



## **SING - Singing is Simple**

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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

### **Christianity is a singing faith**

#### **Jewish Roots**

Moses – David (Psalms) – Prophets

Earliest Church to today

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### **Singing**

- TEACH
- CREATE BEAUTY
- REMIND
- EXPRESS GRATITUDE
- CONNECT PEOPLE

#### **Entrainment**

Biomusicology - synchronization to an external rhythm

**Singing is a spiritual practice because  
God knows what scientists discover.**



# ENCOUNTER QUESTIONS

Spiritual Growth Small Groups at Emmanuel Reformed Church

At what season/age of your life did you sing the most?

How do you feel about singing?

Review the sermon. What were the main points?  
What stood out to you or raised questions for you?

Can you think of hymns, choruses, or spiritual songs that represent for you each of the different impacts of singing outlined in the sermon:

**Teaching**

**Creating Beauty**

**Reminding**

**Expressing Gratitude**

**Connection with Believers**

**James 5:13** instructs the happy to sing. However, in times of torment being told to sing a happy song is not helpful (read **Psalm 137:1-5**). Yet, Paul and Silas in prison were singing (read **Acts 16:24-25**). What do you make of all this?

Both **Psalm 96** and **Psalm 98** start with an exhortation to sing, and then end with nature singing. Why do you think this connection is made? What do you see in these Psalms that inspires or encourages you?

What helps you connect to songs in worship?

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Consider using this breath prayer this week:

In – **I will sing to the LORD**

Out – **for He has been good to me.** Psalm 13:6