



CREATING
SPACE

A prayer & contemplation series

PRESENTED BY
KINGDOM CAUSES BELLFLOWER
BORROWED FROM THE
MCGRATH INSTITUTE FOR
CHURCH LIFE

Praying with
Music

Praying with Music

There are many benefits to praying with [worship] music. First, in the same way that a sport moves an athlete to focus on the game and not the outside world, [worship] music can help us to leave behind our many distractions and concentrate on the Lord. If you are particularly prone to intellectualize prayer, or if you desire to pray more intentionally from the heart, [worship] music could be of great help.

Psalm 150: 1-5

1 Praise the LORD. Praise God in his sanctuary; praise him in his mighty heavens. 2 Praise him for his acts of power; praise him for his surpassing greatness. 3 Praise him with the sounding of the trumpet, praise him with the harp and lyre, 4 praise him with timbrel and dancing, praise him with the strings and pipe, 5 praise him with the clash of cymbals, praise him with resounding cymbals.

How to pray with Music

I. FIND THE MUSIC

Find your favorite playlist that points you towards God or stirs your affections for the things of God. This could be hymns, contemporary worship music, instrumental or other types of inspiring music. Create a playlist ahead of time. Fumbling with technology will quickly break the contemplative spirit of the group.

II. PERSONAL PRAYER

Praying with music can take whatever form you wish. The music can either function as an aid to your prayer or the lyrics themselves can become your prayer. Today we encourage you to prayer walk through the nature trail as you listen to music in solitude.

III. SILENCE

Make sure to leave space for silence. Silence is essential to all prayer forms, but it is especially important when praying with music. People will need silence to speak their own words to God and listen for God in return. On your walk, find a destination on the trail to walk to and take a break for silent reflection and prayer.