


He still
knows
Your
name

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A Healing Journey Through Song



A Healing Journey with Song

“Thousands of years after David played his harp and sang his heart out to God, music still has the power to touch us and move us in ways we continue to find surprising.” (CCM, 2006) Music is one of the most influential of the many good gifts God gave us when He created us in His image. Music is the universal language. Every day, people around the globe experience its power to express our deepest longings, expand our minds, strengthen our hearts and renew our souls. (Audible Faith)

Songs can capture a moment, a feeling or an experience, expressing it in both concrete and universal ways. It can have a powerful impact, enabling us to understand it, embrace it, and ultimately incorporate it into our minds and hearts. (CCM, 2006). With music, we can be as interactive as we want or need to be at any given time – listen, hum, sing, talk the words, repeat the words, pray the words, think about the message, express the feeling, or apply the message. This form of communication is immediate in time and has the capability of transporting thoughts to any space or time as guided by the lyrics and melody. It may be the melody, the lyrics or the message that trigger an emotional response to music. Whatever the reason, when we have an emotional response to music we “feel” the music. The feeling may be happiness, sadness, anger, joy, complacency, encouragement, inspiration, or peacefulness. Most importantly, expressing the feelings that come with the music can be very healing.



Sing to the Lord a new song, for He has done marvelous things;
His right hand and His holy arm have worked salvation for Him.
The Lord has made His salvation known and revealed His righteousness
to the nations. He has remembered His love and His faithfulness to the
house of Israel; all the ends of the earth have seen the salvation of our
God. Shout for joy to the Lord, all the earth, burst into jubilant song



Hope

Hope is the expectation and assurance of something good in the future. To feel hope, the expectation must be accompanied by a confidence that the future good will be fulfilled. Without hope, there cannot be life. If we have no hope, we can find no reason to continue on this journey.

The deepest valley of sorrow is characterized by complete, overwhelming, and overpowering feelings of despair. Despair is the complete absence and loss of hope. To lose all hope is to be overcome with sadness and defeat. Deep in this dark valley it is difficult to find a ray of hope, but it is there if we put our hope in the Lord.

Following the death of a child, the sorrow is so overwhelming that the very thought of feeling hope or some future good is inconceivable. Feeling Hope requires a certain amount of perseverance, believing that future good is possible even when we can see no evidence of hope. Through Jesus Christ, there is firm assurance of hope in our future here on earth, and in the glory of God. In this valley, the only assurance of hope is through the Lord - our only true hope is the Lord.



Now and then we get a little glimpse of hope through one experience or another. The clouds which have been so dark begin to break up, and rays of light come through. The clouds may all return; maybe even darker than before, but each time the rays of light come through we see a little more hope. Hold ever so tightly to each little ray of Hope, and remember that ray of hope each time the clouds begin to darken again.



God's Promises

- I thank my God every time I remember you. Philippians 1:3
- Now may the Lord of peace himself give you peace at all times and in every way. 2Thessalonians 3:16
- He had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it. Genesis 28:12
- In this Hope we are saved. But hope that is seen is no hope at all. But if we hope for what we do not yet have, we wait for it patiently. Romans 8:24-25
- The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7
- The Lord is a place of safety for those who have been beaten down. He keeps them safe in times of trouble. Psalm 9:9
- Know therefore that the Lord your God is God; He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him and keep His commands. Deuteronomy 7:9

Background

The beautiful imagery of the lyrics in this song takes me to an incredible place of dreams, love and encouragement; it lifts the burden of pain for a few moments. When I hear this song, I hold onto the vision of looking across a great body of water; a very magical and peaceful place; a deep and hidden place where time stands still; there I picture the glowing smile on your face and I hold you in my arms and never need to say goodbye.

I used to think that my desire to dream of my son, and the times I long for that magical space where time stands still were somehow "wrong" or a denial of his death. However, I am finding that this is completely natural and even healthy in the grieving process. I have come to respect the many writings of Alan Wolfelt from the Center for Loss and Life Transition. When asked if there is any kind of relationship with someone after they die, his response is "Of course. You have a relationship of memory. Precious memories, dreams reflect the significance of the relationship and objects link you to the person who died. This different form of a continued relationship that is needed with mourning, should be allowed and even encouraged." (Wolfelt, 2005)

Love has found a magical space
A deep and hidden place where time stands still
Now I hold you in my arms...

We had come so far together as mother and son. We survived many hard times and through it all we leaned on each other for guidance, love and friendship. I will forever miss our heart-to-heart talks and your unending optimism, but I know that I can talk to you anytime. In fact, I often say, "Of my three children, you are the only one that I can talk to anytime day or night."

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