

Music, Singing, and Spirit Life

Monday, 1/18/10 – Read Ephesians 5:15-20

My Observations: _____

A Question to Answer: We know it, but we don't often think about it. ... We know that music is a powerful expression of our spirit lives. Music is able to touch our emotions and express our deepest feelings much more accurately and powerfully than anything else. ... So, this week, let's reflect together on the way music puts us in touch with God at a feeling level. ... Today's reading begins by instructing us to make the most of our time. We may assume that means we should be more productive or work harder. But immediately the passage moves to being filled with the Spirit and to singing. ... How do you use time? Do you make some room in your busy-ness for letting music put you in touch with the deep movement of God's Spirit within you? What music does that for you? ... Will you make some time this week for listening to your own spiritual music?

Tuesday, 1/19/10 – Read Isaiah 12:1-6

My Observations: _____

A Question to Answer: Isaiah 12 begins by reflecting on the good and great things that God has done for us. And it concludes with shouts and singing. How do you express your joy? How do you revel in the goodness of God? Music and singing work much better than almost anything else. What are you thankful for today? What has God done that delights you and gives you joy? ... How can you let music and maybe singing express that joy today?

Wednesday, 1/20/10 – Read Psalm 57:7-11

My Observations: _____

A Question to Answer: In Psalm 57, look at verse 8 -- "Awake, my soul." Does it ever seem to you like your soul is asleep. Being a spiritual person is being awake -- alert -- aware of what's going on around us, what's going on within us, what God is doing in our lives now. ... The Psalm says to wake up to music, to wake up with singing. ... How does music make us more awake, more alert, more aware of all that is happening -- especially all that is happening spiritually? ... Play some music today, and let it wake up your soul!

Thursday, 1/21/10 – Read Isaiah 35:1-10

My Observations: _____

A Question to Answer: Isaiah 35 speaks of joy and singing ... and then it immediately speaks of strengthening those who have "fearful hearts," those who weak hands and feeble knees. ... Do you ever have a fearful heart? Do you ever feel your hands weak or your knees feeble? Those may be spiritual conditions as well as sometimes physical ones. ... Does music ever strengthen you? Does it embolden your heart? Does it strengthen hands and knees? ... What music does that for you? Play some of that music today and let its inspiration strengthen you!

Friday, 1/22/10 – Read Psalm 92:1-4

My Observations: _____

A Question to Answer: We live in such a beautiful and glorious place here on the Coast. What of the Coastside's beauty makes you glad? The ocean, the beach, the hills, the trees? Specifically, what awakens gladness in your heart? ... Is there

some music that expresses your joy in the goodness of God's creation here on the Coast? ... Let it speak for you today. Let it express your joy!

My Faith Journal, January 17, 2010
HeartSong

What do I hear God saying to me today?

Saturday, 1/23/10 – Read Acts 16:16-34

My Observations: _____

A Question to Answer: In today's longish reading, Paul and Silas find themselves in prison. And there in their prison cell, chained to the walls, they "were praying and singing hymns to God" (verse 25). ... Music not only expresses our joy and our delight; it en-courages us and strengthens us in the dark and difficult times. When has music cheered your soul in a dark time?

Sunday, 1/24/10 – Read Revelation 5:11-14

My Observations: _____

A Question to Answer: When the Bible imagines the final consummation of all things, it pictures God on a throne, surrounded by angels and "thousands of thousands" of God's faithful people. And what are they doing? Well, of course, they are singing! ... When the Bible imagines the grandeur and the majesty and the ecstasy of God's making all things right and bringing into harmony all the discords of this life, the only fitting metaphor is music! ... Is there some music that gives you even a faint feeling of this scene in Revelation? What music is that? ... Play it today if you have a recording of it. Listen to it and let it elevate your soul; let it reassure you that in God's own time, all will be made right, and all the discords of this life will finally be harmonized.

What action do I intend to take this week?

Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.