

Instead of writing words about hope, I decided to share with you one of my favorite hymns that expresses our hope in Christ better than anything I could say. Valerie Hess

How Can I Keep From Singing

Text: Robert Lowry, 1826-1899

1. <https://www.youtube.com/watch?v=uHkl41GdCGI> (the basic melody)
2. <https://www.youtube.com/watch?v=pBsE2WB9IT0> (one of my favorite choral arrangements of this hymn. *You will notice that there is a variation of words from the hymnal version below.*)

1 My life flows on in endless song;
above earth's lamentation,
I catch the sweet, though far off hymn
that hails a new creation.

Refrain:

No storm can shake my inmost calm
while to that Rock I'm clinging.
Since Christ is Lord of heaven and earth,
how can I keep from singing?

2 Through all the tumult and the strife,
I hear that music ringing.
It finds an echo in my soul.
How can I keep from singing? [Refrain]

3 What though my joys and comforts die?
I know my Savior liveth.
What though the darkness gather round?
Songs in the night he giveth. [Refrain]

4 The peace of Christ makes fresh my heart,

a fountain ever springing!

All things are mine since I am his!

How can I keep from singing? [Refrain]