

Message Reflections

a little something extra to keep you connected to Jesus this week

Message Reflections accompany the [weekly message](#).

The Lord always commands habits that are good for our souls and our physical bodies. I love when science catches up to Him with a new study showing scientific evidence proving something is good for us when it has been in the Bible for thousands of years: taking care of animals lowers blood pressure; marriage improves our health and our reported happiness; married couples report higher levels of sexual satisfaction than dating couples; thankfulness lowers your risk for depression; people who serve others live longer, have less anxiety and depression, and report high levels of content. Fascinating!

In this sermon series, we are talking about God's command to sing. That's right...command. For some of us, this is the sermon we have been waiting for our whole lives! I am often caught singing to myself in the grocery store and definitely in the shower. I wake up with a song in my head and on my lips. If life could be like a musical, where people break out into song and dance in perfect harmony and unison, I would be all for it. Maybe this is why I love worshiping with our elementary kids at church. They really know how to get down with some singing and dancing for the Lord!

I can't remember a time when my life didn't have a soundtrack. Growing up, my mom and grandmother would sing me to sleep, mom would clean (and dance) to Motown classics, family gatherings would eventually end up with the men singing and playing guitar and the women harmonizing with them to Puerto Rican classics, Christmas... you get the picture. We also won't talk about my pre-Jesus-90's-college soundtrack! Ahem!

So what if we changed the soundtrack? What if we played more songs that align with God's truth? Or songs that praise and worship our amazing God? Or songs that remind us of all He has done and all He can still do in our lives? A few years ago, I turned the radio dial to K-Love (locally 101.7). It's a contemporary Christian music station that only plays Christian music. I'll admit, at first I missed some of the edge and beat that comes with secular music, and I still need intermissions from time to time, but it has changed the soundtrack of my life.

Now, more often than not, the morning song on my lips is one of worship. There are Christian songs that accompany some of the hardest times in my life like, "I will praise you in the storm" by Casting Crowns. There are worship songs interlacing some of the happiest times in my life; hymns that help me to be still before the Lord.

So if music and singing haven't been your thing thus far... keep an open mind during this series and maybe step out of your comfort zone. If God commands it, we can be sure it is for our good. Every. Single. Time.

Psalm 96:1-2

Sing a new song to the Lord!

Let the whole earth sing to the Lord!

Sing to the Lord; praise his name.

Each day proclaim the good news that he saves.

