



“I will sing of
the mercies of the
Lord forever; With my
mouth I will make known
Your faithfulness to all
generations.”
Psalm 89:1

Why do we sing?

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- Relieves stress
- Stimulates the immune response
- Increases pain threshold
- May improve snoring
- Improves lung and heart function
- Lower heart rate and blood pressure
- Develops a sense of belonging and connection
- Enhances memory in people with dementia
- Helps with grief
- Improves mental health and mood
- Helps improve speaking abilities

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Why does God have us sing?

- **God's people have always sang to praise Him -**
 - Good times:
 - Exodus 15:1-21
 - Jesus birth, a multitude of heavenly host - Luke 2:13-14

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- **God's people have always sang to praise Him -**
 - Difficult times:
 - Jehoshaphat appointed singers to praise God as they went into battle -
2 Chronicles 20:20-22
 - Before Jesus' betrayal - Matthew 26:30
 - Paul and Silas in prison - Acts 16:25

Why does God have us sing?

God has a purpose with His expectation for us to sing:

- To teach and admonish - Colossians 3:16
- To edify - 1 Corinthians 14:26
- To praise and express thanksgiving - Hebrews 13:15, Ephesians 5:19-20

What must I do to be saved? Acts 16:30

- **Believe in Jesus –**
John 8:24/3:16
- **Repent of Sins –**
Luke 13:3-5; Acts 2:38/7:30-31
- **Confess your Faith in Jesus –**
Matthew 10:32-33; Romans 10:9
- **Baptism for the Remission Of Sins –**
Mark 16:16; Acts 2:38/22:16
- **Live Faithfully for the Remainder of Life –**
Revelation 2:10; James 2:10
- **Remember Matthew 7:21-23 (not everyone, but...)**