

THOUGHT FOR THE DAY: Wednesday 8th May 2024

By Revd Kit Gunasekera

Sing it out

I came across an article in The Church Times last week, which said that singing was good for you. According to the article "there is a solid body of academic research that demonstrates its physiological and psychological benefits. Singing can lower the heart rate and blood pressure, relieve muscle tension, help with the management of pain, and ease depression and anxiety by triggering endorphins. For many, singing is an essential source of emotional well-being and positive mental health"

This is not limited to singing spiritual songs.

However, this seems to be also ancient spiritual wisdom. Centuries ago the Psalmist asks "Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God."

- Psalm 42: 11

The Bible and Psalms in particular are full of exhortations to sing. For example, Oh come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

- Psalm 95:2

We are often blessed by Norma and Monica who often break into song in church and on Zoom! I also give thanks for Emily and for our small but dedicated music group, who help us to sing in church.

We can all sing. We don't need to worry about whether we have a good singing voice or not, as the Bible says make a joyful **noise** to the Lord! - Psalm 100:1