

Melody in Your Heart

Introduction: God has chosen a way in which he wants His saints to worship him - with spiritual songs of praise, adoration, reverence, and thanksgiving. (Cf. Psa. 30:4; Eph. 5:19) Singing to the Lord has significant blessings for the Christian. But how are we blessed by singing to our God?

I. Singing spiritual songs is *real* worship to God

A. Jesus established a critical point about true worship to God in a discussion with the Samaritan woman at the well. (John 4:20-24)

²⁰ Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship.” ²¹ Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ²² You worship what you do not know; we worship what we know, for salvation is from the Jews. ²³ But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth.”

1. Jerusalem - the assigned place of worship. (Zech. 14:16-17)

“¹⁶Then everyone who survives of all the nations that have come against Jerusalem shall go up year after year to worship the King, the LORD of hosts, and to keep the Feast of Booths. ¹⁷And if any of the families of the earth do not go up to Jerusalem to worship the King, the LORD of hosts, there will be no rain on them.”

2. According to Jesus that would change. (V. 23)

3. What does Jesus mean, “in spirit and in truth”?

B. Why does God want us to worship him with spiritual songs? It all has to do with our attitude toward him. (Psa. 59:17; 61:8)

1. *“O my Strength, I will sing praises to you, for you, O God, are my fortress, the God who shows me steadfast love.”*

2. *“So will I ever sing praises to your name, as I perform my vows day after day.”*

C. Real worship to God comes from the depths of our hearts when we sing to compliment, revere, and thank him.

II. Singing *from* the heart reaches *to* the heart

A. Ephesians 5:19. What is that “melody in your heart” about?

1. Songs have various affects on our mood and attitude.

a) Doctor Wendy Magee, International Fellow in Music Therapy at London’s Institute of Neuropalliative Rehabilitation, describes music as a “mega-vitamin for the brain,” capable of influencing and improving motor function, communication and even cognition.

b) “When neural pathways are damaged for one particular function such as language, musical neural pathways are actually much more complex and much more widespread within the brain,” Magee told CNN. “Music seems to find re-routed paths and that is why it is such a useful tool in terms of

helping people with different kinds of brain damage because it can help to find new pathways in terms of brain functioning.”

2. “Melody” (Greek, Psallo): to pluck or pull, to cause to vibrate by touching.
 3. The instrument used to make music to the Lord is the heart.
- B. To stand acceptable before God, he demanded continual sacrifices of his covenant-people. Hebrews 13:15 teaches that we offer a sacrifice to God through our praise to him. *“Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name.”*
- C. God designed singing as a blessing to us by effecting how we think & feel about him in connection with our lives. (Cf. Jas. 5:13)
“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.”
- D. Learning and singing new songs are a blessing! (Psa. 98:1-3) Why? New songs say, “I value you.”

Conclusion Heartfelt singing with spiritual words is a blessing in that it motivates & strengthens us to keep fighting the battle of the flesh. (2 Chron. 20:21) Praise and thanksgiving through spiritual songs to our God are great blessings from him, because in it we draw closer to loving our God with all our heart, soul, and mind and speak of his greatness to others.