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I have recently been trying to work through my music collection, shaking off the dust and removing crumbs from mouldy corners. I've come across a few embarrassing tracks that I would rather forget, as well as some more interesting rarities.

One song that I'm pleased to be reminded of is You, a song by a band called Switchfoot. One verse, about their Christian faith, has the phrase:

*I hope to lose myself for good
I hope to find it in the end
Not in me
In you.*

This verse has always sparked my interest. The lyrics seem to clash with a very popular idea in our culture, that we must 'find ourselves'. Life can often be portrayed as an adventure in which the ultimate goal is to get in touch with 'the real you'. Christians have often shared this view.

Switchfoot's verse conveys an idea found in the Bible. In this view, we only find true fulfilment when we stop focusing on ourselves in order to 'lose ourselves' in something far bigger - loving God and caring for our neighbours. While I recognise that 'the real me' can change with my mood and the atmospheric pressure, this bigger purpose is unchanging. Following this idea, the true adventure is to find that we have significance, value and meaning in the God who calls Himself the 'beginning and end'.

I never really expected to find such depth of thought in the dark corners of my MP3 player. It's not all like that though. I also have Mamma Mia.