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Get Your Song Rush On!

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Get Your Song Rush On!

<https://www.youtube.com/watch?v=wbgiuOPZYsk>



I will sing to the Lord, for he is highly exalted. The Lord is my strength and my defense.

EXODUS 15:1

One of the first things to happen when music enters our brains is the triggering of pleasure centers releasing dopamine, a neurotransmitter that makes you feel happy.

This response is so quick, the brain can't even anticipate it. The most pleasurable peaks in familiar music prime the brain with an early dopamine rush.

I have been surprised since sending the God's Song Within messages how many times I wake in the night or early in the morning singing praises from one of our songs. And, throughout the day, even when things are not necessarily perfect, thoughts from songs rush through my head.

This is so important because whatever we focus on gets conveyed to others. If you focus on Jesus, your joy will shine.

What a blessing to be unknowingly shining for Him. Beyond simply making you feel good, there's evidence music can even be good for your health.

Research has shown listening to music is associated with upticks in immunity-boosting antibodies and cells that protect against bacteria and other invaders.

The first song in the Bible is the song of Moses. In Exodus 15:1 it is sung in praise after crossing the Red Sea, "I will sing to the Lord, for he is highly exalted. The Lord is my strength and my defense."

This week I kept singing a song by Brandon Lake entitled Why Would I. "Why would I ever stop loving you? Why would I ever stop trusting you. Why would I ever give up. I should know it by now. You won't let me down."

Recently Brandon Lake said about the song, "This song has been on my heart lately, and although I wasn't planning to share it just yet, something inside me said it was time. My prayer is that it encourages you, wherever you are and whatever season you're walking through."

So today, let your joy shine as you turn your heart toward our Savior, Jesus, and get your song rush on!

Like Brandon said, whatever season you're walking through, may His presence lift your spirit today, fill your heart with thanksgiving and remind you there is always a reason to sing.

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