

## **Turn the Music Up**

### **Ready:**

“It is good to praise the Lord and make music to your name, Most High, to proclaim your love in the morning and your faithfulness at night, to the music of the ten-stringed lyre and the melody of the harp. For you make me glad by your deeds, O Lord; I sing for joy at the works of your hands.”

-Psalm 92:1-4

### **Set**

When I exercise or warm up for a sports game, I love to blast contemporary Christian music through my headphones locked in my iPod. The music works as an energizer and motivates me to keep practicing. It makes me want to dance and sing. The great thing about music is that there are so many different styles of songs that there is something for everyone. For me, listening always lifts my heart and leaves me with a smile and a desire to get out there.

Music's power over our moods can also be a metaphor for Christ's power to transform us. In our lives with Christ, we should always, “Turn the music up”—not just any music, but the music of the Scriptures and God's holy Word. In the foot race of life, we need to pump His music so loud that it drowns out all other distractions.

God fits in all parts of our life. He's whatever type of music makes you want to dance and sing His praises. God offers us love, comfort, support and motivation in a hard, troubled world. He can drown out all other voices, including our own, with His own holy melody. So, today, make God like your iPod: the One who motivates you to get out there and do your best.

### **Go**

1. How does music affect your life? Does what you listen to help you to be more like Christ?
  2. How can you apply God's Word to your everyday troubles and glories?
  3. What can you do to become more aware of God's awesome song of love and comfort?
- How can you use that for His glory?

### **Workout**

Psalm 92  
Psalm 96  
Psalm 101

### **Bible Reference:**

Psalms 92



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