

# Finding Joy in our Prayer : Week 8

## *The joy of prayer through music.*

Be still, for the presence of the Lord,  
The Holy One, is here.



Praying through or using music can be done in so many different ways but the best way is when it fits with you. It may be a song that is an old favourite, that has always and will always encourage you, the trusted and faithful words giving you comfort, a new song that has touched your heart or an instrumental piece that took you to a place of peace. It really doesn't matter what the music is, it's where it takes you that is important.

A quiet, contemplative song can help you to feel calm and settle into prayer. A more upbeat worship song can revive you and lead you into praise! Each one brings you closer to God and helps you to focus on him. And each one gladdens His heart.

Sometimes I find that music can draw me closer to God when I can't find the words to pray. Either by listening, playing, or singing my offering to God or just letting the music wash over me and becoming quiet, letting the music have a meditative quality and helping me to rest in the Lord.

Sometimes it's the words, sometimes it's the melody and sometimes it's the memory it invokes - but music is powerful and can enable us to express emotions that are difficult to put into our own words.

The music of 'Joseph' has been very much at the forefront of my mind over the last few months. We've used it to spread God's love and draw people together. But I hope that it was also an offering to God. We experienced much joy working with everyone and hope that those who watched felt that same joy through our music. The togetherness that was

felt as we rehearsed and performed and the support myself and Caz have experienced throughout the project is something very special that I will take away from the whole experience. Some new friendships have been made, others have been strengthened and I truly give thanks for that!

Psalms 150:1-6 springs to mind...

3 Praise him with the sounding of the trumpet, praise him with the harp and lyre, 4 praise him with timbrel and dancing, praise him with the strings and pipe, 5 praise him with the clash of cymbals, praise him with resounding cymbals. 6 Let everything that has breath praise the Lord.

We definitely did that!

Another joy I have found in using music as prayer is that I keep discovering new things, new pieces, and new songs that I can listen to and experience. Sometimes styles that I would not have necessarily chosen as 'my kind of music' have helped me take some time to sit, listen and pray.

I would encourage you all to explore this way of switching off and focusing on our Lord.

