PRAISE

Go Ahead and Sing!

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Go Ahead and Sing!

https://www.youtube.com/watch?v=Q-Ahi8ScH6c

> *For who in all of heaven can compare with the Lord? What mightiest angel is anything like the Lord? The highest angelic powers stand in awe of God. He is far more awesome than all who surround his throne. O Lord God of Heaven's Armies!*
>
> PSALM 89:6-8, NLT

The other day, I started counting and realized how many instruments I've played over the years: piano, organ, autoharp, mandolin, and, very poorly, guitar. Today, without practice, I'm not sure I could play any of them!

In grade school, I remember having a miniature plastic flute. What fun that was! And I can still play a mean kazoo. Just thinking about last Christmas brings back memories of the whole family laughing and playing in unison like a bunch of crazy zooters!

But did you know one of the most fascinating musical instruments ever created is built right into your body? Your vocal folds can vibrate anywhere from about 90 to more than 1,000 times per second, depending on the pitch and the person producing the sound.

What instrument am I talking about? Your voice!

Singing is far more than a natural gift reserved for a fortunate few. It's an extraordinary ability built into our anatomy, and using it can influence our brains, emotions, and physical well-being.

Singing engages multiple areas of the brain, helping coordinate processes involved in language, memory, emotion, and movement. Remarkably, some people who struggle to speak after a stroke can still sing certain words or phrases. Singing-based therapies can help some individuals regain aspects of speech.

Singing can also reduce stress. Research suggests it may lower cortisol levels and promote feelings of relaxation and well-being. What a wonderful reminder something as simple as lifting our voices can benefit us in more ways than one! But there's an even greater reason to sing.

In Psalm 89, the psalmist declares: “For who in all of heaven can compare with the Lord? What mightiest angel is anything like the Lord? The highest angelic powers stand in awe of God. He is far more awesome than all who surround his throne. O Lord God of Heaven’s Armies!” (Psalm 89:6–8, NLT)

God is worthy of our praise! Whether our voices are strong and beautiful or a little off-key, singing to the Lord is a wonderful expression of our love, gratitude, and worship.

Claire Smith and Gateway Worship beautifully capture this truth in their song Who Else: “I am an instrument of exaltation. And I was born to lift Your name above all names. You hear the melody of all creation. But there's a song of praise that only I can bring.”

Think about that for a moment. God created the universe with its magnificent symphony of sound, yet each of us has a unique song to offer Him. No one else can worship Him from our exact place in the world, with our particular story, experiences, and heart.

Ella Fitzgerald famously observed, “The only thing better than singing is more singing.” I couldn't agree more!

So, whether you sing like a professional or sound more like our family of enthusiastic kazoo players, don't hold back. Let your voice rise in praise, and remember God isn't asking you to win a singing competition. He's inviting you to share the song He placed within you.

Closing Thought

The next time you hear a beautiful melody, remember you carry a musical instrument everywhere you go—one designed to do more than make music.

It can lift your spirits, encourage someone else's heart, and bring praise to your Creator.

Your voice may not be perfect, but the song of praise you offer God is uniquely yours. So, in gratefulness this Thanksgiving, go ahead and sing!

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