

We listen to on average 4.5 hours of music every day. - https://www.marketingcharts.com/industries/media-and-entertainment-81082

We've come to understand now that singing has numerous health benefits such as: improving physical activities (ex. listening to music as you run), builds community when done in a group, improves memory (its why music therapy is used in the treatment of alzheimer's), and many other benefits.

We seemed to be hardwired for music.



Singing With the Heart

Ephesians 5:19

- •What Is Worship?
 - John 4:19-24
 - Worship is to magnify Jehovah and uphold His name.
 - What I want to do doesn't matter when it comes to honoring God.
 - •I need to worship Him in *spirit* and *truth*. Exodus 25:2; Psalm 122:1
 - Worship beings in the heart Matthew 15:8; 1 Corinthians 14:15

Worship - proskyneō: To prostrate oneself before something (or someone) as an act of reverence, fear, or supplication.



Points adapted from https://www.desiringgod.org/messages/words-of-wonder-what-happens-when-we-sing

Zeph. 3:17 (ESV) - The Lord your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by his love; He will exult over you with *loud singing*.



- Why Sing Unaccompanied?
 - New Testament is our final authority Matthew 28:18; Colossians 3:17; Hebrews 1;1-2
 - Song is to magnify and honor Jehovah
 - God has specified how and why we sing Ephesians 5:19; Colossians 3:16
 - To add mechanical instruments violates scripture 2 John 9; Psalm 19:13

Song is to magnify – Because the focus of our song is Jehovah and not us we do not have the right to add to what God has revealed.

Add – "Unaccompanied vocal music continued to be the norm in Christian worship for centuries. Then, in about the 10th or 12th century, Western Christians began to use the organ in the liturgy." -

https://www.christianitytoday.com/history/2008/august/when-did-churches-start-using-instrumental-music.html