

# Praying through Music

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Music is a great way to pray. Choose a meaningful piece (with good values!) of contemporary music or Christian music to use. Have your prayer journal or a pen and paper available for journaling. (For children, you may want to give them crayons or markers and paper for drawing during the journal time.)

- 1. Choose a piece of music.** Be sure to select a contemporary song whose words are easily understood on the recording. It will detract from the prayer activity if the words cannot be understood.
- 2. Settle down.** Take a few minutes to help settle down in the place of prayer. Sit with your spine straight, feet on the floor, knees slightly apart, hands on your lap, eyes closed. Breathe deeply and slowly; be aware of the sounds around you; quiet yourself and be still.
- 3. Pray to the Holy Spirit.** Remind yourself that you are in God's presence. Feel God's warmth and love. As you slowly inhale and exhale, ask the Holy Spirit to help you pray and to hear what the Lord is saying to you.
- 4. Play the song you have chosen.** Pay attention to the feelings and images the songs stir up for you. After the song, reflect on it and record your reflections in a journal or on paper. (For children, you may want to talk about the song rather than write or draw.) Ask: What is this song saying? How does it speak to my life right now? How can I apply its meaning to my life? What might God be saying to me through this song?
- 5. Make a resolution.** Resolve to do something about the insights you have gained from praying with music. Whatever the resolution, thank the Lord for the moments he spent with you and for any insights you received. Write your resolution in a journal or on paper.
- 6. If you are praying with a group or another person, reflect together on the experience.** Share your feelings and reflections on the praying with music experience.