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## Days Will Come that Sap Our Vigor

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# Days Will Come that Sap Our Vigor

## **Abstract**

"Days Will Come that Sap our Vigor" speaks encouragement to individuals and congregations in the face of exhaustion (the first stanza), depression (the second stanza), and even death (the last stanza). In each case, God restores to us strength, hope, and life. The tune for this text, FALLS PARK, alludes to the fact that the author wrote the hymn text after visiting Falls Park in Sioux Falls, South Dakota.

## **About the Author**

Heather Josselyn-Cranson is the director of the music ministry program at Northwestern College. She has earned degrees in music composition, sacred music and liturgy from Bates College and Boston University School of Theology, and has served as a minister of music at congregations in Florida, Massachusetts and Russia. An active scholar, she has published articles on music in emerging churches, how translation affects the hymns of Charles Wesley, and women's participation in the chant of medieval monastic communities.

Dr. Josselyn-Cranson's composition and hymn writing have also received attention. Her choral compositions for the musical *Terror Texts* received a special commendation for Distinguished Achievement in Choral Music from the Kennedy Center American College Theater Festival in 2009. Three of her recent hymns have also won awards: "Every Day We See the Traces" won second prize in the Jesuit 25th Anniversary Hymn Contest sponsored by St. Peter's Church in Charlotte, North Carolina, in 2011; "Planets Humming as They Wander" won the Boston University School of Theology Hymn Competition in 2010; and "We Cannot Know What Worship Is" received second prize in the Congregational Justice Song Contest sponsored by the Christian Reformed World Relief Committee in 2009.

## **Acknowledgements**

The audio recording features Northwestern students Amanda Vander Stelt and Jacob Ven Huizen on vocals. Lem Mauer and Michael Stokes served as audio engineers.

# Days Will Come

Tune Name: Falls Park

Days will come that sap our vig - or, times when we feel faint and weak,  
Drear - y hours — will as - sail us, paint - ing all our vis - ions grey.  
Death's long shad - ow may o'er - take us, bring - ing ill - ness, loss, and grief,

9

when we can - not stand the rig - or of a sche - dule dense and bleak. Then like  
Then our store of hope may fail us, and a ce - dia fill our day. But the  
threat - en - ing to fin - ally break us: ex - e - cu - tion - er and thief. Yet we

18

ea - gles God con - veys us, bears us up a - loft, a - broad. Ho - ly might and  
Lord re - stores our pa - tience, builds us up, though we but plod, teach - es us a -  
know Christ rose vic - tor - ious, prov - ing false the grave's cruel fraud; and in him is

27

grace a - maze us; let us find new strength in God!  
gain en - dur - ance: let us find new hope in God!  
life all - glor - ious: let us find new life in God!

Words and music: Heather Josselyn-Cranson, 2012