

## **How Can I Keep From Singing?**

For those who are not aware of this wonderful hymn, I hope that it will prove to be a great discovery. It is, I think, particularly apposite for Lent, as it speaks about quiet, confident trust in the Lord even in difficult days.

There are many recordings of this hymn, and there is more than one version of the words, but the one which is featured on YouTube via the link below, is a favourite of mine. Not only is the singing and musical arrangement beautifully simple and understated, as I believe the words would have it, but the wild, black and white landscape fits with the general backdrop of bleakness to the song, and with the wilderness context for Jesus' 40 days in the wilderness.

<https://www.youtube.com/watch?v=Li2hddmy63U>

**This video can be effective if it is played during a service. People can listen, watch and reflect on the conviction and trust behind the words.**

**But the song can also be learned and sung by people as a song within the service.**