


# *Growing Spiritually as an Elder*

## *Music Prayers*

Disciples *These ideas break down into two groups:*  
 **Pray**

1) *Prayers of listening*

2) *Prayers of singing*

### **Prayers of listening**

- 1) As a group, listen to a religious piece of music. Hear what God's word for you this day might be. After listening, you might journal your thoughts/feelings or share with the group.
- 2) Encourage persons in the group to name the hymns or songs that give them the most courage for faith. Sing these songs to each other with the person who has named the song in the center of the circle as a listener.
- 3) Pray for the choir or other musicians at your church on Sunday morning. Listen carefully to their music and pray in thanksgiving after they offer their gifts. Write them a note telling them what about their music touched you with God's presence.

### **Prayers of singing**

- 1) Have a hymn sing of favorite hymns. Tell stories to each other about why the hymns are important to you. Pray in thanksgiving for these memories.
- 2) Choose a short chorus or spiritual song and use it one of three ways
  - a) Sing it three times — once loudly, once quietly, once silently in your hearts
  - b) Sing it over and over for a prescribed period of time.
  - c) Sing it repeatedly while performing a routine task together — for example, picking up papers in your sanctuary after worship or making sandwiches for a homeless shelter.

