**We Love Music**

* Music
	+ “is the language of the soul made audible” – Don E. Saliers
	+ conveys common memories
		- Negro Spirituals
		- Hymns
		- We Shall Overcome
		- Lift Every Voice and Sing
		- Gospel Music
		- The Blues
			* R&B
		- Country
		- your favorite genre
* communal singing has health benefits
	+ socially
	+ exercises the brain; memory
	+ improves breathing, posture, and muscle tension
	+ effective in pain relief
	+ sustains a healthy immune system
	+ improves blood vessel function
	+ regulates heart rate; heart rates sync
	+ emotionally

***What we sing and how we sing reveals much of who we are, and entering into another’s song and music making provides a gateway into their world, which might be much different from our own. Sharing our song with others who do not know us is sharing a gift.***

**Sing the Word**

* There are over 185 songs in the Bible
	+ Exodus 15:1-21
	+ 2 Chronicles 5:13; 20:21
	+ Song of Solomon
	+ the songs of Jesus
		- Psalms
	+ Luke 1:46-56, 67-80
	+ Revelation 15

***We sing by heart, in the heart, and from the heart. Through the practice of singing, the dispositions and beliefs expressed in the words – gratitude, trust, sadness, joy, hope – become knit into our bodies, as integral parts of the theology by which we live.***