

Week Three

Listening to music

Music can enhance and enrich our prayer life. “The person who sings, prays twice.” St Augustine

Listening to a piece of music can be especially helpful when settling ‘into prayer’. It can calm us down and help to rid ourselves of some of the day’s distractions, allowing us to focus more on our relationship with God.

Obviously, not all types of music are conducive to entering into prayer. Instrumental music, sung prayer in the Monastic setting and repetitive chants are good choices. Some may prefer well-known hymns. Being open to experiencing and entering into this different approach to prayer will certainly affect the way we pray and how we experience God.

Choose a piece of meditative, reflective music.

Still your mind – you could use the prayer sheet ‘Listening to God in silence and stillness’ first.

Play the piece of music. When it is finished, sit in silence for a little while.

Then, if you have time, play the same music again.

The material is from ‘Prayer Pack’ from the Diocese of Rochester and my particular thanks goes to Susan Carlsson who edited the publication.

This time, listen attentively to the tempo, rhythm, patterns and melodies. What thoughts, feelings come to mind?

Does the music say anything about what God is like?

Is God saying anything to me through this music?

Is there anything or anyone I am moved to pray for?

When the music has finished, be still for a while and then gently bring yourself back to the room.

End your prayer by saying thank you or using words that are familiar, such as the Lord’s Prayer (Our Father) – whichever feels right and comfortable.

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