



Why Table Time Ministry?

TTM is built for you, for your journey on the Salvation Road. Everything about this ministry revolves around helping you develop your faith in real time, with real talk. TTM is not flashy or full of "celebrity" talking heads. This ministry is made up of misfits, just like you trying to do good things and change their life. All we need is your willingness to listen, ask questions, and begin your personal journey to Jesus!

What do I need to do?

Show up to bible study if you can and participate with an open heart and an open mind. We have leaders in most units and if not, find one of us at a church service. We are here to serve and to facilitate your faithful walk to a destination of Christian discipleship.



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Mercy and Forgiveness Through Music

Hymns Reflecting God's Mercy

Hymns also express themes of mercy and forgiveness. One prominent hymn is "**God, Be Merciful to Me**," which is based on Psalm 51. It emphasizes:

- **Confession of Sin:** Acknowledging one's faults and seeking God's grace.
- **Desire for Renewal:** A plea for a pure heart and spirit.
- **Trust in God's Mercy:** Belief in God's compassion and willingness to forgive.

Impact of Music on Spiritual Reflection

Music serves as a powerful tool for spiritual reflection. It can evoke emotions and facilitate a deeper connection with God. Songs about mercy and forgiveness encourage individuals to let go of guilt and embrace healing through faith. These musical expressions help congregations and individuals alike to experience God's love and mercy in a profound way. In summary, the promise to praise God with music is a biblically grounded practice that enriches the spiritual life of believers. It is a dynamic expression of worship that transcends time and culture, inviting all who follow Christ to lift their voices and instruments in adoration of the Almighty.

Music in Christian worship plays a significant role in emotional healing and renewal by providing comfort and connection to God. It helps express feelings, fosters a sense of community, and reminds individuals of God's love and promises, which can lead to emotional relief and spiritual growth. We all have our favorite songs, some of power, victory, assurance, strength. Review your play list for songs that speak of mercy and forgiveness. A gift from God that allows us to enter the kingdom of heaven through the sacrifice of Jesus Christ our Savior on the cross at Calvary. Songs such as these remind us to focus our hearts on God's great gifts!

The Prodigal Song by Cory Asbury

Repentance, forgiveness

I Belong by Kathryn Scott

Assurance of God's love and belonging

Kyrie Eleison by Stuart Townend

Plea for mercy and healing

What It Really Takes to Become a Musician – Part 2

From the perspective of scientific psychology, there are many reasons to doubt the notion of purely inborn musical talent and to challenge attempts to identify it. While some may believe greater musical skill is the result of being born with a brain well suited for music, an alternative explanation is that a different (more musical) brain results from engagement in music activity. This latter explanation finds support from brain research. For example, differences in structural neuroplasticity between highly trained pianists and nonmusicians have been linked to their sustained musical training; furthermore, the pianist structural brain characteristics are more pronounced in those who began piano study early in childhood, as compared to those with a later onset of piano playing (Vaquero et al., 2016). Studies show how the brain is altered by experience (Kolb, 2018).

Rather than accepting musical ability as a special endowment received by the gifted few, it is better understood to be a set of musical skills that people develop. Research has identified several factors that are powerful contributors to musical skill acquisition. Stay tuned to this column for more insight! What are your thoughts?

- Dwight



Music in the Church

The Theology and Place of Music in Worship

“Outside the church there are few occasions or opportunities in North American culture for people to sing together”

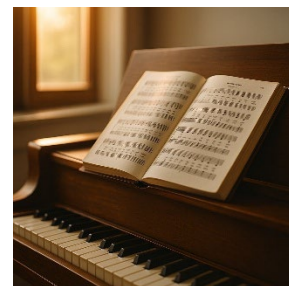
The people of God sing. The role of music in worship is biblical. After escaping from the Egyptians and crossing the Red Sea, the people of Israel sang a song to the Lord (Exod. 15). Singing was part of Israel's formal worship in both tabernacle and temple (1 Chron. 6:31-32, 16:42). The Psalms bear rich testimony that in joy and sorrow, in praise and lament, the faithful raise their voices in song to God. Hymn singing was practiced by Jesus and his disciples (Matt. 26:30). The Apostle Paul instructed the Colossians, “Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him” (Col. 3: 16-17).

Theological Reflections on the Role of Music in Worship

Music and song continue to play a vital role in the life of God's people today. Contemporary culture and modern technology bring new possibilities and new challenges to the music ministry of the church. People's lives are surrounded with music—television and radio, the background music of video games, the muzak of shopping malls, CDs, and synthesizers. Yet much of the time music functions as “background” rather than as an opportunity for serious listening, much less participation. Outside the church there are few occasions or opportunities in North American culture for people to sing together. Much of the popular music (including popular Christian music) composed today is for performance rather than for participation.

The church also has greater access and has shown greater openness to a greater variety of music—from classical hymnody to Christian rock, from European cantatas to South African choruses. Such diversity is to be welcomed and celebrated; it reflects the diversity and richness of God's creation. But greater variety and options in music call for greater discernment and care in planning and implementing the music ministry of the church. The people of God sing; what they sing and how they sing are important issues.

*Next month = **The Seven Reflections on Music in the Church...***



Fun Music Facts!

Music was first mentioned in the Old Testament of the Holy Bible in Genesis 4:20-21 "Adah gave birth to Jubal; he was the father of those who live in tents and raise His brother's name was Jubal; he was the father of all who play stringed instruments and pipes."

Instrumental music was used to worship God in the Old Testament in 1 Chronicles 15:16 when the Ark of the Covenant was delivered to the Tabernacle. King David commanded the chiefs of the Levites to appoint their brothers as the singers who should play loudly on musical instruments, on harps and lyres and cymbals, to raise sounds of joy.

In 112 A.D. Pliny the Younger wrote a letter to Emperor Trajan, a governor in the Roman province of Bithynia (modern-day Turkey), explaining that early Christians "were accustomed to meet on a fixed day before dawn and sing responsively a hymn to Christ as to a god," according to an article from org.

Ambrose of Milan (340-397), also known as the "Father of Christian Hymnody" introduced rhymed, acapella hymns that are the basis of the hymns we have today, according to org. St. Ambrose composed songs such as "O Strength and Stay" and "At the Lamb's High Feast."

William Booth (1829-1912), the Founder of The Salvation Army, used religious music to attract more people to the church, according to org. Booth had a lively band play secular music set with Christian lyrics. He called it "salvation music." Booth's Christian songs include "Onward Christian Soldiers," "O Boundless Salvation," and "Send the Fire."

Reverend Thomas Dorsey (1899-1993) created Gospel music which is African-American religious music that combined the secular blues genre to sacred Christian texts, according to org. Dorsey wrote over 400 compositions but his most well-known song is "Take My Hand, Precious Lord."

Tune in next month for more fun facts!



Music in the Church

"You want to sing better but I don't really know what to do or how to begin!"



You've heard "practice makes perfect", so you're doing your best. You keep singing the same songs over and over, willing them to sound better, but they just... don't. You want to sing better but I don't really know what to do or how to begin!

What gives?

You're practicing, right? So, when do you get that "perfect" you were promised?

Turns out, there's a right way to practice! Instead of just wishing you were getting better, you need the tools to intentionally become better. We are going to take a look at your very own Daily Vocal Workout Plan.

This is the beginner's guide to use every day, to simply and confidently improve your singing voice whether you want to learn how to sing for the first time or want to improve your voice in a general sense. We are starting this journey for the next few months to help us worship in song with confidence!

But beware:

You know how when you start exercising, you start to crave it? The same thing will happen with your voice. You'll become addicted to being awesome and want MORE of it! There are even a few bonus exercises for those willing to go the extra mile. Check out the next page for your first assignment...there will be more to come!

Even the Yeti can practice his guitar and sing in the cell...when no one is watching...or listening...or even knows he does it! (And his Mama loves this song!)



Because He lives...I can face tomorrow...



Vocal Technique – Can I Even Sing?

The Daily Vocal Workout Plan for Beginners:

Singing Exercises and Techniques



Hey! Did You Warm Up Your Voice? - 5 minute vocal warm up

It will take longer than 5 minutes the first few times until the routine becomes natural and “normal” for you. Be patient and you will see results!

Do a few head rolls by dropping your head to the left side, and moving clockwise, roll it down towards your chest, to your right side, and letting it dip slightly towards your back, returning to the left side. (Don't let your head completely hang back, as over time that could damage your neck.)

Repeat starting on the right side, going counterclockwise.

Roll your shoulders back and down, 3-5 times. Let your head drop to the right side of your shoulder.

Place your right hand over your head, gently pulling your head towards your right shoulder. You should feel a stretch on the left side of your neck reaching down to your shoulder. Drop and raise your left shoulder a few times to intensify the stretch. Repeat on the other side.

Place your hands gently on your face, on your jaw. Starting near the ear, massage with your fingertips gently, in little circles. Work your way down your jaw toward your chin. Now hold your hands flat like

. With your paddles, smooth down toward your chin gently but firmly. This should encourage your jaw to drop. Wake up your resonators by giving them a little massage. Your resonators are the amplifiers of your face: they allow your sound to fill an auditorium instead of just your cell. Use your fingertips to softly massage little circles on your forehead, your cheeks, and even your nose! Do this while gently making an “Mmmm” sound and notice how you feel the sound in different areas of your face.

Remember: Do this 3-5 times. Now you're ready to practice breathing, in the next issue of **Music Time!**

This Month's Q&A Musicology Tips

Q: Worship Etiquette? How should I behave? Part Two...

- Think of others first
- Do not criticize or complain
- Do not be boastful, arrogant, or loud. Let your deeds speak for themselves
- Be hospitable and friendly all the time

A church is more than just a building. It's a sacred space where God's presence dwells and because of that, it deserves our respect, reverence, and focus...even in prison! As Christians, we are called to reflect Christ in everything we do, both in how we carry ourselves and how we treat others. Where better to show that than in God's own house?

EYE ON IT

Staying in Scripture

Psalm 103:8 - "The Lord is merciful and gracious, slow to anger and abounding in steadfast love."

Micah 6:8 – “He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

Lamentations 3:22-23 -

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning."

James 2:13 - "For judgment is without mercy to one who has shown no mercy. Mercy triumphs over judgment."

EAR ON IT Song Picks

Gateway Worship – Who Else?

Here Be Lions - I Speak Jesus

David Crowder Band – Deliver Me

Vertical Worship – Yes I Will