



“Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.”

– Plato

Music has great power for good or for harm.

“Let me write the songs of a nation – I don’t care who writes its laws.”

– Andrew Fletcher

Music affects your emotional state.

Now the Spirit of the Lord had left Saul, and the Lord sent a tormenting spirit that filled him with **depression** and **fear**. Some of Saul’s servants said to him, “A tormenting spirit from God is troubling you. Let us find a good **musician** to play the harp whenever the tormenting spirit troubles you. He will play **soothing music**, and you will soon be well again.”

1 Samuel 16:14-16

And whenever the tormenting spirit from God troubled Saul, David would play the harp. Then Saul would **feel better**, and the tormenting spirit would go away.

1 Samuel 16:23

“Next to the word of God, the noble art of music is the greatest treasure in the world. My heart, which is full to overflowing, has often been solaced and refreshed by music when sick and weary.”

– Martin Luther

How important is your emotional state?

It’s everything!

For the **despondent**, every day brings trouble; for the **happy heart**, life is a continual feast.

Proverbs 15:15

Your emotional state determines the quality of your life.

How are you using music?

Be strategic.

For the remainder of the summer, use these One Year New Testament questions to discuss with your small group or answer individually. Discussion questions related to the weekend sermons will resume this fall.

Devotional Thought

We live in a world that puts a tremendous amount of emphasis on outward appearance. But when we follow the world and put so much focus on what we look like – what clothes we wear, what hairstyle we have, how much we weigh – we forget what matters most. What’s the condition of our hearts? How are we living?

As you read God’s word this week, spend time evaluating your heart. Ask God to help you see your life as He does. God is more concerned with the “inner you” than He is with the “outer you.” Who you are on the inside will be lived out for all to see. Don’t let the world around you distract you from letting God shape your heart and lead your steps.

July 16: Romans 3:9-31

In what ways are you the same as everyone else? What criteria would you use if you were to describe someone as either “basically good” or “basically evil?” Why would God offer his righteousness free to everyone?

July 17/18: Romans 4:1 – 5:5

What are some religious practices people perform in an attempt to please God? How do these practices or habits give people a false sense of relationship with God? How is peace with God different from peace of mind?

July 19: Romans 5:6-21

At what point in your life did you realize God’s love for you? At what point in your life did you realize you were guilty of sin? In what ways can you thank God today for the grace and love He has shown toward you?

July 20: Romans 6:1-23

What is one thing you would like to change about your life? What does today’s reading tell you about the kind of changes God wants to make in your life?

July 21/22: Romans 7:1 – 8:8

What does it mean to be a new person in Christ? How can you remind yourself, each day, of God’s victory over sin?

Looking for some ways to serve this summer?

Here are a few ideas...

- Nursing homes are always looking for families to come in and spend time with their residents.
- Write out thank you notes and drop them off to our police and fire departments.
- Write thank you notes for those currently serving in our military. (Drop these off at the info desk at your campus and we’ll mail them for you!)
- Do yardwork or household chores for an elderly couple in need.
- Serve your own family by doing their chores and/or helping them with an extra task.