



Toward an Understanding of Pain and Suffering

Part 4 – Job 35:10

Why are we commanded to sing?

1) *The transformative power of singing on our mind*

Deuteronomy 31:19 So write down the words of this song and teach it to the people of Israel. Help them learn it, so it may serve as a witness for me against them.

A close-up, soft-focus photograph of a person's face, primarily showing the right eye and the bridge of the nose. The person has light-colored eyes and is looking slightly upwards and to the right. The lighting is warm and natural, highlighting the texture of the skin and the details of the eye.

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Psalm 1:1 Blessed is the one ... whose delight is in the law of the Lord, and who meditates on his law day and night.

Psalm 19:14 May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer.



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Colossians 3:16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.



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2) *The therapeutic benefits of singing on emotional and physical health*

- a) Relieves stress
- b) Stimulates the immune response
- c) Develops a sense of belonging and connection
- d) Helps with processing the emotions of pain and suffering



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Job 35:10 ... Where is God my Maker, who gives songs in the night, ...?

A close-up, soft-focus photograph of a person's face, primarily showing the right side. The eye is looking slightly upwards and to the right, with long, dark eyelashes. The nose is prominent in the foreground, and the skin has a warm, natural tone. The background is a plain, light grey color.

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3. *The tantalizing effect of a singing church*

“Music is ... the church’s greatest ornament.” - Composer Igor Stravinsky