**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.***