SO SINGS MY SOUL

...the morning stars sang together and all the angels shouted for joy...
(Job 38:7)

CREATION AND ITS CREATOR SINGS

Music has been part of creation from the very beginning, before the birth of the earth or the creation of man. Even God sings.

The Lord your God is with you ... he will quiet you with his love, he will rejoice over you with singing. (Zephaniah 3:17)

With different voices, in different octaves, in different tones, in different languages, all of creation sings as a living expression of the author of life.

God asks Job, "*Where were you when I laid the earth's foundation? ...while the morning stars sang together, and all the angels shouted for joy?*" (Job 38:4, 7)

What a breathtaking verse!

Martin Luther wrote, "Next to the Word of God, the noble art of music is the greatest treasure in the world."

SINGING, SUFFERING, PAIN AND ILLNESS



Singing:

- lowers high cortisol levels
- relieves tension and stress
- decreases anxiety
- reduces depression
- lessens loneliness
- increases emotion-focused coping
- distracts us from pain and other symptoms
- improves breathing and increases lung capacity
- strengthens the immune system
- stimulates the parasympathetic nervous system
- enhances memory and increases neuroplasticity

ALL CREATION SINGS FAITH-FILLED MUSIC

Music fills the pages of Scripture – melody, harmony and percussion woven into every fiber of creation.

Let the trees of the forest sing, let them sing for joy before the Lord... (1 Chronicles 16:33)

Sing for joy, you heavens ... Burst into song, you mountains, you forests and all your trees... (Isaiah 44:23)

...the mountains and hills will burst into song before you, and all the trees of the field will clap their hands. (Isaiah 55:12)

Flowers appear on the earth; the season of singing has come... (Song of Songs 2:12)

Worship the LORD with gladness. Come before him, singing with joy. (Psalm 100:2 NLT)

Sing to him a new song... (Psalm 33:3)

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. (Colossians 3:16)

He put a new song in my mouth, praise to our God! (Psalm 40:3 ISV)

But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble. (Psalm 59:16)

Sing to God, sing in praise of his name, extol him who rides on the clouds; rejoice before him—his name is the LORD. (Psalm 68:4-5)

I will sing the LORD's praise, for he has been good to me. (Psalm 13:5-6)

My lips will shout for joy when I sing praise to you... (Psalm 71:23)

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. (Psalm 32:7)

I will sing of the loving-kindness of the Lord forever. (Psalm 89:1 NLV)

O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! (Psalm 95:1 RSV)

I will sing to the LORD all my life; I will sing praise to my God as long as I live. (Psalm 104:33)

Sing to the LORD, for he has done glorious things; let this be known to all the world. (Isaiah 12:5)