

The Oak Grove Oracle

(Family News & Views of the Oak Grove Church of Christ)

Meeting Weekly At Our Building Located At:

14 CR 3240, at the intersection of FM 1402 N. (Mailing Address: P.O. Box 523), Mt. Pleasant, Texas 75455, (903) 572-0859

Church Website: www.churchofchristoakgrove.com or, www.ogcoc.net

David A. McCain, Gospel Preacher & Bulletin Editor, (903) 577-1540 (H), 285-1756 (M)

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The Blessings of Worship in Song

One of the great joys and blessings of the Christian's daily walk with Christ is the privilege afforded us of singing songs, hymns, and spiritual songs as praise to Almighty God (Eph. 5:19). As in all worship (both individual and corporate), God is to be the focus (the recipient/the audience) of our admiration and awe (Jn. 4:24), as we lift Him up on a pedestal of adoration which only He deserves as the great Creator. Nevertheless, because we can never out give God in any of the five "avenues" of worship, everything we offer God in worship "rains" back down on us (the worshippers) to bless our lives, and to uplift us too, as we engage in the process of lifting Him up as "worthy of our praise" (one of the meanings of the word "worship").

For example, consider that one of the by-products or fringe benefits of worshipping God in song is that it also "teaches" and "admonishes" (edifies) us (Col. 3:16). As we praise God in song, we not only bless His holy name, we bless ourselves and others who participate in the offering of worship. Of course, this is why the words we sing in worship must be true, because our songs must not teach false doctrine.

Singing also has the almost "magical" ability to lift our spirits. Medical scientists tell us that God has hard-wired our brains to release "endorphins" (the "feel good" brain chemical, which elevates our mood) into our bloodstream when we sing. Maybe you can remember your Mom or your Dad singing as they worked to help lighten the load and gain encouragement for finishing the task (Jms. 5:13). Slaves often sang songs to banish their feelings of loneliness and to express their hopes of release and freedom in better days to come. Remember the Biblical example of Paul and Silas praying and "singing praises" while suffering the indignity of wrongful imprisonment at Philippi (Acts 16:25). Strength and joy resulted from their worship.

For thousands of years, men and women who love God to one degree or another have penned lyrics of praise and admiration to God, while other talented individuals have set those words to music. Again there is an almost "mysterious" connection between the words and the music. We can remember words easier when they are set to music. Think of the songs you learned as a child or even the memorable jingles of advertising commercials from yesteryear. When the music starts up, somewhere in the deep recesses of the amazing brain God created for each of us, the tune stirs our minds, firing electrical connections in the brain causing us to recall the words we may not have consciously thought about for 30 years or more.

There are many other amazing attributes of spiritual singing. Did you know God sings? Zephaniah 3:17 says God "joys" (or exults) over His people with singing. Since we are created in His image, is it any great wonder then that God created us to worship Him in song? How can we keep silent when all around us others are praising God in song? Let us sing joyfully with the spirit and the understanding (1 Cor. 14:15).

David A. McCain