

## Daily Devotional, March 26, 2021 Then Sings My Soul!

***The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit. The righteous person may have many troubles, but the Lord delivers him from them all; he protects all his bones, not one of them will be broken. Psalms 34:17-20 (NIV)***

As we continue to trudge through this new world of Covid, I am constantly asking myself, "What is normal?" As I am repeatedly trying to find the new normal and it seems to change daily, I, like most people, am going through spells of being content and okay and then confusion and angst. It is certainly not an easy time for any of us.

Whenever I can, I find my answer to be music! Music has often been a blessing during this time. It calms me. My brain becomes stimulated yet relaxed. At times I sing along, singing often, the harmonies to the words. It gives me much comfort and makes me feel alive.

Hans Christian Anderson once said, "When words fail, music speaks." There have been many hymns and songs written during times of turbulence and turmoil. The words flow, the rhythm resonates. It becomes a remarkable release. As the notes flow out, I am overcome with a sense of comfort. It is a chance at expression and an anxiety releaser. This is a chance for us all to allow music to heal, to allow music to speak, and to make what we say more meaningful. What songs bring you comfort? What words tend to soothe your soul?

If in the words to our songs we did not use turmoil to create beauty, we might not have many of the great hymns we have grown to love. "It Is Well with My Soul" is a great example. Horatio Spafford wrote the words to this hymn in response to his grief after losing his entire family to a storm while they were traveling by ship to Europe. Beauty can rise from the depths of despair.

During this unexpected time, take the time to write the words that you are feeling. Take the time to sing the songs in your head. Use this as a creative release. Do not let these uncertain times keep us from creating beauty daily. Find a way to let your soul sing out in joy and bless those around you.

When peace, like a river, attendeth my way,  
When sorrows like sea billows roll;  
Whatever my lot, Thou hast taught me to say,  
It is well, it is well with my soul.

***Prayer: O Lord my God, when I in awesome wonder consider all the worlds Thy hands have made....It is then that my very soul sings out Your praise and I give thanks to You for all of the wonderful music that soothes my soul. Thank You for the remarkable gift of music! Amen.***