Epiphany Reflection Four

There is nothing in the world so much like prayer as music is.
William Pierson Merrill

Throughout scripture there are stories of people using music to connect with the divine. Moses and the Israelites sang to God in thanksgiving for being saved from the pursuit of Pharaoh’s men. In the story of the exodus we read that Miriam sang with a tambourine and all the women joined her, playing their tambourines and dancing. In Deuteronomy, God directs Moses to teach the Israelites a song that will be their witness after Moses has died and Israel has forsaken God and broken the covenant. The Book of Psalms is thought to be a collection of ancient hymns of worship.

Many of us have had the experience of hearing a song on the radio or singing a hymn a church and being brought back to a different time or place. The melody or words awaken a memory. Music can touch us at a deep level and song can help us express ourselves in ways that words alone can not. In this reflection, music will be the means through which we become attentive to the presence of God.

Epiphany Practice 4

Opening Reflection

Offer a prayer which brings you to the awareness of the presence of God. Offer your intentions for this time of prayer. Below is a prayer to help prepare you.

We Lift Our [Voices in] Prayer

As light creeps across the sky
we lift our voices in prayer to you,
small voices in the stream of words
that roll around the world in ceaseless praise.
If our distracted minds should forget,
or turn to earthly things instead,
the light itself would sing your name,
the wind would cry hosannas.

Suns spinning through the howling void
shout joy with every crashing atom;
comets trailing eternal dust know your name.
When our minds fail, when our lips falter,
there is no silence, for Creation sings.

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1 adapted from, Robertson, Christiana We Lift Our Morning Prayers, Lifting Women’s Voices, Margaret Rose, et. al editor, Morehouse Publishing, 2009, 369
Our hearts may only hope to join the song
begun in silent, empty void,
sudden, wondrous, becoming.

*Reflection in the style of Lectio Divina using Music*

Choose a favorite piece of music with which you would like to pray. It can be of any form, orchestral, contemporary, religious, chant, something you would like to spend time with.

**Listening**
- Listen to the piece of music several times. Notice what is stirred in you, emotions, memories, images or words.

**Reflecting**
- Spend some time with the word, memory, image or emotions that are brought to light. Use your imagination and intuition to examine what comes forward. If your attention begins to wander, gently bring it back.
- How are you touched by these words, images, emotions? What would you like to bring to prayer?

**Praying**
- With simplicity, bring your prayer to God.

**Contemplating**
- Be in silence, letting go of the activities that have come before. Simply be in the presence of God.

Offer a closing prayer including any thanksgiving or intercessions you may have.

**Resources**

**Books**


**Web Site**
*CREDO - A Guide to Spiritual Practice,*
Written by CREDO faculty members Renée Miller and Brian Taylor, *A Guide to Spiritual Practice* introduces and explains a spectrum of spiritual practices and disciplines--from Centering Prayer and Spiritual Writing to other manners of being that include music, art, and even the mindfulness of movie-going.
http://episcopalcredo.org/wellness/spiritual-resources/a-guide-to-spiritual-practice/

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