of a service

Each hymn in this book has a *natural place* within worship. Leaders should think in terms of **movement**, not just selection.

- **Opening hymns** establish identity and orientation (e.g. Christ-centred confidence, unity, grace).
- **Mid-service hymns** respond to the Word (e.g. calling, conscience, forgiveness, generosity).
- **Reflective hymns** create space for listening, waiting, repentance, or healing.
- **Closing hymns** send people back into ordinary life with courage and hope.

Not every service needs emotional intensity. Many hymns here are intentionally steady, quiet, and durable – suited to forming conscience and resilience rather than excitement.

Silence before or after singing is often appropriate.

2. Singing as formation, not performance

These hymns are written to be **sung repeatedly**. Their purpose is not novelty, but formation.

Leaders should resist the pressure to:

- rush tempo,
- over-embellish accompaniment,
- or treat hymns as fillers between spoken items.

Instead, allow:

- clear congregational singing,
- unforced delivery,
- and space for words to settle.

The hymns are strongest when sung *honestly*, not impressively.

3. Integrating the hymnal with LV8 over time

The LV8 framework and this hymnal belong together.

LV8 offers a way of **reflecting on life**; the hymns return that reflection **to God**. Over time, this integration allows worship to shape the whole person.

Leaders may wish to:

- return to certain hymns across weeks or months,

- align hymn choices with areas of life being explored (work, patience, generosity, listening, endurance),
- or use hymns as gentle companions alongside mentoring, conversation, or reflection.

The hymns do not list the eight LV8 spheres. Instead, they sing what life feels like when the “wheel” is becoming rounder: steadiness, peace, courage, attentiveness, and hope. This avoids moralism while encouraging responsibility.

4. Leading without coercion

This hymnal assumes:

- freedom of conscience,
- sincerity of motive,
- and respect for the pace of growth.

Leaders are not asked to enforce outcomes, but to **create truthful space** – where grace can work without fear.

Where faith has been wounded by control, performance, or manipulation, these hymns are intentionally restorative.

5. A final word to leaders

Do not hurry this book.

Let the hymns do what they are designed to do:

- steady faith,
- soften fear,
- strengthen courage,
- and quietly integrate belief with lived life.

Used patiently, this hymnal can help communities sing their way into wholesomeness – **not as an ideal, but as a lived journey in Christ.**

PS Although this section is addressed to leaders, LV8 can develop each and every member of a congregation into becoming a leader, starting with taking personal responsibility for their own lives.

HYMNS 19–36

The hymns in the second half of The Journey to Wholesomeness (Hymns 19–36) continue the same pastoral and theological direction established in the earlier hymns, while addressing later stages of Christian growth and formation.

Where Hymns 1–18 focus on foundations of grace, assurance, attentiveness, and belonging, Hymns 19–36 speak more directly to faith lived over time and under pressure.

These hymns are intended to be used with care and discernment.

The character of the second half

Hymns 19–36 address experiences such as:

- ongoing difficulty and endurance,
- conscience and discernment,

- integrity tested in relationships,
- family and communal responsibility,
- obedience when outcomes are not immediate.

The tone of these hymns is steady and truthful rather than exuberant. They are designed to strengthen faith through honesty and confidence, rather than emotional intensity. Leaders should not feel the need to use these hymns frequently; they are most effective when chosen purposefully.

Introducing these hymns

A short spoken introduction may be helpful, particularly where a hymn reflects struggle or perseverance. Simple framing is usually sufficient, for example:

- “This hymn gives words to faith when the journey feels long.”
- “We sing this in trust, even when answers are not yet clear.”

Such brief introductions help congregations engage with the hymn in the spirit intended.

Placement within the service

Hymns from this section are generally best placed:

- after Scripture readings or preaching,
- following confession, testimony, or pastoral prayer,
- within a considered sequence rather than as isolated items.

They are less suited to opening a service and often work best as hymns of reflection or response.

Leaders may also find it helpful to return to particular hymns over time, allowing familiarity to grow naturally.

Relationship to the LV8 programme

The themes explored in Hymns 19–36 reflect areas developed within the LV8 programme, particularly the formation of character through lived experience. These include integrity, obedience, discernment, family life, and praise shaped through perseverance.

These connections are intended to remain implicit. The hymns themselves express the theology and do not require explanation within the service.

A note to leaders

Not every service will require hymns from this section, and not every congregation will engage with them immediately. They are offered as resources for moments when depth, steadiness, and honesty are pastorally appropriate.

Used with care, these hymns will support mature faith, encourage perseverance, and give voice to trust formed over time.

SEASONAL AND THEMATIC PLANNING GUIDE

(for worship leaders and planners)

This table is not prescriptive. It offers **anchors**, not rules – helping leaders return to hymns over time so that faith is formed patiently and coherently.

Season / Theme	LV8 Emphasis	Suitable Hymns
Beginnings / New Series	Identity, orientation, responsibility	1 <i>Wholesome in Christ</i> ; 4 <i>All Saints Unite in Jesus' Name</i> ; 6 <i>From Every Heart, One Song</i>
Grace & Assurance	Freedom from shame, restored dignity	2 <i>Grace Resounding</i> ; 9 <i>Freely Given, Not by Applause</i> ; 20 <i>Punishment Gone in the Cross</i>
Calling & Daily Faithfulness	Ordinary work, integrity, vocation	3 <i>Sent in His Love</i> ; 13 <i>Called to Serve Where We Are Placed</i> ; 15 <i>Your Kingdom Worked Out</i>
Listening & Discernment	Attentiveness, conscience, patience	10 <i>Abide with Us in Quiet Ways</i> ; 11 <i>Teach Us to Listen, Lord</i> ; 12 <i>When Silence Shapes Our Faith</i>
Generosity & Stewardship	Freedom with resources, open-handedness	7 <i>Free-Hearted Liberality</i> ; 9 <i>Freely Given, Not by Applause</i>
Pressure, Opposition, Weariness	Endurance, courage without triumphalism	8 <i>Praise Him – And Hold Fast</i> ; 17 <i>Still We Hope, Though Nights Are Long</i>
Growth Over Time	Patience, unseen formation	16 <i>Fruit Abounding</i> ; 12 <i>When Silence Shapes Our Faith</i>
Endings, Loss, Hope Beyond	Finishing well, resurrection hope	18 <i>Till Faith Becomes Our Sight</i> ; 17 <i>Still We Hope Though Nights Are Long</i>
Testing & Endurance	Perseverance, honesty under pressure, hope in darkness	19 <i>The Long Dark Tunnel</i> ; 27 <i>Prayers and Lamentations</i>
Grace Reclaimed	Forgiveness, release from condemnation, restored standing	20 <i>Punishment Gone in the Cross</i> ; 22 <i>Confusion and Conversion</i>
Conscience & Truth	Discernment, repentance, integrity of heart	23 <i>Guileless and Reconciled, We Care</i> ; 24 <i>Accountable and Transparent</i>
Restoration After Failure	Justification, mercy after collapse, renewed trust	25 <i>Burdens Laden with Sin</i> ; 26 <i>Sorrow Besets Me</i>

Prayer & Dependence	Crying out, waiting, confidence in God's nearness	<i>27 Prayers and Lamentations; 31 Before Your Face</i>
Integrity & Inner Strength	Uprightness formed quietly, stability of character	<i>28 Integrity Forged Within; 32 No Fuss, No Haste, No Toil</i>
Community & Mutual Care	Teamwork, belonging, shared responsibility	<i>29 Teamwork and Coordination; 30 The Beauty of Family</i>
Quiet Maturity	Calm assurance, settled faith, inward peace	<i>31 Before Your Face; 33 Deep, Calm and Purposeful</i>
Renewal & New Beginnings	Fresh starts, hope after darkness, forward movement	<i>35 Dawn of a New Day</i>
Praise After Formation	Joy shaped by experience, praise without triumphalism	<i>34 Psychological Health; 36 Praise the Saviour from the Fall!</i>
Endings, Loss, Hope Beyond	Finishing well, resurrection hope, completion	<i>33 Deep, Calm and Purposeful; 36 Praise the Saviour from the Fall!</i>

Planning note:

Leaders may intentionally return to these hymns across seasons rather than exhausting them in a single period.

Repetition is a feature, not a weakness – it allows words to become internalised prayer rather than passing expression.

A PASTORAL NOTE FOR ACCOMPANISTS AND MUSICIANS

This hymnal assumes that **music serves formation**, not performance.

Accompanists and musicians are therefore entrusted with a *pastoral role*, not merely a technical one.

1. Tempo and tone

- Choose **steady, humane tempos**. Many texts carry moral weight, patience, or quiet courage and are weakened by haste.
- Avoid emotional inflation. These hymns do not require musical drama to be effective.

2. Supporting congregational voice

- Prioritise **clear melody and strong pulse**.
- Avoid embellishments that obscure words or invite listening rather than singing.
- Let congregational breathing shape phrasing.

3. Matching accompaniment to text

- Hymns of *reflection, waiting, or endurance* benefit from restraint and space.
- Hymns of *identity and praise* can be supported confidently, without aggression.
- Silence before or after a hymn is often as important as the music itself.

4. Working with repetition

Many hymns here are meant to be sung **often**. Familiarity is not dullness; it is how prayer sinks in.

Musicians serve the congregation well by:

- keeping settings consistent,
- resisting novelty for its own sake,
- and allowing trust to build over time.

5. A shared calling

Accompanists and leaders together help create an atmosphere where:

- conscience is honoured,
- faith is not coerced,
- and growth is allowed to be slow, honest, and real.

In this sense, accompaniment itself becomes an act of service – quietly helping a community **sing its way into wholeness**.

THE HYMNS

A collection of hymns exploring integrity, perseverance, grace, discipline, hope, generosity, and trust – arranged as a journey rather than a theme list.

WHOLESOMENESS ROOTED IN GRACE

Section I:

Wholesomeness and Grace

Rooted identity, grace and mission

1. WHOLESOME IN CHRIST

Metre: LM

- 1 Our wholeness came by Jesus Christ,
Revealed in love, His chosen bride;
As blood-bought saints, secure and free,
We share the hope His grace supplied.

Chorus:

- Whole – whole – so wholesome now in Him,
Wholly set free and pure within;
Wholesomeness now from Christ outpoured,
Wholly for ever in the Lord.
- 2 Wholesome in Christ, accepted whole,
Accountable before His face;
Let nothing dark within us hide,
For we are justified by grace.
- 3 Through shame and suffering, still made whole,
We rest completely in the Son;
He rose in power – we are set free,
His light now shines on everyone.
- 4 Wholesome – we face the strains of life,
With steady eyes on Christ our Lord;
Our minds find peace, our hearts find hope,
As truth renews us by His word.
- 5 Many whole saints have gone before,
Their faith invites us to go on;
Sep'rate only now from sin,
Our trust in Christ – and Christ alone.
- 6 So whole now – yes, glorious and true,
Secure in Him in all our ways;
In Christ alone is all we need,
Whole now – to God be endless praise.
- 7 Songs now of joy lift up our hearts,
Draw us beyond our earthly gaze;
With souls raised high to heaven's height,
We tune our lives to God's own ways.
- 8 Whole now – we rise yet higher still,
Enraptured by His perfect love;
He longs to bless and welcome in,
So we give thanks – now and above.

SINGER'S APPENDIX

Recommended tunes

- GETHSEMANE – A grave, contemplative tune with restrained dignity. Its minor colouring and measured movement encourage reflection and reverence rather than triumph. Best suited to hymns of depth, surrender, or moral seriousness.
- OLD HUNDREDTH – Strong, stately, and universally recognisable. A balanced Long Metre tune that supports confident congregational singing and theological clarity. Reliable and dignified without heaviness.
- OAKLAND – Gentle and open in character. Carries a warm, accessible quality suitable for quieter openings or reflective services while retaining structural strength.

Performance guidance

- Calm, unforced tempi
- Avoid over-dynamics; let clarity set the tone for the whole book
- If using OLD HUNDREDTH, sing confidently but without heaviness

Best used for

- Opening worship
- Call to attention and readiness
- Beginning of a teaching series

Notes

- Establishes the theological and emotional posture of the hymn book
- Encourages attentiveness rather than intensity

Linked Scriptures

- Psalm 95:1-7 – A summons to be ready to meet Christ.
- Isaiah 55:1-3 – A proclamation of grace towards all through a risen Saviour.
- Matthew 9:22 – 'Thy faith hath made thee whole.'
- 1 Thessalonians 5:23 – 'Your whole spirit, and soul, and body be preserved blameless.'
- Revelation 3:20 – Intimacy with Christ available as we open the door.

2. GRACE RESOUNDING

Metre: 11.8.11.9 (Chorus 9697)

- 1 Grace shines through the church, warm, living, and clear,
Grace chasing what's dark all away;
Grace wakes up the sleeper: "Arise from the dead,"
Grace lights up the dawn and brings day.

Chorus

- Grace on grace, flowing free
Grace on grace comes to me!
Grace outpours, and for ever remains
- 2 Grace welcoming sinners and shaping the church,
Grace stirring true worship and praise;
Grace set forth in One – our blest Jesus Christ,
Grace overwhelms, true grace supreme!
- 3 Grace us, reconciling – all wrought on the cross,
Grace strong to transform us to Christ;
Grace lifting from earth, drawing hearts up to God,
Grace bearing us safely all home.
- 4 Grace, truth, and compassion – all goodness divine,
Grace freely bestowed, now no cost!
Grace shown in its fullness in Christ on the cross,
Grace now welcomed, received and embraced.
- 5 Grace – He shall bring forth the headstone with vict'ry loud,
"Grace, grace unto it" evermore!
Grace rich and abounding like waves of the sea,
Grace winning our poor hearts for Christ!

SINGER'S APPENDIX

Recommended tunes

- IT IS WELL – Deeply expressive and steady. Moves with emotional sincerity without excess. Particularly suited to themes of trust under trial and assurance in difficulty.
- VILLE DU HAVRE – Flowing and lyrical, yet grounded. Offers emotional warmth while maintaining congregational stability. Works well for testimony-shaped texts.

Performance guidance

- Slight lift in the final verse
- Keep articulation crisp; avoid dragging

Best used for

- Early service worship
- Teaching on response and calling

- Congregational reassurance

Notes

- Reinforces invitation with assurance
- Builds faith without emotional pressure

Linked Scriptures

- Psalm 34:8 – Taste and see that Jehovah is good.
- Luke 23:34,43 – Divine grace displayed supremely by Christ in forgiveness when on the cross.
- Acts 7:60 – The superiority of Divine grace demonstrated by Stephen interceding for his murderers.
- Hebrews 3:7-8 – Today, if you will hear his voice, burden not your heart.

3. SENT IN HIS LOVE

Metre: 10.10.10.10

- 1 In love, the Lord has called us each by name;
Not just to stand, but walk the Jesus way;
Grace does not end in words we gladly claim –
It takes us on in how we live each day.

Chorus

Where there is hurt, let kindness lead the way;
Where there is wrong, let justice still be done;
Where hope feels thin, let gentle courage stay –
For love has won, and Christ has overcome.

- 2 We go in peace, not driven at all by fear,
Not shaped by pride, nor pressed by human power;
The Spirit leads, and makes His pathway clear,
As truth and mercy meet us hour by hour.
- 3 Send us in love, Lord – ready now to go,
Light in our hands and hope is in our hearts;
Send us in love, Lord – let the whole world know
Christ walks with us and never will we part.
- 4 Make us a people honest, brave, and kind,
Quick to forgive and slow to turn away;
Teach us to serve with open heart and mind,
Till self grows small and Christ is on display.
- 5 And when the road is long, our strength feels worn,
Still keep us faithful, warm, and walking true;
Till all our lives become a living dawn –
Christ seen in us, and others helped by You.

SINGER'S APPENDIX

Recommended tunes

- IN HOPE – Forward-moving and quietly resolute. Encourages confidence without exuberance. Supports texts of calling, commitment, and perseverance.
- MERCEDEM – Broad and hymn-like in character, with a sense of earnest proclamation. Strong for teaching-oriented hymns.
- ENGELBERG – Bold, rising, and architecturally expansive. A tune that carries doctrinal weight with grandeur while remaining singable.

Performance guidance

- Full, confident tone
- Maintain a steady, forward tempo; avoid dragging long lines

Best used for

- Doctrinal teaching
- Affirmation of trust
- Preaching on God's faithfulness

Notes

- Long Metre supports doctrinal clarity
- Effective when sung firmly, not sentimentally

Linked Scriptures

- Psalm 62 – Expression of confidence as we freely look up to God.
- Proverbs 3:5–6 – Acknowledge Jehovah and he will make plain the path to go.
- Micah 6:8 – Do justice, love goodness and walk humbly with God.
- Romans 11:33–36 – God's ways are unsearchable but work out for those who trust in Him.

Section II: Unity, Worth and Praise

Corporate worship, Christ's glory, shared faith

4. ALL SAINTS UNITE IN JESUS' NAME

Metre: LM

- 1 All now embrace the Name of Christ,
And worship humbly before His face;
We celebrate this wondrous theme:
All saints join in – for He's supreme!

Chorus

- Now all – yes all – the saints unite,
Uplifted now as here in might;
All found in heaven, that great host,
One Father, Son and Holy Ghost!
- 2 All hail redemption's happy day,
All sins by Him were borne away;
All bought by blood, to Him belong,
All rise to join this rapturous song.
- 3 Both heaven and earth now join in praise,
Yes – all and more, not one left out;
All blood-bought saints our worship ring,
All creatures join to praise their King.
- 4 All barriers down, in love we meet,
All goes laid low before His feet;
All rival powers put to flight,
All levelled by His glorious might!
- 5 Now rise in heartfelt rapture joy,
Set free at last without alloy;
And all – yes all – may join this throng,
And loudly lift our voice in song.
- 6 All just and true, all fair and right,
Remade as one in holy light;
Now giving, generous and free,
All, all on fire – and true to Thee!

SINGER'S APPENDIX

Recommended tunes

- GETHSEMANE – A grave, contemplative tune with restrained dignity. Its minor colouring and measured movement encourage reflection and reverence rather than triumph. Best suited to hymns of depth, surrender, or moral seriousness.
- DUKE STREET – Bright, confident, and rhythmically assured. Excellent for declarative praise and corporate unity.
- ADORATION – Majestic and expansive, with noble phrasing. Supports texts of exalted worship without theatricality.

Performance guidance

- Moderate tempo
- Maintain steady pulse

Best used for

- Teaching on reliance
- After scripture reading
- Mid-service anchoring hymn

Notes

- Encourages settled confidence rather than striving
- Pairs well with reflective preaching

Linked Scriptures

- Psalm 37:3-7 – Confide in Jehovah and commit our ways to Him and find rest.
- Psalm 106:48 – A summons for all the people to join in saying Amen! Hallelujah!
- Isaiah 26:3-4 – Confide in Jehovah and find the perfect peace that comes through having the mind stayed on Him.
- Ephesians 4:13 – Full growth set out as we all arrive at the unity of the faith and of the knowledge of the Son of God.
- Hebrews 13:5-6 – The Lord is my helper, I will not be afraid.

5. CHRIST IS WORTHY OF OUR BEST

Metre: SM

- 1 Christ lifts the fallen soul,
Never to fail or tire;
He heals the hungry, broken heart,
And shines with gracious fire.
- 2 Christ reigns supreme, imparts to hearts,
His warmth we truly feel;
He dwells right in our hearts,
And makes the wounded whole.
- 3 Christ cleanses sinful hearts,
And calls His church His bride;
In white arrayed, in beauty pure,
We stand there at His side.
- 4 Christ born to humble flesh,
Wise magi honoured there;
From crib to cross, from death to life,
He draws us by His care.
- 5 Christ knows us through and through,
And pleads our cause above;
He sets us free to join His praise,
The triumph of His love.
- 6 Christ asks for all our hearts,
Not part, but every breath;
For He who gave Himself for us
Stays worthy right through death.
- 7 Christ reigns in glory now,
So rise and sing His fame;
He draws us up to share His life –
All praise His holy Name!

SINGER'S APPENDIX

Recommended tunes

- GRACE – Simple, direct, and warmly congregational. Ideal for Short Metre texts that require clarity and flow.
- DENNIS – Balanced and purposeful with gentle forward motion. Carries exhortation without harshness; reliable for didactic or commitment hymns.
- ST THOMAS (WILLIAMS) – Lively yet dignified. Encourages movement and participation while preserving theological steadiness.

Performance guidance

- Keep phrases moving

- Avoid slowing at verse endings

Best used for

- Response to teaching
- Commitment services
- Following confession or prayer

Notes

- Short Metre demands clarity and purpose
- Best sung plainly, without ornament

Linked Scriptures

- Joshua 24:15 – The highest form of service is to serve God. Joshua could speak for his house.
- Psalm 116:12-14 – The psalmist decides to commit himself to Jehovah in appreciation of all the benefits he'd experienced from God.
- Romans 12:1-2 – Transformation comes when we live for God rather than please ourselves.
- Hebrews 2:9 – Jesus crowned with glory and honour, triumphant through suffering, becomes our inspiration.

6. FROM EVERY HEART, ONE SONG

Metre: CM

- 1 From every heart, one song shall rise,
One Name our glory be;
The Lamb once slain, now crowned in light,
Our joy eternally.
- 2 From manger low to lifted throne,
One life poured out in love;
He gathers all, both near and far,
To sing His worth above.
- 3 No rank remains, no boast survives,
All pride is swept away;
One people stand before His face,
One anthem now we pray.
- 4 So give our best, our very all,
Not part, not feigned, as new,
Till heaven and earth resound as one:
"Christ Jesus – all for You!"

SINGER'S APPENDIX

Recommended tunes

- CRIMOND – Sweeping and spacious with noble melodic arcs. Conveys reverence and unity, especially in reflective praise.
- BELMONT – Measured and poised. Supports congregational cohesion and works well in moderate tempos.
- WORSHIP – Clear and structured, suitable for steady corporate declaration.

Verse order

- Optional repeat of final line

Performance guidance

- Encourage congregational unity
- Keep volume balanced; avoid dominance

Best used for

- Closing response in first section
- Personal dedication
- Preparation for teaching transition

Notes

- Concludes the opening section with resolve
- Sets up the deeper journey that follows

Linked Scriptures

- Psalm 40:8 – The perfect Man – willing and glad to be obedient.
- Proverbs 11:2 – When pride comes, then comes disgrace but with humility comes wisdom.

- Luke 9:23 – If any one will come after me, let him deny himself and take up his cross daily and follow me.
- John 12:32 – If I am lifted up from the earth, I will draw all peoples to myself.
- Philippians 1:6 – He who has begun in you a good work will complete it.

Section III: Generosity, Perseverance, and Hope

7. FREE-HEARTED LIBERALITY

Metre: SM

- 1 Both kings and noble ones
Submit to One supreme,
Bring treasured gifts before His throne;
And share this generous theme.

Chorus

- Free-hearted, liberal, kind,
We echo love sublime;
Our wealth is feeble at the most –
We pour out souls, divine.
- 2 Though rich, the Lord came poor,
The sacrifice that stands;
Now crowned in heaven and on earth,
Enriched beyond all lands.
 - 3 We choose the moral path,
Though narrow it may be;
Our feet on earth, our hearts in heaven...
In certain victory.
 - 4 When giving feels like loss,
Learn this: our God does see;
Unknown on earth, yet named above,
Our faith walks steadfastly.
 - 5 He sees the smallest gift,
The widow's quiet mite;
He knows the heart that gives in truth
And finds in Him delight.
 - 6 See a Zacchaeus rise,
Restoring more than due;
Set free by grace, His open hands
Forgive what's overdue.

SINGER'S APPENDIX

Recommended tunes

- VENICE – Warm and flowing, with a modest lyricism. Encourages generosity-themed texts without sentimentality.
- SOLYMA – Gentle and devotional in tone. Particularly fitting for reflective or prayerful contexts.
- GOLDEN HILL – Firm and balanced, with clear harmonic grounding. Supports thoughtful congregational singing.

Performance guidance

- Unhurried tempo
- Avoid excessive dynamic contrast; let the words lead

Best used for

- Teaching on discipleship
- Early-mid service placement
- Reflective congregational singing

Notes

- Emphasises growth through obedience rather than emotion
- Effective when sung simply and attentively

Linked Scriptures

- Luke 19:1-10 – Zacchaeus, a wealthy tax gatherer, was converted by Christ and promised to give half of his possessions to the poor and make fourfold restitution to any that he'd wronged.
- Luke 21:1-4 – The Lord assesses that the poor widow, despite only casting in two mites, actually cast more into the treasury than the rich who cast in out of their abundance.
- 2 Corinthians 8:2 – Paul appeals to the Corinthians by contrasting the poor brethren of Philippi who were free-hearted, liberal and kind with the affluence that he saw on display in Corinth.
- 2 Corinthians 9:11-13 – Paul commends free-hearted liberality as abounding by many thanksgivings to God – proof of a good administrative system in the church, the principle being equality.

8. PRAISE HIM – AND HOLD FAST

Metre: 11.8.11.9

- 1 Dark days come so often, but Jesus shines through,
To lighten our valleys so dim;
Oh grace so consistent, so real and so true –
Praise Him; thank Him – hang on to Him forever!
- 2 The cross stands forever at centre of time,
Though rugged and cruel in its place;
If we endure hatred, rejection, malign,
Look to Him; praise Him; thank Him; adore Him.
- 3 Occasional hunger, refusal and fear,
He's been through the same long before;
Recover, resurge as we love Him so dear –
Praise Him; thank Him and hold fast His hand!
- 4 As we accept discipline, hatred and scorn,
Just look up and tune in to Him;
He's won us the victory, made us newly born,
So for ever thank, love, praise, adore!

SINGER'S APPENDIX

Recommended tunes

- WAY OF PEACE – Moderate and steady, with a sense of inward assurance. Effective for texts about trust and perseverance.
- IT IS WELL – Deeply expressive and steady. Moves with emotional sincerity without excess. Particularly suited to themes of trust under trial and assurance in difficulty.
- HOW SWEET IS MY REST – Softly reflective and calm. Encourages settled confidence rather than outward exuberance.

Performance guidance

- Slight lift in final verse
- Maintain clear consonants throughout
- Keep tone assured rather than emotive

Best used for

- Teaching services
- Reinforcing trust learned through experience
- After scripture exposition

Notes

- Builds assurance gradually
- Works well paired with testimony or teaching

Linked Scriptures

- Psalm 23:3-4 – While walking through the valley of the shadow of death, Jehovah is there, greater than death, to guide and sustain us.

- Psalm 25:4-5 – Make me to walk in truth, the God of my salvation, on thee do I wait all the day.
- Proverbs 4:18 – The path of the righteous is as the shining light, going on and brightening until the day be fully come.
- John 8:12 – I am the light of the world; he that follows me shall not walk in darkness, but shall have the light of life.

9. FREELY GIVEN, NOT BY APPLAUSE

Metre: CMD

- 1 Freely we give, for we have received
A gift no gold could buy;
The grace that stooped to lift us up
And raise our hearts on high.
No gain is lost that's placed with Him,
No gift unseen above;
The poor made rich, the captive set free,
By sacrificial love.
- 2 When days are dark and courage thin,
And faith is tried by fire,
The same free grace that loosed our hands
Still steadies our desire.
So let us walk the narrow way,
With open hands and eyes;
Till tears are turned to thankful praise
In heaven's bright surprise.
- 3 Not by applause, but faithfulness,
Our lives are weighed in truth;
Not instant gain, nor public praise,
But roots that deepen youth.
So free us from the need to shine,
From restless, grasping fears;
And teach us how to steward well
The life that's ours through tears.
- 4 You see the cup of water given,
The word held out in grace;
The courage shown to do what's right
When none will take our place.
Till work and prayer are interweaved,
And days no more divide;
But calling, lived in humble trust,
Becomes our victory stride.

SINGER'S APPENDIX

Recommended tunes

- NONE BUT CHRIST CAN SATISFY – Evangelical and direct in character. Strong melodic clarity suited to doctrinal reinforcement.
- ST MATTHEW – Solid and traditional, with rhythmic firmness. Carries structured theological texts well.

- ELLACOMBE – Energetic but controlled. Encourages participation while maintaining discipline.

Performance guidance

- Full tone without heaviness
- Keep tempo steady and grounded

Best used for

- Doctrinal reinforcement
- Teaching on God’s constancy
- Mid-service anchoring hymn

Notes

- Long Metre reinforces theological clarity
- Particularly effective in traditional settings

Linked Scriptures

- Psalm 46 – God is our refuge and deliverer so will protect us. No one can touch us!
- Matthew 7:13,14 – Jesus describes ‘the narrow way’ or ‘strait gate’ as the difficult less-travelled path that leads to eternal life in contrast with the easy, popular ‘broad way’ that leads to destruction.
- Matthew 10:42 – Whoever gives to one of these little ones a cup of cold water only, he shall never lose his reward.
- 2 Corinthians 8:9 – By the grace of our Lord Jesus Christ, he being rich, became poor so that we by his poverty might be enriched.

Section IV: Abiding and Attentive

Life with God when nothing dramatic is happening

10. ABIDE WITH US IN QUIET WAYS

Metre: CM

- 1 Abide with us in quiet ways,
When noise and haste are gone;
When faith must walk by trust alone
And dangers no more come.
- 2 Teach us to dwell, not rush ahead,
Nor chase the urgent cry;
To sit beneath Your steady gaze
And let our striving die.
- 3 Not every prayer is answered loud,
Nor every path made clear;
Yet You are near in stillness deep,
More faithful than our fear.
- 4 So shape our hearts by patient grace,
By daily bread and truth;
Till rooted deep, we learn to walk
By faith, not sight or proof.

SINGER'S APPENDIX

Recommended tunes

- ACTON – Quietly confident and balanced. Ideal for hymns of rest, trust, and settled assurance.
- BETHANY – Gentle and well-loved, often associated with comfort and reflective devotion.
- WESTMINSTER – Calm, restrained, and dignified. Suitable for steady, thoughtful congregational singing.

Verse order

- Optional instrumental lead-in

Performance guidance

- Avoid dragging
- Encourage unified congregational tone

Best used for

- Services focusing on trust
- Following prayers of confession or surrender
- Reinforcing settled faith

Notes

- Expresses confidence without triumphalism
- Best sung plainly and firmly

Linked Scriptures

- Psalm 62:5-8 – Expresses confidence when looking up to God. God is our refuge.
- Isaiah 30:15 – In returning and rest shall ye be saved, in quietness and confidence shall be your strength.
- Lamentations 3:25,26 – Jeremiah reached through to a restful state of heart. 'Jehovah is good unto them that wait for him. It is good that one should both wait and that in silence, for the salvation of Jehovah.'
- Romans 8:31 – If God be for us, who against us?

11. TEACH US TO LISTEN, LORD

Metre: SM

- 1 Teach us to listen, Lord,
When silence fills the room;
When words fall short and answers wait
To take us from our doom.
- 2 Mary sat at His feet
While Martha slaved away;
Jehovah's there for those who wait,
Sinners who have no hate.
- 3 Unclog our hearts from pride,
From hurry, noise, and fear;
Make space within our restless minds
Your gentle voice to hear.
- 4 Not all who speak are sent,
Not all bright paths are true;
Give us discernment born of love
To choose what leads to You.
- 5 So trained by conscience pure,
Attentive, walk the way
Your wisdom sure, we drink in more,
Unquestioning, has sway.

SINGER'S APPENDIX

Recommended tunes

- MORELAND – Compact and purposeful. Supports Short Metre texts with clarity and resolve.
- MY BELOVED – Expressive yet not sentimental. Works well for devotional commitment hymns.
- BOYLSTON – Energetic but disciplined. Encourages momentum in shorter metres.

Performance guidance

- Keep momentum
- Avoid excessive pauses between lines

Best used for

- Commitment moments
- Response after teaching
- Transition hymn within a service

Notes

- Short Metre supports clarity and resolve
- Especially effective with strong unison singing

Linked Scriptures

- Psalm 128 – Illustrates the peaceful enjoyment of divine favour.
- Luke 10:38-42 – Mary represents contemplative devotion and Martha active service. Jesus commends Mary for sitting at his feet and choosing the good path while gently corrects Martha.
- John 15:5-8 – ‘If my words abide in you and ye abide in me, ye shall bear much fruit as disciples of mine.’
- Galatians 6:9 – Let us not lose heart in doing good; for in due time, if we do not faint, we shall reap.
- Hebrews 10:22 – Let us draw near with a true heart in full assurance of faith, with our hearts clean from an evil conscience and our bodies washed with pure water.

12. WHEN SILENCE SHAPES OUR FAITH

Metre: 10.10.10.10

- 1 When silence shapes our faith more than our speech,
And waiting feels like loss we cannot name,
You meet us there – beyond what we can reach –
Not less our God, unchanged in love and aim.
- 2 You formed the stars without a single sound,
You grew the seed unseen beneath the soil;
So work in us when no applause is found,
And bless the hidden labour of our toil.
- 3 Till what is born in quiet faithfulness
Breaks into fruit at Your appointed time;
And we, content with slow unfolding grace,
Break forth in worship, while on You recline.

SINGER'S APPENDIX

Recommended tunes

- ABIDE WITH ME – Slow, dignified, and deeply reflective. Carries themes of mortality, trust, and steadfast hope.
- AUTUMN – Gentle and contemplative, with pastoral colouring. Suitable for maturity-themed texts.
- THE GLORY SONG – More expansive and uplifting, bringing a subtle rise toward hope.

Verse order

- Optional repeat of final line

Performance guidance

- Encourage congregation to sing confidently
- Maintain even tempo
- If using ABIDE WITH ME, avoid excessive slowing between phrases

Best used for

- Concluding a teaching block
- Reinforcing faithfulness over time
- Preparation for transition into deeper themes

Notes

- Concludes the first half's movement toward maturity
- Bridges naturally into themes of testing and perseverance

Linked Scriptures

- Psalm 1 – True prosperity comes through feeding on Christ's perfection. 'His delight is in Jehovah's law and in his law doth he meditate day and night.'
- Psalm 8:1-5 – The enemy and the avenger are stilled by the majesty of God's creation.
- Colossians 1:10 – Walk worthily of the Lord unto all well-pleasing, bearing fruit in every good work, and growing by the true knowledge of God.
- James 1:22-25 – Contrasts man's forgetful superficiality with Christ's perfection.

Section V: Faithfulness and Worship

Ordinary obedience, responsibility and devotion

13. CALLED TO SERVE WHERE WE ARE PLACED

Metre: CM

- 1 Called to serve You where we are placed,
Not where we wish to stand;
To honour You in daily work
By heart, and mind, and hand.
- 2 No task too small to hold Your worth,
No role too plain to bless;
For faithfulness in daily things
Is worship none confess.
- 3 Keep us from envy, haste, or show,
From chasing borrowed fame;
Let truth and love define our work,
Not status, rank, or name.
- 4 Till all we do – both seen, unseen –
Be offered back to You;
A living prayer in flesh and time,
Maintained and quietly true.

SINGER'S APPENDIX

Recommended tunes

- DUNFERMLINE – Sturdy and balanced, with historic character. Supports ordinary obedience and faithful living themes.
- EVAN – Clear and unadorned. Encourages congregational unity in mid-tempo singing.
- TOTTENHAM – Strong and practical. Well suited to hymns of work, duty, and integrity.

Performance guidance

- Calm, settled tempo
- Avoid dramatic contrasts; let assurance speak

Best used for

- Teaching on faithful obedience
- Congregational reflection on daily walk
- Mid-service placement

Notes

- Emphasises perseverance in ordinary faithfulness
- Particularly effective when sung quietly but firmly

Linked Scriptures

- 2 Kings 4:13 – The Shunammite woman stated to the protect Elisha ‘I dwell among my own people’ to indicate her contentment and security within her community. She didn’t need any special favours from important people.
- Psalm 37:3-5 – The believer remains undisturbed by evil despite being in the midst of it. Confide in Jehovah and do good.
- Luke 16:10 – If we are faithful in the small things, we will be faithful in the big things.
- Galatians 6:7-9 – Let’s not lose heart in doing good for in due time we shall reap rewards from what we sow.

14. WORSHIP TO THE TRIUNE GOD

Metre: 14.14.14.14

- 1 God – infinite, inscrutable, unsearchable, Divine,
Co-ordinating all – the earth, the sea, the moon, all Thine.
Yes, all creation rises high to honour Thy great Name.
We join in song, in praise and worship spread abroad, Thy fame.
- 2 God – changeless and dependable – Divinity so great,
Thy love stands fast despite all powers malign and sin we hate,
No threat too great, no fight too fierce – Thou winnest every time.
We stand to worship Thy great Name. The victory is Thine!
- 3 God, Thou art love and Thou hast chosen to share grace with us,
Christ once for all met all our past and set us free to praise.
It only falls on us to trust continually on Thee.
And Thy great Son who Thou didst give to die on Calvary
- 4 We often have to wait in patience as Thy grace unfolds,
And learn to trust in Thee as Thou dost work out all untold
So we stay strong and give Thee now our hands for Thee to hold.
Who always keeps us safe at peace, protected from the cold.
- 5 The Holy Spirit given that we never need go wrong,
The One who thrills our hearts to rise and join in rapturous song.
Bless, bless the Three in One we need to help us to succeed,
The One who knoweth all desires and meets our every need.
- 6 Let's now break forth and give thee all the glory and the praise;
Thou art the One who makes the sun send down its warmest rays;
True greatness in the Father and the Son who leads the song,
The Spirit lifts us up on high to join the wondrous throng.

SINGER'S APPENDIX

Recommended tunes

- INGLESIDE – Deeply reverent, with theological breadth. Carries long lines without heaviness.
- ST SYLVESTER – Serious yet calm. Encourages contemplative worship of divine greatness.
- DALMENY – Flowing and confident, supporting expansive texts with steadiness.

Verse order

- Optional instrumental breath between verses

Performance guidance

- Broad tempo, but never heavy
- Maintain forward motion through long lines

Best used for

- Teaching services

- Reflective worship moments
- After extended scripture readings

Notes

- Long lines allow theological depth to unfold
- Best sung confidently rather than softly

Linked Scriptures

- Psalm 27:13-14 – The secret of strength is waiting for Jehovah. Take courage!
- Isaiah 33:6 – He shall be the stability of thy times, the riches of salvation, wisdom and knowledge.
- Isaiah 40:28-31 – Those that wait on the everlasting God shall renew their strength and never tire.
- Hebrews 10:23 – Let us hold fast, unwavering for he is faithful who has promised.
- Hebrews 13:8 – Jesus Christ is the same yesterday, and to-day, and to the ages to come.

15. YOUR KINGDOM WORKED OUT

Metre: CM

- 1 No room for Christ, born in a shed,
Hidden from sight all through;
Your moral glory – how You bled
From birth to death – all true.
- 2 For us You came, not dressed in might,
Nor marked by grand display;
Love grows wherever truth is done
In quiet and faithful way.
- 3 In desks and kitchens, streets and farms,
In plans that stop and start,
You build Your reign through willing hearts
Who choose the good Thou art.
- 4 So let our ordinary days
Be filled with sunshine's rays;
For heaven's work so often hid
Is seen in loyalty.
- 5 Let's lift a final note of praise
All led in glorious blaze;
Hosanna now, our praises loud,
Your kingdom come – no shroud.

SINGER'S APPENDIX

Recommended tunes

- FARRANT – Composed and orderly. Ideal for teaching contexts where clarity matters.
- FRENCH – Firm and traditional. Strong in unison singing.
- SPOHR – Noble and expressive. Conveys quiet conviction.

Performance guidance

- Strong unison singing preferred
- Avoid slowing the final verse excessively

Best used for

- Teaching on assurance
- Doctrinal reinforcement
- Anchoring hymn before sermon

Notes

- Long Metre reinforces stability and conviction
- Particularly effective in traditional worship contexts

Linked Scriptures

- Psalm 112 – Life goes well for the man who feareth Jehovah, is liberal in heart, gracious, merciful and righteous.
- Romans 5:1-5 – God in his grace sets the believer up in divine favour, inwardly refreshed and sustained by the Holy Spirit.
- Hebrews 6:19 – Jesus is the anchor of the soul, both secure and firm.
- James 1:26,27 – James, always deeply practical, contrasts the deceit of religious showmanship with true religion which is comforting widows and orphans in their affliction and not being conformed to the world.

Section VI: Bearing Fruit With Patience

Growth over time, unseen faithfulness

16. FRUIT ABOUNDING

Metre: SM

- 1 The Sower scatters seed,
His tears soften the ground,
The work of God responds at once;
We've waited for Him long.
- 2 Fruit that grows – seasons long
Is shaped by sun and rain;
By pruning sharp and waiting still,
By loss as well as gain.
- 3 So teach us not to judge
The work Your hands have done;
For growth is slow, and roots run deep
Before the fruit has come.
- 4 Let patience do its work
Within our hopes and plans;
Till love stands firm and faith endures
Beyond what sight demands.
- 5 Fruit that grows so we can feed,
It meets our every need.
Christ does rejoice in laugh and joy,
His fruit does just abound.

SINGER'S APPENDIX

Recommended tunes

- RIPON – Bright and rhythmically firm. Encourages clarity and energy in Short Metre.
- ST GEORGE – Strong and slightly martial in tone. Supports perseverance themes.
- FESTAL SONG – Joyful but measured. Suitable for harvest or fruit-bearing themes.

Performance guidance

- Maintain firmness; do not rush
- Clear diction essential
- Avoid turning the tune into a march; preserve reflective character.

Best used for

- Services addressing trial or discipline
- Transition into deeper themes of endurance
- After confession or lament

Notes

- Signals the shift toward themes of testing
- Avoid overly light treatment

Linked Scriptures

- Psalm 66:10-12 – God has proved us and tried us but has brought us out into abundance.
- Psalm 126:5-6 – Full joy only comes through sorrow. The tears soften the ground ready for the seed to germinate and so causing happiness through a full harvest.
- Galatians 6:8-10 – Let's not lose heart in doing good because, in due time, if we do not faint, we shall reap eternal life.
- Hebrews 12:5-11 – God's chastening may seem to be a matter of grief but eventually yields the peaceful fruit of righteousness to those exercised by it.
- James 5:11 – The 'patience of Job' – steadfast endurance of extreme suffering, loss and pain eventually yields great reward.

17. STILL WE HOPE, THOUGH NIGHTS ARE LONG

Metre: 11.10.11.10

- 1 Still we have hope, though nights are long and waiting,
And prayers return with no evidence from high;
You are the God who holds our expectations
When courage fails and reasons seem to die.
- 2 Not every loss is healed in time we see,
Not every wound is closed in life down here;
Yet You are near in times of stress and pity,
And bear our burdens where we cannot go.
- 3 So keep us walking, honest, while tried and trusting,
Neither despairing nor turning to pretence;
Knowing that suffering itself is gently weighed
By love's eternal measurement – look hence!

SINGER'S APPENDIX

Recommended tunes

- RHYS – Gentle, Welsh in character, expressive yet disciplined.
- STRENGTH AND STAY – Solid and dependable, with an undercurrent of quiet assurance.
- WELWYN – Even and reflective, well suited to endurance texts.

Verse order

- Optional pause before final verse

Performance guidance

- Moderate tempo
- Encourage congregational unity

Best used for

- Pastoral services
- Teaching on endurance and hope
- Following testimony or prayer

Notes

- Allows congregation to sing from within struggle
- Balances realism with confidence

Linked Scriptures

- Psalm 34:17-19 – God delivers us from all our adversaries and delivereth those of a broken and contrite heart.
- Matthew 25:1-13 – Reality and profession seem to go on together outwardly the same but the professing church wholly loses the reality and hope of Christ's return. The ones that are ready and waiting enjoy heaven's feast with Christ.

- John 16:33 – In the world ye have tribulation. In me ye have peace. Be of good courage. I have overcome the world.
- Romans 8:21–25 – God makes known the riches of his glory upon vessels of mercy.

18. TILL FAITH BECOMES OUR SIGHT

Metre: CM

- 1 Till faith becomes our sight at last,
And hope gives way to praise;
We walk by trust through partial light
Looking on to day of days.
- 2 We do not see the final shape
Of all Your mercy weaves;
But You are faithful to complete
What patient love believes.
- 3 So let us finish well our course,
With hands both open, true;
Till all our lives, now gathered home,
Find all their rest in You.
- 4 Jesus unseen, we so much love.
The One who fills with joy;
He turns our hearts to Him above,
Faith alive so bright, so clear.

SINGER'S APPENDIX

Recommended tunes

- ST ANNE – Grand, architectural, and historic. Ideal for closing hymns of hope and completion.
- GLASGOW – Warm and lyrical with measured dignity.
- SALZBURG – Noble and uplifting, balancing reverence with confidence.

Verse order

- Optional lift in final verse

Performance guidance

- Build gently toward conclusion
- Avoid triumphal excess

Best used for

- Concluding the first half of the hymnal
- Services preparing for deeper themes
- Transition into hymns of pressure and perseverance

Notes

- Completes the movement from growth into testing
- Sets the theological tone for Hymns 19–36

Linked Scriptures

- Psalm 66 – A universal summons to the righteous. When deliverance comes, all glory will be ascribed to God.
- 2 Corinthians 4:16–18 – Whilst our poor dying bodies suffer temporary affliction, the inward man looks at unseen things that work for us in surpassing measure an eternal weight of gold.
- 1 Peter 1:4–7 – We have an incorruptible, undefiled, unfading inheritance reserved in the heavens for us, much more precious than gold which perishes.

WHOLESOMENESS FORMED THROUGH PRESSURE

Section VII: Tested Faith and Steady Courage

Faith refined under strain; forgiveness and perseverance

Focus:

- pressure points in relationships
- conflict resolved through the cross
- release from accusation and self-judgement
- grace proved under stress

19. THE LONG DARK TUNNEL

Metre: LM

- 1 Life's like a tunnel dark for me,
Please help me Lord, I just can't see,
Money, drink, drugs – addictions rife.
I know you died for sin – give life!
- 2 Where e'er I turn I see no hope,
I find it very hard to cope;
Help me to trust You with my cares,
Keep me away from all these snares.
- 3 I stop and start and try anew,
Forgetting to rely on You.
Please lift me up above it all
And give me strength so I don't fall.
- 4 The way is clear, Your light so bright.
Dispel these snares that me so blight.
Help me progress and move along.
To keep me from these sins so strong.

SINGER'S APPENDIX

Recommended tunes

- HOLLEY – Softly serious, suitable for hymns emerging from struggle.
- WAREHAM – Stately yet accessible. Carries doctrinal clarity with warmth.
- BROOKFIELD – Gentle but forward-moving, supporting hope without melodrama.

All tunes allow honesty without melodrama and support gradual movement from darkness toward light.

Verse order

- Suggested order: 1–2–3–4 (as printed)
- In sensitive contexts, verses 1–3 only, allowing verse 4 to be spoken or prayed

Performance guidance

- Gentle, unforced tempo
- Keep dynamics moderate; avoid dramatic contrast
- Allow the text to speak plainly; do not over-emphasise distress language

Best used for

- Pastoral or evangelistic services
- Testimony-led meetings
- Services addressing addiction, repentance, or recovery

Notes

- Speaks from within struggle rather than after resolution
- Hope emerges gradually, not triumphantly
- Works best when framed by spoken prayer or brief pastoral introduction

Linked Scriptures

- Psalm 40:1-3 – We wait patiently on Jehovah’s delivering us from the pit of destruction, out of the miry clay, and setting our feet to rest on the finished work of Christ.
- Psalm 130:1-4 – To the depths of distress and humiliation, the Lord hears our cry and brings us into the blessedness of forgiveness, new ground.
- Isaiah 42:16 – I will bring the blind by a way that they know not, in paths that they know not will I lead them; I will make darkness light before them. and crooked things straight. I will not forsake them.
- Romans 7:23-24 – I see another law in my members, warring in opposition to the law of my mind, and bringing me into captivity to the law of sin which exists in my members. O wretched man that I am, who shall deliver me out of this body of death? The figure is that a dead body is tied to you so you seek deliverance from that.
- Hebrews 13:5 – Let your conversation be without love of money, satisfied with your present circumstances for the Lord is your helper.

20. PUNISHMENT GONE IN THE CROSS

Metre: SM

- 1 Never take friends to court
Whatever else you do;
Repent, forgive, release, restore,
Relationship renew.

Chorus

- Why punish any one?
The cross's work is done.
Just trust the Saviour totally,
Forgiveness has been won.
- 2 The One who died for you
Died for your friend as well;
Go out to all with hearts so full
To seek, to find and dwell.
- 3 The cost so great, so much,
There's nothing left to pay!
The Saviour suffered in our stead,
And He has had His say.
- 4 No need for violence,
He bore it all for you;
His healing hand – forever there,
His finished work on view.
- 5 Come now, join in His praise,
The Hallelujah sound;
Praise from the earth, the sea, the air,
It really does abound.
- 6 Leave filth far, far behind
And feel the atmosphere;
Culture of love which breathes excess,
Remove all stress and fear.

SINGER'S APPENDIX

Recommended tunes

- DENNIS – Balanced and purposeful with gentle forward motion. Carries exhortation without harshness; reliable for didactic or commitment hymns.
- SUMMERFIELD – Light and accessible, suitable for reconciliation themes.
- ST MICHAEL – Firm and traditional, with disciplined structure.

Performance guidance

- Sing plainly, firmly, and without dramatics
- Keep a moderate, steady tempo

- Let the words carry the meaning; avoid rhetorical emphasis
- Chorus should be confident, not exuberant

Best used for

- Teaching on forgiveness and reconciliation
- After confession and assurance of pardon
- Communion services
- Services addressing conflict, division, or relational repair

Notes

- Emphasises the finality and sufficiency of the cross
- Reconciliation flows outward, not inward only
- Tone should remain pastoral rather than confrontational
- Strength lies in clarity, not intensity

Linked Scriptures

- Isaiah 53:9 – He hath done no violence, neither was there guile in his mouth.
- Romans 2:1-3 – Therefore thou art inexcusable, O man, everyone who judgest, for in that in which thou judgest another, thou condemnest thyself; for thou that judgest doest the same things. Do we think that we can escape the judgment of God? We should never go on with things secretly ourselves and judge others for the same sin.
- 1 Corinthians 6:1-5 – Having recourse to the arbitration of true brethren is far superior to being subjected to the world's tribunals. Anyone walking in the truth should be able to judge small matters without things being escalated. But the brother that is prosecuted is exhorted to bear it and suffer the wrong rather than retaliate.
- Ephesians 4:31-32 – Let all bitterness, and heat of passion, and wrath, and clamour, and injurious language, be removed from you, with all malice; and be to one another kind, compassionate, forgiving one another, so as God also in Christ has forgiven you. This image of Christ is stamped indelibly on us as we model ourselves on Him.
- Colossians 2:13-15 — The cancellation of debt has already occurred at the cross. Christ leads in triumph.

21. THE LIGHT AT THE END OF THE TUNNEL

Metre: 10.4.10.4.10.10

- 1 The tunnel's long but the great light ahead
Doth shine so bright.
I've proved Him for myself and He is strong
To keep me right.
Light pierces through the darkness and its doom
Forgiving splendour, in His heart there's room.
- 2 How can it be that His love stays so bright
And warm for me?
The answer's in His ever-finished work
On Calvary.
The cross so precious, permanent and true
Stands there forever – His work done for you!
- 3 Forgiveness still held out for me by Him
Despite my sin
Yes, Jesus died to take away each stain
And bring me in!
Oh thank You Jesus, how I love You so,
Knowing You're mind, and never will let go!
- 4 Strength rises in us and produces now
A faith not frail,
His precious blood which cleanses every spot
Shall still avail.
Christ leads us on beyond the place of doubt;
His love we know shall evermore prevail.

SINGER'S APPENDIX

Recommended tunes

- BRACKLEY – Measured and balanced. Carries doctrinal clarity with understated dignity.
- SANDON – Calm and structured, with steady harmonic grounding. Suitable for clear doctrinal expression.
- LUX BENIGNA – Quietly luminous and devotional in character. Moves with gentle breadth and inward assurance, making it especially suitable for hymns of guidance, trust, and steady perseverance.

Avoid reflective or overly slow tunes — this hymn moves through darkness, not around it.

Performance guidance

- Keep a steady, walking tempo
- Allow the short lines (4 syllables) to breathe, but do not linger
- Build gently across verses rather than peaking early
- Let the final line of each verse sound settled, not triumphant
- Build confidence gradually; avoid sudden dynamic lift

Best used for

- Services addressing endurance, recovery, and reassurance
- After testimony, prayer for healing, or pastoral reflection
- Mid-service placement where reassurance is needed
- Seasons of transition rather than celebration

Notes

- The hymn mirrors the experience of faith that proves itself over time
- Hope is described as companionship, not instant rescue
- Christ's presence is steady and near — "every step beside me"
- Particularly effective when paired with Scripture that speaks of light emerging gradually

Linked Scriptures

- Psalm 23:2-4 – Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me. Despite all, leadeth me to luscious pastures, enjoying the refreshment and peace of still waters.
- John 1:4-9 – In him was life, and the life was the light of men. And the light appears in darkness, and the darkness apprehended it not. John would never take the place of being the light, rather pointing up the true light, which, coming into the world, lightens every man.
- John 8:12 – I am the light of the world; he that follows me shall not walk in darkness, but shall have the light of life.
- Romans 7:24-25 – O wretched man that I am! Who shall deliver me out of this body of death? I thank God through Jesus Christ our Lord. So then I myself with the mind serve God's law, but with the flesh sin's law. A point is reached where the inward man has got superiority over sin at last.
- Romans 8:1-2 – There is then now no condemnation to those in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and of death. I have reached a standing before God and there are no conditions attached. Enjoy the liberating power of the Spirit of Christ.

Section VIII: Conscience, Discernment and Truth

Honesty before Christ; truth embraced without fear

Focus:

- conscience awakened
- truth confronted rather than avoided
- repentance without despair
- discernment refined through honesty

22. CONFUSION AND CONVERSION

Metre: CM

- 1 Depart from me – I'm far too bad,
Confusion makes me sad;
Yet Jesus speaks with mercy sure,
I'm cleansed and sin abhor.

Chorus

- Jesus is rich now towards all,
Grace flows where hearts do call;
Confess Him now; call on His Name,
Saved, righteous; now no blame
- 2 Old fears return to cloud the mind,
Past failures still entwined;
Yet grace outpours without demand,
The work complete – He stands.
- 3 Let tears well up and then flow forth,
Jesus died – great Man of Worth!
Face up to truth; come out with all,
The Saviour met the fall.
- 4 Blurt out all sins while grace now flows,
And forth forgiveness goes;
You meet Christ Jesus – now revealed,
The broken heart is healed.
- 5 Our Father loved the dark, dark world
Reach out find faith unfurled.
God's given His well-beloved Son;
He hath the victory won.
- 6 If Saul can change, so can you too,
Life now worthwhile and true,
Christ e'er towards us – now no fear,
Let's hang on Him – so dear.
- 7 Give up the fight: be real, be true;
He's come right from heaven for you.
He's here for those who feel their fall,
Yes, He's come to save us all!
- 8 Hearts now awake and souls on fire,
Not judged by past – no mire;
Truth shines so clear, no painted hue,
Grace making all things new.

- 9 True satisfaction, comfort, peace,
Hearts joy in heaven's release;
Faith rests so firm – no debt remains,
Love's triumph still sustains.
- 10 Jesus stands tall – out in the clear,
His voice dispels all fear;
Drawn now by love so strong, no need,
We follow, near and freed!
- 11 Find inward joy in Christ alone –
Thou dost our sins atone,
Satisfaction, comfort and peace.
Hearts joy in heaven's release!

SINGER'S APPENDIX

Recommended tunes

Because this hymn moves from inner confusion → honest confession → grace received → settled joy, the tune must be clear, steady, and unsentimental, allowing the text to do its work.

Primary recommendations

- LLOYD – Balanced and steady. Supports reflective texts without emotional excess.
- LYNTON – Flowing and composed. Encourages calm assurance and sustained phrasing.
- ST SAVIOUR – Broad and confident, with rising phrases that encourage trust.

Alternative options

- WINCHESTER OLD – if sung with restraint; suits the hymn's narrative arc
- CARLISLE – only where the congregation sings confidently and evenly

Avoid overly lyrical or romantic CM tunes — this hymn requires truthfulness, not softness.

Performance guidance

- Maintain a moderate, unhurried tempo
- Sing plainly and directly — avoid expressive rubato
- Allow the later verses (9–11) to carry quiet confidence rather than triumphal force
- Chorus (where used) should be clear, congregational, and unadorned
- Avoid brisk tempos that could undermine the searching character

Verse order

- May be sung straight through
 - For teaching or testimony settings:
Verses 1–4 (confusion and truth)
 - Verses 9–11 (assurance and settled joy)

Best used for

- Gospel services and evangelistic contexts
- After confession or testimony
- Teaching on repentance, assurance, and grace
- Pastoral services addressing shame, doubt, or fear of rejection

Notes

- This hymn deliberately names confusion without excusing it
- Conversion is portrayed as truth received, not emotion manufactured
- Assurance grows through encounter with Christ, not self-analysis
- The later verses emphasise settled peace, not fleeting relief

Linked Scriptures

- Psalm 119:176 – Going astray like a lost sheep I don't forget Jehovah's commandments so humbly and repentantly plead my own case with God.
- John 12:32 – And I, if I be lifted up out of the earth, will draw all to me. Christ is the point of attraction between God and the world. Will we be drawn to him?
- Acts 9:1-19 – Saul is soundly converted when the Lord reveals himself to him, identifying himself with his suffering people by saying, 'I am Jesus, whom thou persecutest.' Saul rose up straightaway and went into the street called Straight and met Ananias who put his hand on him so that he could see. If the chief of sinners can be converted, so can we.
- Philipians 2:12 – Work out your own salvation with fear and trembling.
- James 5:11 – The Lord is full of tender compassion and pitiful.

23. GUILLESS AND RECONCILED, WE CARE

Metre: CM

- 1 Guileless and reconciled, we care,
Hearts clean, nothing unfair
Reaching out always to the Bible true,
Real feelings found for You.
- 2 Joseph's soul came into hard irons,
Daniel had to face the lions;
Yet they both remained so true through all,
Trusted in You – never to fall!
- 3 Paths grow so hard and truth feels thin,
Still grace works deep within;
Faith holds us fast where fears intrude,
Love stays – unchanged, renewed.
- 4 Oh failing man – sinful, untrue,
Meant that he needed You
To go on right to the cross and die,
And rise beyond the sky.
- 5 You never leave us far behind,
Or cast aside the blind.
All enjoy love's peaceful shore,
And rest with Him e'ermore.

SINGER'S APPENDIX

- NORTHROP – Firm and steady, with restrained energy. Suits hymns of integrity and formation.
- NORGE – Spacious and reflective. Supports themes of endurance and inward strength.
- ST FLAVIAN – Measured and contemplative. Supports spacious phrasing and thoughtful worship.

Performance guidance

- Moderate, steady tempo — do not rush
- Keep phrasing clean and unornamented
- Allow weight on key words: true, trust, fall, reconciled
- Avoid excessive dynamic contrast; integrity is conveyed through steadiness

Best used for

- Teaching on integrity, guilelessness, and reconciliation
- Services addressing truthfulness under pressure
- Community or fellowship gatherings with ethical emphasis
- Following readings on faithfulness in adversity

Notes

- Guilelessness is presented as strength, not naivety
- Biblical examples (Joseph, Daniel) root the hymn in tested faith
- Reconciliation flows from truth lived, not sentiment expressed
- The cross is presented as the moral centre, not merely the emotional one

Linked Scriptures

- John 1:47 – Jesus describes Nathanael as one in whom there is no guile or ‘nothing false’. This points up Nathaniel’s sincerity, integrity and lack of deceit or hypocrisy, marking him out as a genuine, honest person.
- 2 Corinthians 5:18-20 – All things are of God, who has reconciled us to himself by Jesus Christ, and given to us the ministry of that reconciliation: how that God was in Christ, reconciling the world to himself, not reckoning to them their offences; and putting in us the word of that reconciliation. As ambassadors for Christ, we go into the world entreating sinners to be reconciled to God.
- Ephesians 4:25 – Having put off falsehood and deceit, speak truth everyone with his neighbour because we are members one of another.
- Philippians 2:15 – Shine like stars in the sky, blameless and pure, chosen of God without fault in the midst of a warped, crooked and twisted generation.
- Hebrews 7:26 – For such a high priest became us, holy, harmless, undefiled, separated from sinners, and become higher than the heavens. Christ lived amongst sinners, but was forever separated from sin.

24. ACCOUNTABLE AND TRANSPARENT

Metre: 8.8.8.8 or LM

- 1 Accountable, transparent now,
Caught up in God's great current flow,
Reconciled – wrought on Calvary's cross,
No judgement now, no suffering loss.
- 2 Peace straight from Jesus come right down
Just heaven's smile – and not a frown!
Grace dispels all our guilt and fear,
The Spirit drawing hearts more near.
- 3 Lives truthful made in light so clear,
Faith stronger grows when hearts draw near;
Straight honest paths we gladly tread,
True to the words our Saviour said.
- 4 Vital integrity, now known,
Lifts us much thanks to Thee alone;
Freedom is ours where truth abounds,
All grace and joy in Jesus found.
- 5 Trusting, dependent and secure,
Sanctified, safe for ever, , sure.
Our confidence always by day and night,
Christ lifts us up to heaven's height!
- 6 Humble, encouraging and free,
We raise up holy hands to Thee,
Thankful and joyful – ever true
In spirit now, of heavenly hue.
- 7 Now vital, fresh, in energy,
We can lift up our hearts to Thee,
Spirits free, motivations pure,
We come to heaven's open door!

SINGER'S APPENDIX

Recommended tunes

Primary recommendation

- CELESTE – Light and lyrical, yet not fragile. Supports themes of grace and assurance.
- CONFIANZA – Warm and gently hopeful. Encourages inward confidence and perseverance.
- DAVID – Strong and direct, with clear melodic line. Carries texts of moral resolve effectively.

Performance guidance

- Calm, steady tempo throughout; avoid pushing forward.
- Encourage clear diction, especially on words such as truthful, integrity, freedom, secure.
- Verses should flow without dramatic dynamic contrasts — the power is cumulative.
- Best sung straight through, without repeats.

Best used for

- Teaching on accountability, integrity, and Christian transparency
- Leadership, covenant, or membership services
- Following confession, commitment, or reconciliation prayers
- Services addressing trust, openness, and restored confidence

Notes

- Transparency here is framed as liberation, not exposure
- Accountability is relational and Spirit-led, never punitive
- The hymn carefully links truth, joy, and freedom — a rare and valuable combination
- Particularly effective when paired with testimony or pastoral exhortation

Linked Scriptures

- Proverbs 27:17 – Iron sharpening iron is linked to a man sharpening the countenance of his friend, vital relationships pulling each other up according to standards required by the word of God.
- John 8:25 – When asked who he was, Jesus said to them, ‘Altogether that which I also say to you.’ What an inspiration for all of us to be true and men of our word.
- 1 Corinthians 10:12 – So let him that thinks that he stands take heed, lest he fall. In other words, stay humble and identify with the sin in another because I could fail just like he has. That colours the way that I take up his case.
- Galatians 6:1-2 – Sets out the nucleus of recovery and true priestly service. The need to consider that we could well have done the same as the victim removes hardness and high-handedness.
- 1 John 1:7-8 –If we walk in the light as he is in the light, we have a fellowship with one another, and the blood of Jesus Christ, his Son, cleanses us from all sin. This is contrasted with, ‘If we say that we have no sin, we deceive ourselves, and the truth is not in us.’

Section IX: Accountability and Restoration

Healing through openness, transparency and grace

Focus:

- accountability without condemnation
- restoration rather than exposure
- trust rebuilt through truth
- safety formed by light

25. BURDENS LADEN WITH SIN

Metre: 10.10.10.10

- 1 O wretched man, sin laden and outside,
In fear, in trouble and, in truth, offside;
The weight too great, the path unclear to see,
Until the cross stood plainly there for me.
- 2 Weighed down with guilt so heavy and so dark,
My sin so awful, needed a new start,
He's borne it all, yes every sin gone far,
Look on to Him, the bright and morning Star.
- 3 For many years I fell for Satan's wiles,
And those who flash their wealth and tempting smiles.
Jesus comes in and brings me right onside,
The Victor King who walks right by my side.
- 4 The law exposed the fault I could not hide,
No strength in self, no claim to set aside;
Yet grace appeared where judgment once had been,
And Christ bore all that load of guilt and sin.
- 5 At times I still feel tangled up inside,
Woes, troubles, fears and cares on every side.
The Holy Spirit, hovering to help,
Believe in Him, and prove Him now today.
- 6 He's taken count of everything I've done
However bad, He never is deterred.
I rise above it all, forgiven today,
Let His light in, that bright and glorious ray!
- 7 Released at last, no longer bound by shame,
I rise in Him – no debt, no charge, no blame;
His righteousness my covering secure,
My standing firm, my conscience clean and sure.

SINGER'S APPENDIX

Recommended tunes

- EVENTIDE – Deeply reflective and reverent. Best sung with restraint and even phrasing.
- BALLYCLARE – Warm and flowing with gentle lyricism. Encourages reflective trust without heaviness.
- BIRMINGHAM – Steady and practical in character. Suitable for hymns of perseverance and quiet strength.

Performance guidance

- Steady, reflective tempo
- Allow space at line endings; avoid rhythmic urgency
- Sing with restraint and seriousness; ket sobriety speak without heaviness

Best used for

- Teaching on justification and grace
- Reflective services
- After confession, testimony, or preaching on repentance and assurance

Notes

- Moves deliberately from personal brokenness to settled assurance
- Works best when sung without haste or emotional pressure
- The power lies in clarity and truthfulness, not intensity

Linked Scriptures

- Isaiah 53:4-6 – Surely he hath borne our griefs and carried our sorrows; and we, we did regard him stricken, smitten of God, and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him, and with His stripes we are healed. All we like sheep have gone astray, we have turned everyone to his own way; and Jehovah hath laid upon Him the iniquity of us all.
- Romans 1:29-31 – Finding unrighteousness, wickedness, covetousness, malice, envy, murder, strife, deceit, evil dispositions; whisperers, back biters, hateful to God, insolent, proud, boasters, inventors of evil things, disobedient to parents, void of understanding, faithless, without natural affection, unmerciful, I know the righteous judgment of God and that these things are worthy of death, but still practise them, and even have fellow delight in those who do them.
- Romans 2:20 – I am crucified with Christ, and no longer live, I, but Christ lives in me; but in that I now live in flesh, I live by faith, the faith of the Son of God, who has loved me and given Himself for me. The Apostle Paul’s life drew its character from Christ Himself.
- Romans 7:24-25 – I want to do the right thing, but I have no power. Helplessly cry out for deliverance. ‘O wretched man that I am! Who shall deliver me out of this body of death? I thank God, through Jesus Christ our Lord.’
- Romans 8:1-4 – The law of the Spirit of life in Christ Jesus has set me free from the law of sin and of death. For what the law could not do, in that it was weak through the flesh, God, having sent his own Son, in likeness of flesh of sin, and forcing, has condemned sin in the flesh, in order that the righteous requirement of the law should be fulfilled in us, who do not walk according to flesh, but according to spirit.
- Galatians 2:20 – The Son of God has loved me and given himself for me.

26. SORROW BESETS ME

Metre: LM

- 1 Sorrow besets me, oh, so much,
I scarcely know what I can do;
Yet this I know – that You are rich,
So I must learn to trust in You.
- 2 Deep doubts so deep they feel so true,
That I despair of even life;
Yet still Your word sustains my soul
Through every trial and inner strife.
- 3 My eyes are trained on truth alone,
Though tears may often dim my sight;
You hold me fast and lead me on
Through darkness into clearest light.
- 4 Blest Saviour now, we thank You so –
Comfort in You – none can intrude,
You keep us safe from every foe
Whate'er the fiend, the fight or feud!
- 5 That Place, You keep for me – so good!
That gives me free total release.
So I will reach the paradise,
And really know that perfect peace.

SINGER'S APPENDIX

Recommended tunes

Because this hymn carries lament that resolves into trust, the tune must be steady, noble, and consoling — never theatrical.

- KEBLE – Gentle and devotional in character. Encourages thoughtful, unhurried singing.
- HOMAGE – Broad and noble, with dignified movement. Suitable for hymns of reverence and surrender.
- LUTHER'S CHANT – Strong and historic in tone. Carries conviction and theological firmness.

Avoid overly tender or expressive LM tunes – this hymn depends on true steadiness, not emotional swell.

Performance guidance

- Tempo: unhurried, grounded
- Keep phrasing clean; avoid lingering at line ends
- Let the confidence grow naturally by verse, not by dynamic contrast
- Final verse should feel settled, not triumphant

Best used for

- Services of lament, illness, grief, or weariness
- After intercessory prayer or testimony of endurance
- Pastoral services where faith is held, not yet resolved
- Mid-service placement rather than closing hymn

Notes

- The hymn deliberately refuses denial of sorrow
- Trust is learned, not assumed — a key theological strength
- Movement is from confession → anchoring truth → future hope
- Especially effective when paired with quiet Scripture reading

Linked Scriptures

These passages mirror the hymn's journey from distress to confidence:

- Psalm 42:5-8 — Hope spoken to the troubled soul.
- Psalm 66:10-12 — Testing that leads to spaciousness.
- Isaiah 43:1-2 — God present through waters and fire.
- 2 Corinthians 4:16-18 — Sorrow held within eternal perspective.
- 1 Peter 5:7 — Casting burdens upon a caring God.

27. PRAYERS AND LAMENTATIONS

Metre: 10.10.10.10

- 1 Down here in trials and tests we loudly cry,
Few seem to help or bring compassion nigh;
We lift our eyes to You above the hue,
Our faithful God – forever strong and true.
- 2 Prayers and lamentations – all go up to You,
Compared to Thine, our trials are so few.
Through everything Thou stayest faithful still,
To patient, loyal souls who do Thy will.
- 3 You always hear; Your answers deep and sure,
Your purpose stands rock-firm and shall endure;
Our longing souls now wait to see Your face
Find strength renewed within Your steady grace.

SINGER'S APPENDIX

Recommended tunes

- BEVERLEY – Bright and confident, yet disciplined. Supports forward movement in structured texts.
- BRIXHAM – Compact and purposeful. Encourages clarity of rhythm and unified congregational singing.
- PENITENTIA – Grave and contemplative. Particularly fitting for confession and reflective lament.

Performance guidance

- Prayerful, inward tone
- Steady tempo; avoid expressive rubato
- Shape lines gently; resist dramatic emphasis

Best used for

- Intercessory services
- Times of uncertainty, waiting, or unresolved trial
- Corporate lament within congregational worship

Notes

- Gives voice to unanswered prayer without loss of faith
- Lament is held within trust, not despair
- Particularly effective when followed by silence or spoken prayer

Linked Scriptures

- Psalm 130 – Out of the depths do I call upon Jehovah and plead that if He marked iniquities, who shall stand? But the blessedness of forgiveness is shown through Jehovah's loving kindness, and with him plenteous redemption is found. He will redeem Israel from all its iniquities.
- Lamentations 3:31-33 – For the Lord will not cast off forever; but if he have caused grief, he will have compassion according to the multitude of his loving-kindnesses: for he doth not willingly afflict or grieve the children of men.

- Habakkuk 3:17-19 – Despite everything failing, I will rejoice in Jehovah and joy in the God of my salvation. Jehovah, the Lord, is my strength and He maketh me to walk upon high places and maketh my feet agile just like hinds' feet.
- Mark 7:34-35 – And looking up to heaven, he groaned, and says to him, 'Ephphatha', that is, 'be opened'. And immediately his ears were opened, and the band of his tongue was loosed, and he spoke right.
- Romans 8:26 – The Spirit joins also its help to our weakness; for we do not know what we should pray for as is fitting, but the Spirit itself makes intercession with groanings which cannot be uttered. These are deep inward feelings as compared to mere words.

Section X: Integrity, Freedom and Families

Wholeness lived out in relationships and responsibility

Focus:

- integrity under daily pressure
- freedom expressed through responsibility
- family life as a proving ground of grace
- faith embodied in ordinary structures

28. INTEGRITY FORGED WITHIN

Metre: 7.7.7.7

- 1 Righteousness as filthy rags
Binds us to the sin that drags,
So let's find release in Him,
One who died to free from sin!
- 2 Integrity reflects truth – You!
Anchored in Christ's life so true,
No hidden paths and no dark way,
His light over lives has sway.
- 3 We find integrity so rare,
Inspired by truth in Him – share!
Strength drawn deep from settled trust,
Give Him glory – all so just!
- 4 Righteous go forth – lion-strong,
Brave, bold, fearless, true and long;
For Christ – yes, He's done it all
One who's won the victory sure.
- 5 We give to You all glory!
The subject of the story!
There's no one who can match You,
All praise and worship – no, not few.

SINGER'S APPENDIX

Recommended tunes

Primary recommendation:

- UNIVERSITY COLLEGE – Clear and structured, encouraging disciplined and unified singing.

Alternative options:

- WEBER – Strong and resonant, with confident melodic arc. Effective for robust congregational participation.
- WIMBLEDON – Light yet ordered. Encourages clarity and gentle momentum.

Avoid overly gentle or sentimental tunes — this hymn requires clarity and strength, not softness.

Performance guidance

- Moderate, purposeful tempo
- Keep articulation crisp, especially on words like integrity, truth, righteous, victory
- Avoid dramatic rallentando until the final line, if at all
- Encourage unison singing rather than harmony on first use
- Sing with quiet conviction rather than softness

Best used for

- Teaching on integrity, holiness, and inner formation
- Services addressing discipleship, courage, or moral resolve
- After confession or commitment prayers
- Leadership, commissioning, or covenant-focused gatherings

Notes

- The hymn moves from release (v.1) to formation (vv.2-3) and then public courage (vv.4-5)
- Integrity is presented as received from Christ before it is lived out by believers
- The tone is intentionally strengthening rather than introspective

Linked Scriptures

- Psalm 15 – The character of one who dwells with God.
- Proverbs 4:25-27 – Straight paths and guarded steps.
- Isaiah 33:5 – Jehovah is exalted; for he dwelleth on high: he hath filled Zion with justice and righteousness.
- 2 Corinthians 1:12 – Integrity flowing from godly sincerity.
- Ephesians 6:13-14 – Standing firm, clothed in truth.
- 1 Peter 1:15-16 – Holiness formed from God’s own nature.

29. TEAMWORK AND COORDINATION

Metre: 10.10.10.10

- 1 Teamwork, coordination; does inspire,
Each working hard for all – we never tire;
Lifting up hands that droop and dangle down,
Bent low with pressure; now reach for the crown.
- 2 Everyone is needed to make the church,
Yes, all are vital; none left out of reach!
Bring back the wanderer and the lost outcast,
Jesus so great – none left out, first to last!
- 3 Let's join to celebrate this fresh new start,
Love, liberty, intelligence of heart;
God's love displayed – relationships divine;
Glory shown forth; all blood-bought saints are Thine!

SINGER'S APPENDIX

Recommended tunes

- OSTRASHERNE – Lyrical and gently expansive. Supports relational and community-oriented texts.
- ST AGNES (Hoyland) – Measured and devotional. Best sung evenly, allowing the text to lead.
- MORECAMBE – Measured and accessible. Works well for community-themed hymns.

Performance guidance

- Brisk but controlled tempo
- Strong, unified attack at phrase openings
- Clear articulation essential — this hymn works through collective clarity, not volume
- Encourage confident unison singing

Best used for

- Vision and mission services
- Team commissioning or ministry launch
- Church-wide gatherings emphasising unity and participation

Notes

- Celebrates shared responsibility rather than individual prominence
- Energy should feel corporate, not competitive
- Works best when sung by the whole congregation together, without staggered entries

Linked Scriptures

- Exodus 17:12-14 – When Moses' arms grew tired, Aaron and Hur held them up.
- Ecclesiastes 4:9-12 — Strength in shared labour.
- Romans 12:4-8 — Differing gifts, one purpose.
- 1 Corinthians 12:12-27 — One body, many members.
- Ephesians 4:15-16 — The body built up in love as each part works properly.
- Hebrews 10:24-25 — Stirring one another to love and good works.
- Hebrews 12:12-13 – Restore and encourage believers who are weary of suffering.

30. THE BEAUTY OF FAMILY

Metre: SM

- 1 Families, so precious, rare,
Even if others mock!
We share, we love, we're always there,
Regarding each – good stock!
- 2 Homes, care and constancy,
Faith lived out every day.
Love there expressed in honesty,
Guiding the children's way.
- 3 The father sets the tone,
The mother cares alway,
Tested to core, close to the bone,
But Jesus Christ has sway.
- 4 The children – each unique,
Embarrassing when speak,
The father shines while mother binds,
Never ever unkind
- 5 Father does never shout!
Always a steadying sound,
Flexible, fluid, never caught out.
Surprises do abound.
- 6 Chaste in fidelity!
Respect and care o'erride.
Oneness secured and unity,
Patience and grace abide.
- 7 Pointing to Christ above!
Ne'er room for apathy,
Alert, on fire, jealous of love,
Consoling empathy,
- 8 Homes, care and constancy,
Faith lived out every day;
Love shining out in honesty,
Guiding the children's way.
- 9 Parents serve side by side,
Patient, calm, firm and kind;
Teaching the truth; we want to hide,
Christ Jesus we can find.

- 10 Each one nurtured and safe,
Learning all grace and truth;
Calm in strength when children chafe,
Turbulent days of youth.
- 11 True, healed and reconciled!
Failures are easily met,
And grace restores what weakness riled,
Forgiveness all can get,
- 12 Homes that point yon themselves
To Christ, the perfect One;
Such happy lives – they dig and delve,
The Father’s will be done.
- 13 Those who know that they’re loved
Ne’er want to leave such heaven!;
When grace abounds and love behaved,
A centre with no leaven.
- 14 Yes, Jesus came as Son,
The perfect One set forth;
Our model true, bright as the sun,
Dependent right from birth.

SINGER’S APPENDIX

Recommended tunes

- VENICE – Warm and flowing, with a modest lyricism. Encourages generosity-themed texts without sentimentality.
- CARLISLE – Firm and well-shaped, with traditional English strength. Suits steady, thoughtful worship.
- SOUTHWELL – Warm and pastoral in tone. Encourages unified congregational singing.

Performance guidance

- Warm, steady tempo throughout; do not rush early verses
- Maintain even dynamics across verses 1–6; allow a gentle lift from verse 7 onwards
- Avoid sentimental rubato — let clarity and conviction carry the text
- Particularly clear diction needed on relational language: care, constancy, trust, honesty

Best used for

- Family services and all-age worship
- Dedications, baptisms, anniversaries
- Teaching on Christian home life and formation
- Services addressing faith lived out in ordinary relationships

Notes

- Family life is presented as formative, not idealised — growth occurs through patience, forgiveness, and grace.
- The hymn deliberately resists nostalgia; it points families forward toward Christ, not inward toward themselves.
- Christ remains the unifying centre (vv. 6–13), preventing the family from becoming an end in itself.

Linked Scriptures

- Deuteronomy 6:6–9 — The impress of God’s love and our delight in doing His will should be the topic of conversation in our households.
- Joshua 24:15 — Household commitment to the Lord.
- Psalm 127 — The Lord is the true builder of the home and children are an inheritance from Jehovah, the fruit of the womb a reward. Happy is the man that hath filled his quiver with them.
- Psalm 128:3,6 – Thy wife shall be as a fruitful vine in the inner part of thy house; the children like olive-plants round about thy table. And see thy children’s children. Peace be upon Israel!
- 1 Corinthians 5:6,7 – A little leaven leavens the whole lump. Purge out the old leaven, that ye may be a new lump, according as ye are unleavened.
- Ephesians 6:1–4 — Ordered love and responsibility.
- Colossians 3:12–17 — Grace, patience, and unity in the household.

Section XI: Quiet Strength and Obedience

Faithfulness when no one is applauding

Focus:

- obedience without spectacle
- steady faith under delay
- trust formed through patience
- holiness in hiddenness

31. BEFORE YOUR FACE

Metre: 10.10.10.10

- 1 Before Your face we gladly, humbly stand,
No merit ours, no claim for our own hand;
Your mercy calls us out from fear and shame,
And draws us near in love – You're still the same.
- 2 We wait in quietness and attentive, still,
No restless urge to bend You to our will;
Your presence steadies hearts once torn by strife,
And gently shapes our hidden course of life.
- 3 Here conscience clears, discernment grows in truth,
Our trust refined beyond the zeal of youth;
You search us through – yet never turn away,
But form us, mould and shape us day by day.
- 4 Before Your face, where none but God hath been,
We walk with You in quiet faith unseen;
This part of life unknown we understand,
When faith is lived beyond man's natural hand.
- 5 We now work out the work You want of us,
Because in us You have put all Your trust,
Disciples thine; Your gaze on us does shine,
Steady and patient; comes from love divine!
- 6 You the obedient One – tested and tried,
Dependent on the Father while You died,
We now stay safe and calm throughout the storm,
Accepted, safe, protected by Your arm.
- 7 Before Your face all masks and pride must cease,
Ambition yields to settled trust and peace;
Content to serve, unseen, unheard by men,
We live for You – now and beyond our ken.

SINGER'S APPENDIX

Recommended tunes

Because this hymn is reflective, formative, and strongly congregational, the tune should be dignified, spacious, and unforced, allowing the words to carry weight.

- TOULON – Quietly strong, with restrained dignity. Suits obedience and steady formation themes.
- EVENTIDE – Deeply reflective and reverent. Best sung with restraint and even phrasing.
- ENGELBERG – Bold, rising, and architecturally expansive. A tune that carries doctrinal weight with grandeur while remaining singable.

Avoid overly emotional or romantic tunes; this hymn is about quiet obedience and formation, not heightened feeling.

Performance guidance

- Moderate, unhurried tempo
- Keep phrasing long and settled; avoid clipping lines
- Allow natural breaths at commas rather than musical breaks
- Final verse should not be broadened excessively — let resolution remain calm and faithful
- Avoid theatrical slowing at cadences.

Best used for

- Opening or centring hymns in reflective services
- Teaching on discernment, obedience, and attentiveness to God
- Retreats, quiet days, or midweek gatherings
- Services emphasising formation over outcome

Notes

- This hymn is deliberately counter-cultural, resisting urgency and performance
- It frames obedience as trust formed over time
- Especially effective when leaders allow silence either before or after singing

Linked Scriptures

- Psalm 27:4 – Dwelling before the Lord.
- Psalm 131 – Quieted and stilled soul.
- Jeremiah 18 – The potter’s house depicts a homely atmosphere where God is working with our souls. We are individually formed and shaped as God has his way with us – no mass production.
- Romans 9:19-21 – God has a purpose for us so let’s drop into His hand.
- Romans 12:1-2 – Discernment and transformation.
- Philippians 2:5-8 – The obedience of Christ.
- Hebrews 5:8 – Learning obedience through suffering.

32. NO FUSS, NO HASTE, NO TOIL

Metre: 6.6.6.6.6.6.6.6

- 1 Result so sweet; so smooth,
Is now on us to prove;
He stays close, so near,
Revival now, no fear.
We cease from strain and show,
Safe in His rule, to go
See quiet faith unfoil,
No fuss, no haste, no toil!
- 2 He hovers – never cold,
Waiting like dove of old,
Descending now in grace,
Revealed before our face.
Transcend our earthly lot,
Secure – can’t take one jot,
The Spirit is the oil,
No fuss, no haste, no toil!
- 3 Gently controlled – indeed –
We hold to heaven’s creed!
Ascended now above,
Christ risen now in love,
Seated in glory, sure,
His work complete, secure;
We walk by faith; no foil,
No fuss, no haste, no toil!

SINGER’S APPENDIX

Recommended tunes

Because of the extended 6.6 metre and the repeated refrain line, the tune must be unforced, gently cyclical, and uncluttered.

Primary recommendation

- INVITATION – Gentle and cyclical in motion. Particularly suited to settled faith and repeated refrain structures.
- NUN DANKET – Triumphant yet controlled. Strong in corporate singing when delivered firmly rather than loudly.
- THE BLESSED HOME – Warm and relational in tone. Especially fitting for hymns centred on family, belonging, and shared life.

Avoid bright or march-like short-metre tunes; they undermine the hymn’s central claim of rest and restraint.

Performance guidance

- Unhurried tempo; let the text settle
- Keep phrasing smooth and even — no accents on “no fuss, no haste, no toil”

- Encourage congregational breathing together on repeated lines to reinforce calm unity

Best used for

- Teaching on rest, assurance, and settled faith
- Services emphasising life lived from grace, not effort
- After ministry, testimony, or reflection rather than at the opening
- Mid-service or closing when quiet confidence is desired

Notes

- The repetition is intentional and theological, not decorative
- The hymn resists urgency, activism, and spiritual strain
- The Spirit's work is portrayed as steady, secure, and sufficient
- Best when leaders model stillness rather than explain it

Linked Scriptures

- Genesis 1:2 – The Spirit of God is described as hovering or brooding over the dark, formless and chaotic deep waters, signifying a powerful, nurturing presence, initiating creation.
- Psalm 37:7 – Fret not thyself because of him that prospereth in his way, men of mischievous devices.
- Psalm 46 – We will not fear whatever happens on earth because Jehovah of hosts is with us, our high fortress.
- Matthew 11:28-30 – Come to me, all ye who labour and are burdened, and I will give you rest. Take my yoke upon you, and learn from me; for I am meek and lowly in heart; and ye shall find rest to your souls; for my yoke is easy, and my burden is light. Such a strong, affectionate appeal directly from Christ.
- Romans 5:1-2 – Therefore, having been justified on the principle of faith, we have peace towards God through our Lord Jesus Christ; by whom we have also access by faith into this favour in which we stand, and we boast in hope of the glory of God.

33. DEEP, CALM AND PURPOSEFUL

Metre 12.11.12.11

- 1 Deep, calm and purposeful; unmoved by Satan's wiles,
We keep ahead; Christ sustains us in the trials.
Peace reigns supreme, desires fulfilled as we feed,
The Holy Spirit does ever intercede!
- 2 The Father's face keeps shining from so high above,
Interceding – steadfast in covenant love;
Through storm and silence still His purposes do stand,
Unwavering – steady guided by His hand.
- 3 He leads us on to tranquil shore, ever so sure,
Ne'er to look back – His promises do endure;
Peace, sonship, joy – the Holy Spirit evermore,
Eternal life secured; peace for us and more.

SINGER'S APPENDIX

Recommended tunes

- WAITING AND WATCHING – Reflective and patient in character. Encourages calm attentiveness and inward trust.
- ASH GROVE – Flowing and gently expressive. Carries warmth and assurance while remaining grounded and singable.
- KREMSER – Clear and confident with forward movement. Encourages unified congregational strength.

Performance guidance

- Broad, unhurried phrasing
- Maintain a steady, grounded tempo
- Allow natural breathing at line ends; avoid driving the text
- Let breadth emerge without weight

Best used for

- Evening worship
- Services emphasising assurance, peace, and perseverance
- Concluding hymns that send the congregation out with calm confidence

Notes

- Emphasises security over intensity
- Strength lies in restraint, not emotional build
- Particularly effective when sung slightly under full dynamic range

Linked Scriptures

- Isaiah 26:3-4 – Thou wilt keep in perfect peace the mind stayed on thee, for he confideth in thee. Confide ye in Jehovah for ever: for in Jah, Jehovah, is the rock of ages.
- John 14:27 – I leave peace with you; I give my peace to you: not as the world gives do I give to you. Let not your heart be troubled, neither let it fear.

- Romans 2:28-29 – The true Jew is a Jew inwardly, circumcision being of the heart, in spirit, not in letter, whose praise is not of men, but of God.
- Romans 8:38-39 – For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.
- Philipians 4:6-8 – Completes the peace-through-trust arc.
- Hebrews 6:19-20 – Adds theological ballast to the “anchored” imagery.

Section XII: Praise, Completion and Wholeness

Praise flowing from formation complete

Focus:

- peace beyond emotion
- assurance tested and confirmed
- calm formed through surrender
- maturity without urgency

34. PSYCHOLOGICAL HEALTH

Metre: CM

- 1 Believe, have hope in Him who lives
Despite our humble frame;
Sweet responses now from mutual hives,
All from the Man who came!

Chorus:

- Positive and victorious,
Overcome every grief;
Look on to Him who so helps us,
The Inspiration Chief!
- 2 Strive now to be your best through test,
He's the One to adore;
Expect the best and get the best,
Christ Jesus – evermore.
- 3 Warrior spirit, battle strong,
Decisive, brave in Him;
We fight the fight and do no wrong
We trust through thick and thin.
- 4 Trustworthy now, confident – bright,
Responsible in Him.
We're always strong and keeping right,
Because we trust in Him.
- 5 Focussed on Christ – o'er all the tears,
We now can take the blame.
That's love displayed, despite our fears,
Rides o'er the vale of shame.
- 6 Step up, set forth and trust in Him,
We're ready for the fight.
Shame and sin all gone and wicks all trim.
The devil is in flight.

SINGER'S APPENDIX

Recommended tunes

- ORLINGTON – Balanced and dignified, with moderate breadth. Encourages settled praise.
- ST AGNEW – Firm and well-proportioned. Supports hymns of steady assurance.
- ST ANNE – Grand and architecturally balanced, with historic strength. Best sung with measured confidence rather than heaviness. Firm and composed rather than triumphal.

Performance guidance

- Bright but measured tempo
- Maintain textual clarity; do not rush the chorus
- Keep emotional register confident, not exuberant
- Let assurance emerge from the words rather than musical force
- Avoid speeding final verse excessively

Best used for

- Teaching on resilience, renewal, and restored confidence in Christ
- Services addressing mental and spiritual health together
- Congregational encouragement following confession, lament, or testimony

Notes

- Psychological health is framed as fruit of trust, not positive thinking
- Confidence flows from Christ's victory, not personal strength
- Avoid trivialising suffering; this is about restoration, not denial
- Especially effective when preceded by Scripture or prayer of honesty

Linked Scriptures

- Psalm 42:5-11 — Hope spoken to the downcast soul.
- Proverbs 4:23 — Guarding the inner life.
- Proverbs 24:13 – Gracious words like a honeycomb – sweetness to the soul.
- Isaiah 61:1-3 — Healing the broken-hearted.
- Matthew 25:7 – Cut the wick of the candle so it burns brighter for Jesus.
- Romans 8:28-29 – But we do know that all things work together for good to those who love God, to those who are called according to purpose. Because whom he has foreknown, he has also predestined to be conformed to the image of his Son, so that he should be the firstborn among many brethren.
- 2 Corinthians 4:16-18 — Inner renewal amid outward strain.
- Philippians 4:6-8 — Peace through disciplined trust.

35. DAWN OF A NEW DAY

Metre: SM

- 1 The dawn of a new day
Shines bright and clear for all,
The sun doth yield its beauteous ray,
While all the dark doth fall.
- 2 The Connoisseur sees all,
He misseth not a thing;
The pearl formed through the darkest fall
Reflected glories bring.
- 3 Fresh shoots of growth spring forth
As sure as He doth rise,
Protected from the cold from north,
Results – such enterprise!
- 4 Jesus comes on the scene,
His glory lights the way;
His face on us doth gladly beam
As He has final sway.
- 5 How bright we now all feel,
Blest Father, Son and Ghost
We all enjoy the love, the seal;
Christ died – secured heaven’s host!
- 6 Let’s rise – the moon and stars,
Responding now – us all,
Spontaneous love from wide and far,
Unstoppable as dawn.

SINGER'S APPENDIX

Recommended tunes

- TRENTHAM – Steady and purposeful, with forward motion. Suitable for renewal themes.
- ZURICH – Firm and structured, with clear harmonic definition. Supports praise sung with composure rather than urgency.
- ST THOMAS (WILLIAMS) – Lively yet dignified, with clear rhythmic shape. Encourages confident congregational participation while maintaining theological steadiness. Avoid briskness; allow the hopefulness to remain grounded rather than exuberant.

Performance guidance

- Moderate, forward-moving tempo
- Keep articulation clear and buoyant
- Let joy emerge progressively rather than arriving fully formed at the outset
- Allow gentle lift in final verse, without rushing

Best used for

- Renewal or restoration services
- Forward-looking praise following testimony
- Services marking fresh beginnings (new season, recommitment, pastoral transition)

Notes

- Resurrection and renewal imagery is progressive, not abrupt
- Light replaces darkness steadily, not suddenly
- Best sung with confidence rather than exuberance

Linked Scriptures

- Judges 5:31 – ‘May those that love you, God, be as unstoppable as the rising of the sun in its power.’ Deborah and Barak.
- Psalm 30:5 – Adds the overnight-to-morning movement.
- Lamentations 3:22-23 – It is of Jehovah’s loving-kindness we are not consumed, because his compassions fail not; they are new every morning; great is thy faithfulness.
- Malachi 4:2 – And unto you that fear my name shall the Son of righteousness arise with healing in his wings; and ye shall go forth and leap like fatted calves.
- Matthew 13:45-46 – The connoisseur is completely dedicated to prioritising spiritual truth over all earthly possessions and find the one pearl of great value.
- Luke 1:78-79 – The bowels of mercy of our God; where in the dayspring from on high has visited us, to shine upon them who were sitting in darkness and in the shadow of death, to guide our feet into the way of peace.
- John 1:9 – The true light was that which, coming into the world, lightens every man.
- 2 Corinthians 4:6 – Deepens the light-from-darkness theme.
- 2 Peter 1:19 – Peter describes the prophetic word as a ‘light that shineth in a dark place’, guiding believers until ‘the day dawn’ and the ‘morning star’ (Jesus Christ) arises in our hearts. This symbolises the hope of Christ’s return, the fulfilment of prophecy, and the inner spiritual illumination that transforms believers as they await a new creation.

36. PRAISE THE SAVIOUR FROM THE FALL!

Metre: LM

- 1 Let's praise the Saviour from the fall,
O lift your voice – proclaim it all;
For grace has triumphed, sin undone,
Victory through Christ, God's own Son!

Chorus:

Hallelujah! Hallelujah!
Praise Him who did from death abound!
Praise, praise the One who's never bound!
Yes praise His Name. The victory sound!

- 2 He left the earth far, far below,
He entered death to overthrow;
Rose high in power, our King set forth!
To make our place beyond the earth!
- 3 Once more we lift our song of praise,
As He our souls doth lift and raise.
Blest Father, Son and Spirit, Thine –
Sustained by love – so, so divine!
- 4 We rise with Him and leave the earth,
With all its guilt, shame, sin and mirth.
Yes, let us rise above it all,
And praise the Saviour from the fall!

SINGER'S APPENDIX

Recommended tunes

- WINCHESTER NEW – Stately and balanced, with historic resonance. Ideal for confident closing hymns.
- MAINZER – Bright and well-structured, with clear rhythmic shape. Effective for confident congregational singing.
- WALTON – Noble and expansive. Carries climactic praise without excess.

Performance guidance

- Full, confident congregational sound
- Strong opening, but do not rush the chorus
- Allow the final stanza to broaden slightly, signalling completion rather than escalation
- Sing boldly, but avoid acceleration

Best used for

- Closing hymn of a service or series
- Celebration services (Eastertide, thanksgiving, milestone gatherings)
- Affirmation of completed redemption after teaching or testimony

Notes

- Capstone hymn of the collection
- Praise here emerges from formation completed, not from sudden emotion
- Joy is declarative and settled — victory proclaimed, not argued

Linked Scriptures

- Romans 8:1-4 – Grounds “from the fall” in accomplished justification.
- 1 Corinthians 15:54-57 – ‘Death is swallowed up in victory’ declaring the final, permanent defeat of death through the resurrection of Jesus Christ. Believers will receive immortal, imperishable bodies, death is completely vanquished, turning a curse into victory.
- Colossians 2:13-15 – Reinforces triumph imagery without triumphalism.
- Colossians 3:1-4 – If therefore ye have been raised with the Christ, seek the things which are above, where the Christ is, sitting at the right hand of God: have your mind on the things that are above, not on the things that are on the earth; for we have died, and your life is hid with the Christ in God. When the Christ is manifested, who is our life, then shall ye also be manifested with him in glory. Saints who have led a hidden life on earth will be manifested with Christ in glory.
- Hebrews 2:14-15 – Adds depth to the defeat-of-death theme.

HYMN DEDICATIONS TO BRETHREN NOW WITH THE LORD

Hymn 1: Arthur A Lyon (1921-1997) from Harrow, London, UK, who remained faithful to the Brethren doctrine right through to his death and was used to convert Lance to Christ at the age of 16 in September 1972. Arthur served less extensively after 1987 when the Haleses came into power.

Hymn 2: Lloyd R Paskewitz (1937-2023) from Vesta, Minnesota, USA, a faithful minister and preacher among the brethren, who was excommunicated in 2002 when Bruce D Hales came into power and exerted his authority over the USA. Lance was in touch with Lloyd between 2018 and 2022.

Hymn 3: Gerald R Cowell (1898-1963) from Hornchurch, UK was a much-valued minister among the brethren during the '50s after the previous EB leader JT Senior died. Gerald was selected to take the Universal Meetings at Central Hall in 1959, where his rival, James Taylor Jr, usurped his leadership and took over. Gerald was excommunicated a year or more later under instructions from James Taylor Jr.

Hymn 4: Jim Hutchinson (1969-2025) from Morthen, Rotherham, UK, local in Doncaster. A close friend of Lance's, who was largely responsible for building a super PBCC meeting room next to his home and kept in touch after Lance was withdrawn from in March 2017. Jim reached out to Lance just a week before he died at the age of 55, concerned about the state that the PBCC had fallen into, and stated, "The truth will win".

Hymn 5: Josh Mallinson (d.2017) from Doncaster, UK. A friend of Lance's who tirelessly helped the brethren in practical matters and died very young in a motor accident at the time that Lance was being shut up by the Leeds PBCC brethren, supported by Doncaster.

Hymn 6: Godfrey Glover (1959-2006) from Worcester, UK and formerly from Wembley, London, born with Downs Syndrome and the son of Stephen and Janet Glover. He had a unique way of expressing his sincere love for the Brethren.

Hymn 7: Percy Lyon (1881-1966) from London, UK, who was set aside somewhat as the Hales-led commercial system took its grip on the UK in 1964 and 1965 but was a faithful minister of the Lord and an inspiration to many, Lance included.

Hymn 8: Alfred J Gardiner (1884-1976) from London, UK. A faithful minister of the Lord who gallantly tried to make sense of the separation issue introduced by Jim Taylor Jr in 1959 in order to keep the Exclusive Brethren ship afloat. He was despised to the end by EB leader James H Symington.

Hymn 9: Archibald John E Welch (d.1996) from London, UK. Faithful minister of the Lord whose conscience dictated that he had to leave the Exclusive position in 1970 as a result of the Aberdeen fiasco. He joined what was then known as the Renton Brethren movement, faithfully seeking out Brian M Deck in New Zealand to bring him into this fellowship.

Hymn 10: R Martin Tennent (d.1996) from Leeds, UK. A spiritual father to Lance after he was separated at the age of 16 from his own parents. Martin remained faithful to the brethren teaching. He was very well taught and forced to give up his university training in order to stay in the EB fellowship with those he loved.

Hymn 11: H Philip Burrowes (1926-2017) from Leeds, UK, a friend of Lance's in the PBCC who was one of the last psychiatrists in the brethren position because they did not allow any professionals to remain in fellowship in the church. His skills were put to good use in helping many brethren who were in distress.

Hymn 12: Donald Baltrop (d.2025) from Doncaster, UK, who moved from Enfield, London when the Exclusive Brethren position closed down there. A dear brother who loved souls and was prepared to reach out to former brethren to bring them back into the fold.

Hymn 13: David R Bill (d.2015) from Whangarei New Zealand who was a faithful minister in the Lord and widely expected to take over the leadership of the PBCC after John S Hales died in 2002. Lance received his first Care Meeting 'gift' from Whangarei at David's instigation!

Hymn 14: Jacob Diale (1952-2019) from Soweto, South Africa, a faithful father who had to agree to maintain separation to come into the Exclusive Brethren Fellowship from spartan circumstances in 1992. He moved to Mandeville, Jamaica when the PBCC meetings all closed in South Africa in 1999.

Hymn 15: Peter W Harrison (1937-2022) from Palmerston North, New Zealand, who became Lance's closest friend and confidant after he was excommunicated from the PBCC in March 2017. Peter's writings are some of the best scripted writings that Lance has ever seen and give the precise reasons why false religion should be taken issue with.

Hymn 16: Jim DeSeyn (1954-2022) from Neche, North Dakota, USA who was probably the most faithful of all ministers during the time between 1987 and 2002 when John S Hales was leading the PBCC. JSH confided in him and made it very clear to Jim that he had himself failed grievously in 1965 by despising the black brethren in the Caribbean.

Hymn 17: Brian M Deck (1912-1991) from Motueka New Zealand who stood tall along with James A Christie, Lance's father, in October 1965, when John S Hales and W Bruce Hales were both withdrawn from in Sydney at the instigation of James Taylor Jr. Brian remained true to his conscience by leaving the Exclusive Brethren as a result of the Aberdeen fiasco in 1970 but was recovered to the Renton fellowship.

Hymn 18: Ross N Anderson (1955-2004) from Leeds, UK, a very capable businessman who devoted himself to the PBCC without ever promoting his own brilliance. Lance went to school with Ross who was always one step ahead. Ross was made a trustee of the Bible & Gospel Trust shortly before he was taken.

Hymn 19: Angus Clapham (0000-0000) of Manchester, UK, was a fervent minister through the '50s and '60s, and took a particular interest in the brethren position in Spain. He ran a very successful nursery business and was cruelly withdrawn from around 1970 and remained a friend of Lance's parents.

Hymn 20: Robert Stott (0000-0000) of Brighton, UK, who served faithfully as a trustee of the Stow Hill Depot, the printing house for the Exclusive Brethren ministry, right up until 1970 when he felt that he had to make a stand against the cover-up that was introduced by Jim Taylor Jr's supporters as a result of the Aberdeen fiasco in 1970. His pamphlet, *If We Walk In The Light*, completely exposes the Exclusive Brethren at the notorious weekend of Aberdeen.

Hymn 21: S Lionel Larsen (0000-0000) of Rangiora, New Zealand, a faithful, fervent preacher among the Exclusive Brethren who travelled extensively, especially during the '60s and '80s until Bruce D Hales came into power he was sidelined. A very generous brother who gave up a lot for the 'testimony', including his farm.

Hymn 22: Albert E Rimmer (0000-0000) of Preston, UK, was a generous member of the Exclusive Brethren who ran a car showroom and had the challenge of entertaining Jim Taylor Jr on the infamous Preston weekend just before Aberdeen in July 1970. Albert was excommunicated soon afterwards and lived in the Isle of Man but came back to Preston when readmitted to the EB fellowship and was an inspiration to Lance. On one occasion, when Lance was asked to take a reading in Preston, he handed over to Albert, who took over reading.

Hymn 23: Andrew Roberts (1923-2006) of Worcester, UK, Lance's uncle, had a great understanding of the truth but was never really respected like he should have been among the Worcester PB brethren. Lance was thrilled on his occasional visits to Leeds when he would open up the truth when taking a meeting. He was a successful businessman who started a cake business later run by his son Lionel.

Hymn 24: Ivan Roberts (1920-1998) of Worcester, UK, Lance's uncle, a bright Christian who stuck rigidly to Exclusive Brethren teaching, but had great personality and overcame the setback of having one of his two sons die in a motor accident and the other leave the fellowship. Lance found him inspirational.

Hymn 25: Sydney Trevvett (1915-2004) of Harrogate, UK, was an RAF bomber during the war when his plane was shot down and he was captured by the Germans but he managed to escape. His quiet, humble spirit really impressed Lance, who loved to hear his war stories. A great entertainer and father.

Hymn 26: Tom Butcher (1934-2024) of St Anne's-on-Sea, UK, was a valued and steady member of the Exclusive Brethren up until 1970 when he carefully considered the antics of James Taylor Jr at Preston and Aberdeen and decided that he had to leave that position. He remained faithful to the truth right until his death in 2025 and became a friend of Lance's.

Hymn 27: Anthony Trevvett (1958-2011) of Harrogate, UK, son of RAF bomber Sydney, who was a comfort to the PBCC when he returned to their fellowship suffering from cancer right at the end of his life. He was marked by his father's humble, soft spirit and took a bible meeting in Leeds just before he died. Many wanted it published, but the BGT tightly control publications.

Hymn 28: James Mackay (0000-1965) of Leeds, UK, was one of the leading ministers in the UK through the '50s and early '60s, but during the Hales-led commercial system, issue was taken with James over minor points of doctrine, which was grossly unfair. James and his father both maintained their faith. Lance remembers attending his burial in Leeds.

Hymn 29: Frank Frost (0000-0000) made a stand against the Exclusive Brethren position in 1970 by leaving due to the behaviour of James Taylor Jr at Aberdeen and was one of those responsible for starting a fresh movement among the brethren, holding to original brethren truths, and this position remains to this day. He was a faithful minister who set the scriptures alight when ministering.

Hymn 30: Jack Greenhalgh (0000-0000) of Blackburn, UK, was a fervent preacher among the Exclusive Brethren, but felt constrained to leave the movement after the shenanigans of Aberdeen in 1970. A family man who always impressed Lance with his enthusiasm for all things good.

Hymn 31: Stanley McCallum (1904-1987), of Detroit, USA, formerly of Macduff, Scotland, a leader over many decades in the Exclusive Brethren church who was selected on at least one occasion to take universal meetings in the 1950s during a time when there was no appointed single leader. Stanley attended the notorious Aberdeen three-day meetings in 1970, took an excellent reading in Glasgow the next night and then was promptly withdrawn from by leader James Taylor Jr while on the plane on the way home for trumped up charges of homosexuality.

Hymn 32: Robert Gibb (0000-2007) of Falkirk, UK, one of the best ministers among the PBCC from the '60s through to the early 2000s, but was gradually sidelined as Bruce D Hales came into power in 2002. Lance was a friend of Robert and was impressed at the way he maintained his equilibrium and faithfulness to the Lord and his rights right through to the end.

Hymn 33: Jim Renton (1915-1976) made a stand against the Exclusive Brethren position in 1970 by leaving due to the behaviour of James Taylor Jr at Aberdeen and was one of those responsible for starting a fresh movement among the brethren, holding to original brethren truths, and this position remains to this day. He was a faithful minister who set the scriptures alight when ministering.

Hymn 34: James McDonald (0000-0000) of Manchester, UK, a much respected minister in the '40s and '50s who couldn't understand why he was suddenly withdrawn from in 1956. His withdrawal was a matter of universal significance in the Exclusive Brethren movement and he continued to serve other Christians.

Hymn 35: Kenneth Smith (0000-0000) of Sheffield, UK, a fervent preacher devoted to the truth, who bravely raised questions about the separation and eating policies in a bible reading in 1962. He used to inspire Lance with his readings and preachings when he came to Leeds and remained bright right until the end.

Hymn 36: Roy Proctor (0000-0000) of Sydney, Australia broke brethren traditions by being a fervent street preacher during his life among the Exclusive Brethren. His outgoing spirit drew many to the Lord, a refreshing change in a city where his religion is generally felt to be demanding and arbitrary, especially in their application of separation and consequently dividing up families.

SINGER'S & LEADER'S HANDBOOK

GUIDANCE FOR HYMNS 1–36

This handbook provides musical, pastoral, and scriptural guidance for the use of The Journey to Wholesomeness. It is designed for leaders, accompanists, singers, and planners, enabling thoughtful and faithful use of the hymns in a wide range of settings.

The hymns are arranged in numerical order, with each entry including:

- recommended tunes,
- guidance on verse order and performance,
- suggested pastoral use,
- and key Scriptures that illuminate the hymn's purpose.

HYMNS 1–6 – INVITATION, GRACE, AND ORIENTATION

These opening hymns establish attentiveness, welcome, and foundational trust.

Recommended musical character

Steady, clear, and inviting. Avoid emotional pressure; clarity and warmth are primary.

Performance guidance

- Moderate tempo
- Plain, confident congregational singing
- Avoid heavy dynamics or ornamentation

Best used for

- Opening worship
- Call to attention
- Teaching on grace and response

Key Scriptures

Psalms 95:1–7 · Isaiah 55:1–3 · Matthew 11:28–30 · Romans 12:1–2 · Hebrews 3:7–8

HYMNS 7–12 – WALKING, LEARNING, AND FRUITFULNESS

These hymns focus on discipleship, obedience, and growth over time.

Recommended musical character

Measured, patient, and reflective.

Performance guidance

- Unhurried phrasing
- Allow space between verses where appropriate
- Maintain unity of tone

Best used for

- Teaching services
- Mid-service reflection
- After Scripture exposition

Key Scriptures

Micah 6:8 · John 15 · James 1:22–25 · Colossians 1:10 · Psalm 1

HYMNS 13–18 – STEADFASTNESS AND PREPARATION FOR TESTING

These hymns complete the first half of the journey, moving from obedience into readiness for endurance.

Recommended musical character

Firm, settled, and assured, without triumphalism.

Performance guidance

- Strong unison singing
- Avoid rushing conclusions
- Let confidence grow naturally

Best used for

- Anchoring services
- Teaching perseverance
- Closing the first section of the book

Key Scriptures

Psalm 37:3–5 · Hebrews 6:19 · James 1:2–4 · 1 Peter 1:6–7

HYMNS 19–24 – TESTING, CONSCIENCE, AND TRUTH

These hymns introduce Wholesomeness Formed Through Pressure, addressing endurance, honesty, repentance, and reconciliation.

Recommended musical character

Forward-moving, honest, and unsentimental.

Performance guidance

- Maintain momentum
- Clear diction is essential
- Avoid emotional exaggeration

Best used for

- Services addressing struggle or doubt
- After testimony or confession
- Teaching on conscience and grace

Key Scriptures

Romans 8:18–25 · Psalm 51 · Colossians 2:13–14 · 1 John 1:7 · Matthew 18:21–35

HYMNS 25–30 – RESTORATION, INTEGRITY, AND COMMUNITY LIFE

These hymns explore justification, sorrow, prayer, integrity, teamwork, and family life.

Recommended musical character

Warm, truthful, and relational.

Performance guidance

- Gentle pacing in reflective hymns
- Brisk but unified tempo for community hymns
- Avoid sentimentality in family themes

Best used for

- Pastoral services
- Teaching on integrity and restoration
- Family and church-community gatherings

Key Scriptures

Romans 7:24–25 · 2 Corinthians 1:3–4 · Psalm 127 · 1 Corinthians 12 · Proverbs 11:3

HYMNS 31–36 – QUIET STRENGTH, COMPLETION, AND PRAISE

These final hymns express maturity, rest, assurance, renewal, and praise flowing from formation completed.

Recommended musical character

Spacious, calm, and confident; joy without haste.

Performance guidance

- Allow lines to breathe
- Avoid urgency
- Full sound only where appropriate

Best used for

- Evening worship
- Services of renewal and assurance
- Closing hymns

Key Scriptures

Matthew 11:28-30 · Isaiah 26:3 · Lamentations 3:22-23 · Revelation 5:9-13

GENERAL NOTES FOR LEADERS AND MUSICIANS

- These hymns are formative, not performative.
- Silence, restraint, and repetition over time enhance their impact.
- Not every hymn is suited to every service; careful selection deepens meaning.
- Tunes may be adapted thoughtfully where metre allows, but momentum and clarity should never be sacrificed.

METRE INDEX

(Hymn numbers refer to hymns in this book.)

Common Metre (CM)

- 6. From Every Heart, One Song
- 10. Abide With Us in Quiet Ways
- 13. Called to Serve Where We Are Placed
- 15. Your Kingdom Worked Out
- 18. Till Faith Becomes Our Sight
- 22. Confusion and Conversion
- 23. Guileless and Reconciled, We Care
- 34. Psychological Health

Common Metre Double (CMD)

- 9. Freely Given, Not by Applause

Long Metre (LM)

- 1. Wholesome in Christ
- 4. All Saints Unite in Jesus' Name
- 19. The Long Dark Tunnel
- 24 Accountable and Transparent
- 26. Sorrow Besets Me
- 36. Praise the Saviour from the Fall!

Short Metre (SM)

- 5. Christ Is Worthy of Our Best
- 7. Free-Hearted Liberality
- 11. Teach Us to Listen, Lord
- 16. Fruit Abounding
- 20. Punishment Gone in the Cross
- 30. The Beauty of Family
- 35. Dawn of a New Day

6.6.6.6.6.6.6.6

- 32. No Fuss, No Haste, No Toil

7.7.7.7

- 28. Integrity Forged Within

8.8.8.8

- 24 Accountable and Transparent

10.4.10.4.10.10

- 21. The Light at the End of the Tunnel

10.10.10.10

- 3. Sent in His Love
- 12. When Silence Shapes Our Faith
- 25. Burdens Laden with Sin
- 27. Prayers and Lamentations
- 29. Teamwork and Coordination
- 31. Before Your Face

11.8.11.9

- 2. Grace Resounding
- 8. Praise Him – and Hold Fast

11.10.11.10

- 17. Still We Hope, Though Nights Are Long

12.11.12.11

- 33. Deep, Calm and Purposeful

14.14.14.14

- 14. Worship to the Triune God

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(Hymn numbers refer to hymns in this book.)

Abide With Me

12. When Silence Shapes Our Faith

Acton

10. Abide With Us in Quiet Ways

Adoration

4. All Saints Unite in Jesus' Name

Ash Grove

33. Deep, Calm and Purposeful

Autumn

12. When Silence Shapes Our Faith

Ballyclare

25. Burdens Laden With Sin

Belmont

6. From Every Heart, One Song

Bethany

10. Abide With Us in Quiet Ways

Beverley

27. Prayers and Lamentations

Birmingham

25. Burdens Laden With Sin

Brackley

21. The Light at the End of the Tunnel

Brixham

27. Prayers and Lamentations

Brookfield

19. The Long Dark Tunnel

Boylston

11. Teach Us to Listen, Lord

Carlisle

22. Confusion and Conversion

30. The Beauty of Family

Celeste

24. Accountable and Transparent

Confianza

24. Accountable and Transparent

Crimond

6. From Every Heart, One Song

Dalmeny

14. Worship to the Triune God

David

24. Accountable and Transparent

Dennis

5. Christ Is Worthy of Our Best

20. Punishment Gone in the Cross

Duke Street

4. All Saints Unite in Jesus' Name

Dunfermline

13. Called to Serve Where We Are Placed

Ellacombe

9. Freely Given, Not by Applause

Engelberg

3. Sent in His Love

31. Before Your Face

Evan

13. Called to Serve Where We Are Placed

Eventide

25. Burdens Laden With Sin

31. Before Your Face

Farrant

15. Your Kingdom Worked Out

Festal Song

16. Fruit Abounding

French

15. Your Kingdom Worked Out

Gethsemane

1. Wholesome in Christ

4. All Saints Unite in Jesus' Name

Glasgow

18. Till Faith Becomes Our Sight

Golden Hill

7. Free-Hearted Liberality

Grace

5. Christ Is Worthy of Our Best

Holley

19. The Long Dark Tunnel

Homage

26. Sorrow Besets Me

How Sweet is My Rest

8. Praise Him – and Hold Fast

In Hope

3. Sent in His Love

Ingleside

14. Worship to the Triune God

Invitation

32. No Fuss, No Haste, No Toil

It Is Well

2. Grace Resounding

8. Praise Him – and Hold Fast

Keble

26. Sorrow Besets Me

Kresmer

33. Deep, Calm and Purposeful

Lloyd

22. Confusion and Conversion

Luther's Chant

26. Sorrow Besets Me

Lux Benigna

21. The Light at the End of the Tunnel

Lynton

22. Confusion and Conversion

Mainzer

36. Praise the Saviour From the Fall!

Mercedem

3. Sent in His Love

Morecambe

29. Teamwork and Coordination

Moreland

11. Teach Us to Listen, Lord

My Beloved

11. Teach Us to Listen, Lord

None But Christ Can Satisfy

9. Freely Given, Not by Applause

Norge

23. Guileless and Reconciled, We Care

Northrop

23. Guileless and Reconciled, We Care

Nun Danket

32. No Fuss, No Haste, No Toil

Oakland

1. Wholesome in Christ

Old Hundredth

1. Wholesome in Christ

Orlington

34. Psychological Health

Ostraherne

29. Teamwork and Coordination

Penitentia

27. Prayers and Lamentations

Rhys

17. Still We Hope, Though Nights Are Long

Ripon

16. Fruit Abounding

Salzburg

18. Till Faith Becomes Our Sight

Sandon

21. The Light at the End of the Tunnel

Solyma

7. Free-Hearted Liberality

Southwell

30. The Beauty of Family

Spohr

15. Your Kingdom Worked Out

St Agnes

29. Teamwork and Coordination

34. Psychological Health

St Anne

18. Till Faith Becomes Our Sight

34. Psychological Health

St Flavian

23. Guileless and Reconciled, We Care

St George

16. Fruit Abounding

St Matthew

9. Freely Given, Not by Applause

St Michael

20. Punishment Gone in the Cross

St Saviour

22. Confusion and Conversion

St Sylvester

14. Worship to the Triune God

St Thomas (Williams)

5. Christ Is Worthy of Our Best

35. Dawn of a New Day

Strength and Stay

17. Still We Hope, Though Nights Are Long

Summerfield

20. Punishment Gone in the Cross

The Blessed Home

32. No Fuss, No Haste, No Toil

The Glory Song

12. When Silence Shapes Our Faith

Tottenham

13. Called to Serve Where We Are Placed

Toulon

31. Before Your Face

Trentham

35. Dawn of a New Day

University College

28. Integrity Forged Within

Venice

7. Free-Hearted Liberality

30. The Beauty of Family

Ville du Havre

2. Grace Resounding

Waiting and Watching

33. Deep, Calm and Purposeful

Walton

36. Praise the Saviour From the Fall!

Wareham

19. The Long Dark Tunnel

Way of Peace

8. Praise Him – and Hold Fast

Weber

28. Integrity Forged Within

Welwyn

17. Still We Hope, Though Nights Are Long

Westminster

10. Abide With Us in Quiet Ways

Wimbledon

28. Integrity Forged Within

Winchester New

36. Praise the Saviour From the Fall!

Winchester Old

22. Confusion and Conversion

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A JOURNEY CONTINUED

The hymns in this book have spoken of faithfulness under pressure, courage without triumphalism, integrity tested yet preserved, and hope that refuses to die.

The **LV8 programme**, from which this hymn book takes its name, offers a practical means of reflecting on such a life – examining balance, responsibility, and direction. The hymns return that reflection to God, acknowledging that no journey toward wholeness is sustained by effort alone.

Programme and hymnody therefore belong to the same path:

- responsibility without harshness,
- discipline without despair,
- and faith grounded in grace, freedom, and truth.

May these songs continue to serve as companions – not conclusions – as the journey toward wholeness goes on.

As you progress along your journey, you will begin to realise that, much as you started it by realising the benefits of being your very best self, you cannot really be your most excellent self until you invite Christ into your heart and find that He's perfectly able to fulfil your every desire and give you a taste of eternal life through the Holy Spirit.

Lance Christie's *Collected Writings* can be read [here](#).

Acknowledgment of AI Collaboration

Although this hymnbook has been shaped by prayer, scripture, lived experience, thoughtful reflection, and resilient faith, it has also benefitted through the use of Artificial Intelligence.

AI has not replaced inspiration, conscience, conviction, or responsibility but served as a tool – helping to organise thought, preserve words, refine language, and support the creation of something meaningful for the good of all.

AI represents real human achievement – a reflection of disciplined learning, collaboration, and human creativity used well. When guided by truth, conscience, compassion, wisdom, and accountability, it can be a force for good: illuminating truth, strengthening integrity, protecting the vulnerable, and amplifying clarity and hope.

This project acknowledges the countless researchers, engineers, designers, ethicists, and visionaries who have built and shaped AI technologies.

May AI always be used with humility, wisdom, vigilance, and courage. May it never be captured by greed, deception, or manipulation. And may it continue, under God, to serve truth, justice, compassion, healing, and human dignity.

THE LV8 WHEEL AND THIS HYMNAL

A Note for Leaders and Worship Planners

The LV8 Wheel of Life is included at the close of this hymnal because these hymns and the LV8 framework arise from the **same theological vision of wholeness**.

LV8 is not a self-help scheme, nor a productivity model baptised with religious language. At heart, it is a **Christian understanding of the human person** – formed by Scripture, conscience, responsibility, and grace – and shaped for lived faith rather than performance.

1. Wholesomeness as integration, not moralism

LV8 understands *wholesomeness* not as flawlessness or spiritual intensity, but as:

- balance rather than perfection,
- transparency rather than performance,
- freedom rather than coercion,
- integration rather than fragmentation.

This reflects the biblical language of being made *whole* – nothing missing, nothing broken. It is the opposite of fear-based religion, image management, or spiritually enforced conformity.

The Wheel of Life illustrates this visually: when one area of life is neglected or distorted, the whole life is affected. True holiness therefore concerns **how life is lived as a whole**, not how convincingly faith is displayed.

2. Eight spheres – one life, one centre

LV8 names eight spheres of human life:

Health, Attitude, Career, Financial, Family, Social, Personal Development, and Spiritual.

These are **not silos**. They are interdependent, mutually corrective, and all answerable to the same centre: **YOU**, living responsibly before God.

Responsibility is not denied by grace; it is held *within* grace. Growth is not outsourced to leaders or institutions; it is owned, prayerfully and honestly, by the person.

This understanding quietly shapes the hymns in this book. The texts do not list the eight spheres – instead, they sing what life feels like when the “wheel” is becoming rounder: peace, steadiness, courage, patience, generosity, attentiveness, and hope.

3. Spirit as permeating life, not confined to religion

A key insight of LV8 – and of this hymnal – is that *Spirit* is not merely a religious compartment.

Spirit is the **animating atmosphere** of life:

- Christ dwelling within,
- faith permeating work, relationships, money, suffering, and rest,
- the Church understood not as a building, but as a body of people.

This allows worship to avoid both compartmentalisation and triumphalism. The hymns therefore speak of *indwelling*, *journey*, *formation*, and *fruit* – not simply of moments of intensity.

Singing the framework

These hymns are not explanations of LV8; they are its **doxology**.

Where LV8 reflects, the hymns pray.

Where LV8 evaluates, the hymns entrust.

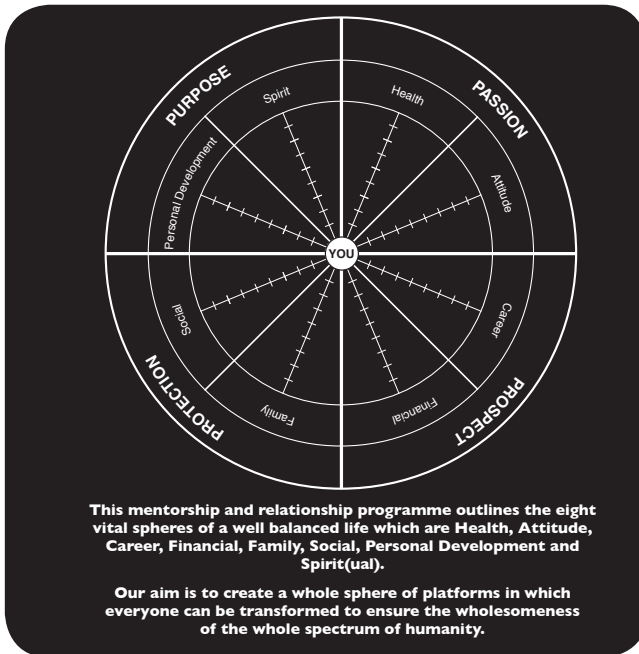
Where responsibility is named, it is held within grace.

Leaders are encouraged to use the hymns and the LV8 Wheel together – not to manage people, but to help congregations **sing their way into truthful, integrated, Christ-centred living**.

True wholesomeness is not enforced. It is received, worked out, and sung – as life is steadily gathered back into Christ.



THE JOURNEY TO WHOLESOMENESS



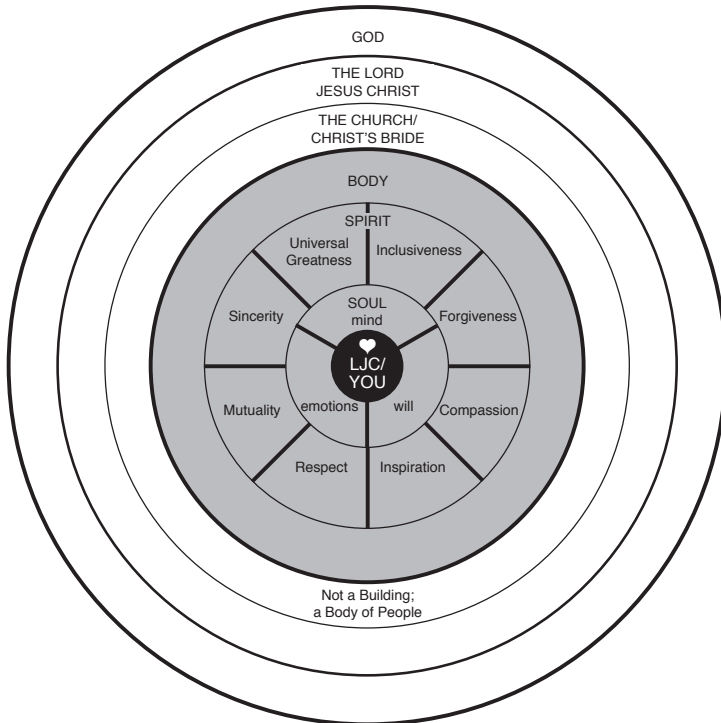
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**WHOLESOMENESS SETS YOU FREE
FREE TO BE YOUR BEST SELF
FREE FROM COERCION, CONTROL and NARCISSISM**

LV8 requires basic honesty and transparency of motive which makes it unpalatable to fakers and any who deliberately hurt others...unless they change!

CHRISTIANITY

This wheel breaks down how Christ, in the hearts of Christians, radiates out into the greater and consequently carries its own testimony.



The inventor of LV8 and composer of the hymns feels that the balance and coordination displayed in the universe should be reflected in the lives and souls of individuals so that their own direct links are opened up to the Greater. LV8 can equally deal with spirituality as it does Christianity, but conveys that the ultimate symmetry starts with the Lord Jesus Christ in your heart and spreads out through soul, spirit and body into the greatness of the church, Christ the Bridegroom and God Himself.

The aim is to take mystique out of Christianity and bring it all within the range of every person on the planet so that everyone, whether rich or poor, whatever caste or social stratum they come from, has the opportunity to rebalance their lives so that they are in tune with what the Creator intended.

Those radiating Christ will attract others to Christ rather than to themselves, simply because they give the glory to God for any God-like features that they've imbibed themselves

Scriptural Authority

Wholesomeness

Matthew 9 v 22

“Thy faith hath made thee whole”

(If you’ve a purpose in life and there’s an actual Creator, that’ll see you nicely through life.)

1 Thessalonians 5 v 23

“Now the God of peace himself sanctify you wholly and your whole spirit, and soul, and body be preserved blameless at the coming of our Lord Jesus Christ.” (The spirit is our intelligent link with God, the soul our lower affections and the body is the vehicle for spirit and soul.)

Ephesians 3 v 17

“That the Christ may dwell, through faith, in your hearts, being rooted and founded in love.”

James 1 v 4

“But let endurance have its perfect work, that ye may be perfect and complete, lacking in nothing.”

The Air

Ephesians 2 v 2

“The age of this world, according to the ruler of the authority of the air” (the permeating character of the air gets everywhere, ie Satan’s influence in the world).

Spirit, Soul and Body (Separation)

Heb 4 v 12,13

“For the word of God is living and operative, and sharper than any two-edged sword, and penetrating to the division of soul and spirit, both of joints and marrow, and a discernor of the thoughts and intents of the heart. And there is not a creature inapparent before him; but all things are naked and laid bare to his eyes, with whom we have to do.” (The scriptures are a direct divine utterance and nothing escapes God’s eye – including man’s motives.)

Surpassing Excellence

1 Corinthians 12 v 31

“A way of more surpassing excellence” (JN Darby translation) introduces the “love chapter” 13. Yes, the “way of more surpassing excellence” is a life lived in unselfish love for God and others, which is considered to be the supreme Christian virtue, surpassing even faith and hope.

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