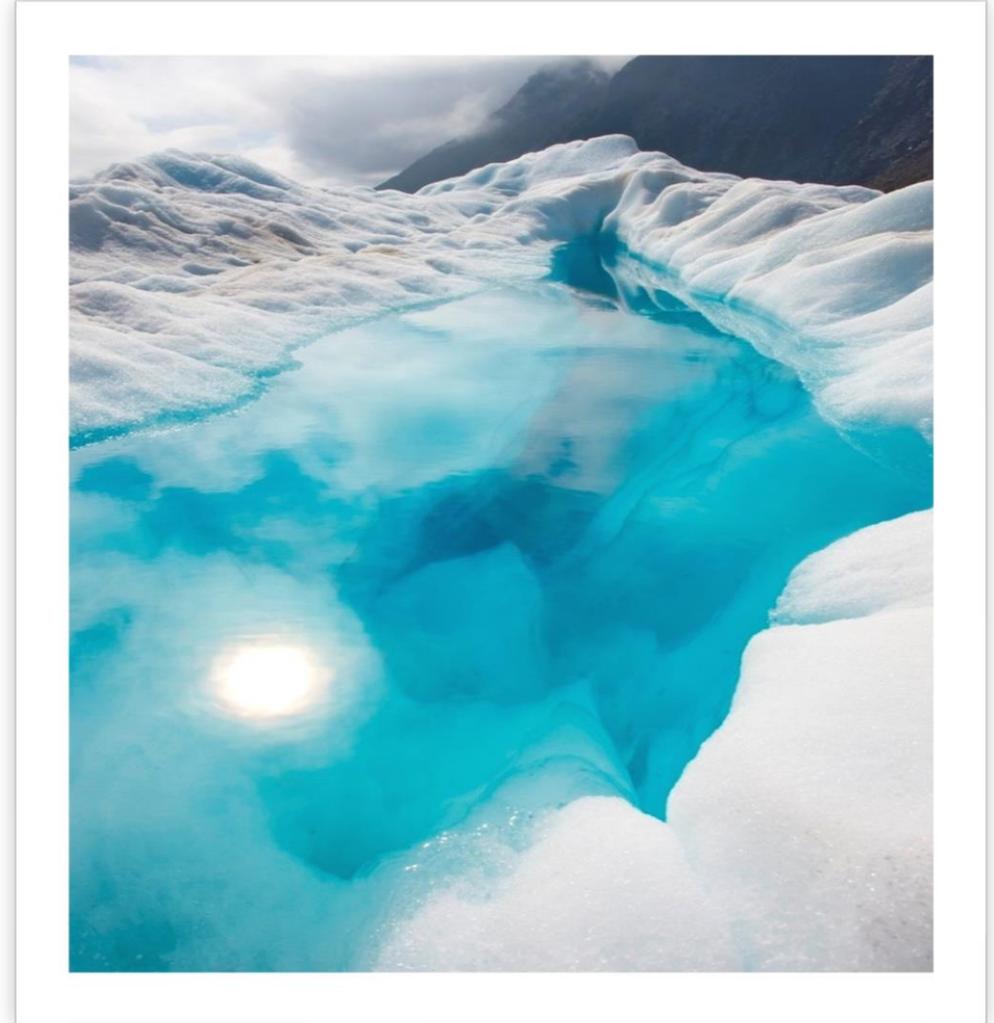


## *Songs for Inspiration*

Love, Thy Will Be Done	Prince
I want to love you	Bob Marley
Magnificat in D	Bach
Heres My Heart	Casting Crowns
Believe	Strahan
Aima Christi	John Michael Talbot
More than Anything	Natalie Grant
Born to Brave	Pyramid Park
Panis Angelicus/ Pie Jesu	The Priests
In Christ Alone	Caleb and Kelsey
Closer	Lifepoint Worship
Good, Good Father	Chris Tomlin
Intimacy	Jonathon David Hesler
You Are More	Tenth Avenue North
Thy Will	Hilary Scott
Not All the Leaves are Falling	Kathryn Overall

## Song as Sacred Experience



## Song as Sacred Experience

Your God is with you,  
mighty to save.  
Taking great delight in you.  
Quietening you with love;  
Rejoicing over you with singing.  
Zephaniah 3 verse 17

Listening to and participating in song and music have been widely used practices in facilitating religious and spiritual experiences over the ages.

I would like to introduce a practice of listening to song (Audio Divina) in spiritual direction that can be refreshingly creative in facilitating your connection with God.

This is only one specific listening technique of which there are many.

You are invited to pick a song as it may help you find freedom of choice and autonomy in the creative realm of spirituality. For some people this might be overwhelming to begin with, so you could ask your spiritual director to pick a piece for you to listen to until you find a song yourself.

## Using Song as a Contemplation Exercise

**Position** yourself in a comfortable, open, relaxed body position and take several deep abdominal breaths. You might close your eyes to help you to focus and eliminate distractions.

**Play the song** several times, allowing both the words and the music to wash over your senses, while staying open to the Presence of God. Notice where your curiosity is most alive; see if there is a phrase or part of the song, either the musical composition or the lyrics, that you notice your attention is focussed on and touches you in some way. You may not know why but that is not important at this stage. Don't try to analyse this experience; just notice it.

**Reflect** Listen to the song several more times as you reflect on your response to the musical composition, the lyrics and as you listen, sit quietly, stay with your response, inviting conversation with God and staying open to any way you sense God might be speaking to you.

How has this song impacted you emotionally and spiritually?

You might like to write down your thoughts in a diary or have pastels and art paper ready to draw what the song inspires in a picture form. Equally you might like to dance or sing it outwardly expressing your response or sit quietly allowing the song to speak deeply to your heart and mind.

**Spend time resting in the Divine invitation to you** as you listen to the song for the last time making space in open, receiving stance, resting deeply in the creative awareness of the phrase or truth that the song has inspired in you.

**Response:** You may want to pray it, or sing it back to God or sit silently in the Divine Presence in way of response.