

# Why We Do It - Music & Singing

Music impacts lives. Music is a marvelous thing and it's a very influential thing....because every song carries a message, some are good, some are bad.

You can be in a crummy mood and all of the sudden you hear an upbeat song, you can't help but tap your feet or drum on the steering wheel and before you know it your bad mood is gone. Other songs can do the opposite, maybe they remind you of a past relationship or family member that has passed on.

Many couples have a song they consider "our song". That tune of that song immediately brings thoughts of their better half. Maybe it triggers memories of intimacy and affection from your early years as a couple or just reminds you of your love for them.

Other music relays the message of anger or violence, depression, protest, rebellion. And some carry a message of hope, peace, or love.

The point is that music speaks, it inspires, it communicates.

Don Campbell, founder of the Institute for Music, Health, and Education, said "music can communicate to us even when we're not influenced by the words of a song. Music impacts physiology on a deep, basic level."

He goes on to explain how music has a direct effect on our heartbeat and our brainwaves and even the cells of our body. Music is a powerful thing.

Right now we are in a worship service. Often times we think of the music and singing as worship, maybe you call it praise and worship, but in reality everything we do at this service should be part of our worship, our adoration of Jesus. So technically you could have a worship service without music and without singing.....but we usually don't because they are important!

So today we will look at **Why We Do It - Music and Singing**. Have you ever thought about why we do it? Why do we play instruments? Why do we sing?

For some of you it's your favorite part of the service, for others you might wish we didn't do it or at least that it was shorter. But let's look at why we do these things.

I'm going to start in Ephesians chapter 5:

**Ephesians 5:18-20 (NKJV)**

18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit, 19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord, 20 giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,

This comes on the heels of Paul teaching about living in purity and walking in love and with wisdom, and it leads him into worship.

First he says “do not be drunk with wine”, the scriptures are very clear that drunkenness is a sin but what Paul is addressing here is drunkenness in the form of worship. Many pagan worship ceremonies involved drunkenness, it supposedly brought them into communion with their false gods.

Paul says don't do that, it's not the answer....you wanna be close with God, be filled with the Spirit! True communion with God is not induced by drunkenness but by the Holy Spirit!

Being filled with the Spirit here is not referring to the indwelling of the Spirit, the Holy Spirit dwells in us at salvation, when we believe, and it's not referring to the baptism of the Holy Spirit which could come at the time of salvation or at a later time.

What Paul means in this context is that we need to live continually under the influence of the Holy Spirit. The Spirit should be influencing every aspect of our lives. This is the same as “walking in the Spirit”

**Galatians 5:16 (NKJV)**

16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.

When we walk in the Spirit, not in the flesh, we are living under the influence of the Spirit, letting Him fill us....it's continuous, not a one time event. Be filled with the Spirit (if you are struggling with this, pray, read the Word, seek God and He will fill you) I was just talking with a friend recently and he mentioned how people aren't coming to church hungry and I said “it's because they are getting filled up on other things, they are already full when they get to church”

You know God really intended for us to eat things that are good for us, things that are nutritional. But we have corrupted that by making these greasy and sugary foods that taste so wonderful, but they are just like sin. You can eat all the junk food you want but there's always consequences, even if you don't see them at first. Over time they will take a negative effect on your body.

We have been trying to eat natural, healthy foods more often. When I've done that for days in a row I start to feel a little better, maybe not a lot. But when I have a couple bad days eating junk food, I really feel it, I really can tell a difference, I feel bogged down, sluggish.

I think a lot of people are like that spiritually.....bogged down, sluggish. Examine your diet! Are you filling up on the things of the world? Maybe to the point where you are too full for God?

We need to be filled with the Spirit! Then....

**Ephesians 5:19 (NKJV)**

19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,

speaking to who? One another.....this is to be public....a corporate thing.....like church! When you are filled with the Spirit, out of that comes psalms, hymns, spiritual songs, singing, making melody in your heart to the Lord.....TOGETHER.....IN CHURCH!

**Psalms 22:22 (NKJV)**

I will declare Your name to My brethren;  
In the midst of the assembly I will praise You.

We have music and singing in church because it's what people who are filled with the Spirit do....not only that but it's what they WANT to do, DESIRE to do!

psalms - a striking, twanging, striking the chords of a musical instrument

hymns - a song paying praise to God

spiritual songs - a song belonging to the Spirit or by the breath of the Spirit

More practically (what we know these terms as):

psalms - are scriptural lyrics in song

hymns - are humanly inspired lyrics in song

spiritual songs - are impromptu rhythmic lyrics given by the Holy Spirit, in one's language or in tongues

A gathering of people who are filled with the Spirit should bring forth psalms, hymns, and spiritual songs!

He goes on to talk of singing and making melody in your heart to the Lord.....

Singing means to sing, and making melody means to pluck a stringed instrument. We should also be playing music to the Lord in our hearts..... God doesn't only want to hear this beautiful music coming from our instruments and from your lips.....He wants to hear it from your heart.

Jesus is both the source and the object of your song filled heart. He is the REASON that we sing and He is the one that we are singing TO!

We don't play music and sing to get something from Jesus, we do it FOR Jesus.

Where do we see this in the bible? Many, many places. For starters, the longest book in the bible is a song book - Psalms

We see Jesus and all of the disciples sing throughout the NT

**Matthew 26:30 (NKJV)**

30 And when they had sung a hymn, they went out to the Mount of Olives.

This is Jesus and the disciples at Passover, immediately after Jesus instituted communion, before heading to the garden to pray. So they had shared a meal, took communion, there was teaching, and they sang, now they are going to pray.....they were basically in what we today would call a church service! Singing was a part of it

**Acts 16:25 (NKJV)**

25 But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them.

Paul and Silas, clearly imprisoned, praying but also singing praises to God in spite of their circumstances. Prison church I suppose? It was in a public setting, joining in singing to Jesus!

In Revelation there are about 27 times where we see singing. Some of which we are shown the throne room of heaven..... and all in attendance, angels and people....singing to the Lord! Heavenly church!

There is a connection between music and the supernatural. In the OT, in the book of Joshua the trumpets sound and the walls of Jericho fall down. In 1 Samuel, David played the harp to soothe Saul during demonic attacks. David would go on to write about half of the book of Psalms. The OT contains lots of music and singing....

But let's take a look what happens in the OT in the temple (OT church) when they play music and sing to the Lord....

**2 Chronicles 5:12-14 (NKJV)**

12 and the Levites who were the singers, all those of Asaph and Heman and Jeduthun, with their sons and their brethren, stood at the east end of the altar, clothed in white linen, having cymbals, stringed instruments and harps, and with them one hundred and twenty priests sounding with trumpets— 13 indeed it came to pass, when the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord, and when they lifted up their voice with the trumpets and cymbals and instruments of music, and praised the Lord, saying:

“For He is good,  
For His mercy endures forever,”  
that the house, the house of the Lord, was filled with a cloud, 14 so that the priests could not continue ministering because of the cloud; for the glory of the Lord filled the house of God.

They had cymbals, stringed instruments, harps, trumpets (120 of them!) and in v13 it says when they were as one....when they were united in their singing and music, playing from a heart of worship toward God.....HIS PRESENCE FILLED THE PLACE!

When we sing and play music TO the Lord.....He loves it, He wants to be in the presence of those who have a heart for Him!

Church.....THIS should be our desire. THIS is why we sing and play music in church....to please Jesus, to invite the Holy Spirit to invade this place with His presence!!!!

Remember music communicates...when we are in unity playing and singing for Jesus, we are communicating “I love you Lord, I desire your presence!”

### **2 Corinthians 3:17 (NIV)**

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Remember Jesus is the reason why we sing and He’s also who we sing to. When we sing to Him, His presence (Spirit) will fill the room and in that place we can find freedom!

We all desire freedom....freedom from sin, freedom from fear, freedom from doubt, freedom from circumstances, freedom from failure, and on and on....

Have you ever found yourself in a place of despair and we enter into praise and worship and you feel a peace come over you? That’s the comfort and peace of the Spirit!

Have you ever found yourself just blah, not sure if something is wrong or you just ate too much bacon for breakfast and we enter into praise and worship and you find yourself on your knees weeping? That could be the conviction of the Spirit (freedom from sin) or it could be the truth of the Spirit (revealing God’s goodness)

These things are found in a place of freedom....when we are worshiping the Lord with music and singing from our heart, we are in a place of surrender, we are wide open for the Lord to minister to us! That is the result not of our singing but of His presence!

I know that some of you are really reluctant to sing because you feel like you don’t have a very good voice. It doesn’t matter if you are a “good singer” The question we should ask ourselves is not whether we can sing... but whether we have a song to sing. Because if we truly love

Jesus... our voices (no matter what WE may think of them) are the sweetest musical instruments known to the courts of Heaven.

**Colossians 3:16 (NKJV)**

16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

When you sing, you obey the Lord, you get rooted in the Word, you build up others!

A singing heart is also making war against the enemy! Paul talks about living a new life, death to sin and he tells us that the new man sings with grace in his heart to the Lord. If you find yourself surrounded by temptation.....SING....sing to the Lord. It's very hard to lie, cheat, look at something you shouldn't when you are singing to Jesus.

A singing heart will not easily give into temptation but instead will wage war with the workings of satan and the power of sin!

**WORSHIP TEAM**

Above all else, when we sing from our heart, we glorify God (our ultimate purpose).....It is To Him we sing and about Him that we sing.

Singing has such a unique way of bringing your heart, soul, mind, and strength together to focus entirely and completely on God. In an age of distraction – singing grabs the attention of all our senses and focuses us on God.

In Revelation 7, John describes a glimpse of eternity with a great multitude of people from every tribe, peoples, and languages singing before the Lamb, "Salvation belongs to our God who sits on the throne, and to the Lamb!"

Eternity waits.....today we have a RISEN LORD who is seated on His throne in power and glory. It is to Him, the lamb that was slain so that you could be saved, it's to Him that we sing. Out of the depths of your heart, join us in singing to the King....