

Hallelujah by MaMuse ¹

Every time I feel this way
This, old familiar sinking
I will lay my troubles
Down by the water
Where the river
Will never run dry

Hallelujah Hallelujah (I'm gonna let myself be
lifted, I'm gonna let myself be lifted)
Hallelujah (I'm gonna let myself be lifted)
Bye and bye

I will lay my troubles down by the water
Where the river will never run dry
It's been said and I do believe
As you ask so shall you receive
So take from me these troubles
Bring me sweet release
Where the river will never run dry

Hallelujah Hallelujah (I'm gonna let myself
be lifted, I'm gonna let myself be lifted)
Hallelujah (I'm gonna let myself be lifted)
Bye and bye

I will lay my troubles down by the water
Where the river will never run dry

There is a river
In this heart of hearts
With a knowingness
Of my highest good
I am willing
I will do my part
Where the river
Will never run dry

Hallelujah Hallelujah (I'm gonna let myself
be lifted, I'm gonna let myself be lifted)
Hallelujah (I'm gonna let myself be lifted)
Bye and bye

I will lay my troubles down by the water
Where the river will never run dry

Where the river
Will never run dry
This river
Will never run dry

Storytelling in small groups or personal reflection. One by one, each person shares their thoughts for the first prompt below. Then go to the next prompt and so forth. A person can pass.

1. What thoughts and feelings do you have when you read or hear the words:

“Every time I feel this way, this old familiar sinking. I will lay my troubles down by the water. Where the river will never run dry.”

2. Tell of an experience where you laid your “troubles down by the water, where the river will never run dry.” (or something like that) What happened next?

3. Share your thoughts or feelings after reading or hearing:

“There is a river in this heart of hearts. With a knowingness of my highest good. I am willing, I will do my part. Where the river will never run dry.”

Check out and download more small group storytelling reflections and prompts at: <https://lifesjourney.us/storytelling-in-small-groups-menu/>

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¹ [MaMuse – Hallelujah Lyrics | Genius Lyrics](#), YouTube video link: [Hallelujah](#) (accessed March 17, 2026).