

“Flow to You” - The Story Behind the Song

By Lynn DeShazo

“And do not get drunk with wine, for that is dissipation, but be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father; and be subject to one another in the fear of Christ.”

Ephesians 5:18-21 NASB, Updated

The New Testament scriptures encourage believers to sing “psalms, hymns, and spiritual songs” as we give thanks to God and minister to one another (Eph. 5:19 and Col. 3:16). A psalm refers to the singing of the Scriptures, especially the divinely inspired Psalms of the Old Testament. A hymn is a song written in praise of God, but is of human composition. “Both sound pretty spiritual to me,” you may be thinking. What could this “spiritual song” be, then?

In the New Testament, the term “spiritual songs” comes from the Greek, *ode pneumatikos*, meaning songs of the *pneuma*, or breath of God. As believers in Jesus Christ, we know that the Holy Spirit has taken up residence within us. As we seek to be continually “filled with the Spirit” (Eph. 5:18), we are able to sing not only “psalms” and “hymns” with great thankfulness in our hearts to God, but also *spiritual songs*; those God-breathed songs that well up in our spirits and pour out as adoration, or even prophecy.

Anytime I have an opportunity to lead God’s people in worship, I try to allow space for worshipers to sing these “spiritual songs”. Spiritual songs are those spontaneous songs of the moment that arise out of our God-indwelled spirits as we sing our praises to Him. The lyrics to these songs don’t appear projected on a screen before us or printed on a page because we’ve never sung them before. Our ears hear them for the very first time as the song springs up from our spirits and out of our lips. It was during such a time of spontaneous singing that the song *Flow to You* was born.

During the closing moments of a worship time that I was leading for my church, I experienced a prompting from the Holy Spirit to sing a “spiritual song”. I heard something approximating these words as I began to sing:

*Flow to You, flow to You,
Let the worship of my spirit flow to You*

“That’s kind of interesting,” I thought afterwards. I didn’t think too much more about it until several months later. Once again, during a time of worship leading, I sensed that prophetic stirring to give voice to the song rising up within my spirit. The words were almost identical:

*Flow to You, flow to You,
Let the river of my worship flow to You*

The song was still there, carried to the surface of my conscious mind by the rising river of worship flowing from my heart. This time, however, I determined to take the idea and write a congregational worship song. I shaped it, lived with it, tried it out in a small group, and eventually launched it “live” before a larger gathering. In fact, the participants of the 2003 Integrity Music Songwriters’ Retreat were among the first to hear the completed version of *Flow to You*, which began as a spiritual song.

Flow to You

Flow to You, flow to You
Let the river of my worship flow to You
Lord, I pray, in all I do
Let the river of my worship flow to You
Like streams in the valley swell with rain
May the songs of my heart rise to bless Your name
And flow to You, flow to You
Let my worship flow to You

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I love You, Lord, and everything about You
I worship You with all my heart
Let all my heart
Flow to You...(to chorus)

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