The Tree Song

Nothing's wrong as we grow inside.

Nutshell:

A full life is about resilience, not happiness. The story of a tree's life is embedded in its core. Maybe people are like that, too.

Songleader's notes:

When we gather as a community, what would happen if we only sang happy songs and talked about happy things? Over time, we might think Happy is the goal, the norm.

But along with the Happy, what if we also practiced lament— both for ourselves and on behalf of our neighbors? We might cultivate resilience, a sense that life is full of ups and downs. We'd have practiced faith-fullness for whatever season comes along. We'd know that change is the norm in a full life and we are built for endurance.

Trees have growth rings. People have stories. Who in your life would you like to ask about their "growth ring" stories?

How to lead it:

Invent hand actions for the phrases of the song.

Before each phrase, there's time to prompt the crowd with the words.

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