

CHOOSING MUSIC

“Musical sounds express affections.”

(Apocalypse Explained 1185)

Music affects people in powerful ways. Do you remember how David played music king Saul when he was feeling unhappy (1 Samuel 16:23)? Later, Elisha had music played so he could call upon the Lord (2 Kings 3:15).

People often choose the music they listen to because of the mood they are in. The music they choose might reflect how they are feeling, or they might choose music to help them change the way they are feeling. In the chart below, list the kind of music you might choose in the situations described. You can also name a specific song or piece of music if you wish.

Situation	Type of Music
You are feeling sad and want to feel happy	
You are celebrating a victory and want to share your excitement	
It is your birthday	
You are studying and want to concentrate	
You are setting up a special dinner for your parents or an older sibling	
You are worrying about something and want to calm down	
You want to listen to your favorite kind of music	
You want to dance	
You want to fall asleep	
You want to think about the Lord	

Think about the songs you sing during worship services. Which is your favorite? Explain your choice.

Are you most likely to listen to music when you are sad, happy, or both? Why?