

## 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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## Living Out Our Promise Through Music

The act of praising God with music is a recurring theme throughout the Bible, reflecting the integral role that music plays in worship and devotion. This practice is deeply rooted in the biblical tradition, where music serves as a powerful expression of faith, gratitude, and reverence towards God. The Bible contains numerous references to the use of music in worship, often accompanied by a promise or commitment to praise God through song and instrumental music. One of the most prominent examples is found in the Psalms, which are replete with exhortations to sing and make music to the Lord. **Psalms 150:3-5** declares, "Praise Him with the sound of the trumpet; praise Him with the harp and lyre. Praise Him with tambourine and dancing; praise Him with strings and flute. Praise Him with resounding cymbals; praise Him with clashing cymbals." King David, a central figure in the Old Testament, exemplifies the promise to praise God with music. As a skilled musician and composer, David's life and reign were marked by musical worship. In **1 Chronicles 16:9**, David instructs the people, "Sing to Him, sing praises to Him; tell of all His wonders." This directive underscores the importance of music as a means of recounting God's mighty deeds and expressing devotion. In the New Testament, the tradition of praising God with music continues. The Apostle Paul encourages believers to incorporate music into their spiritual lives. In **Ephesians 5:19**, he writes, "Speak to one another with psalms, hymns, and spiritual songs. Sing and make music in your hearts to the Lord." This passage highlights the communal and personal aspects of musical worship, emphasizing its role in edifying the church and fostering a spirit of joy and thanksgiving. The promise to praise God with music is not merely a ritualistic practice but a profound theological expression. Music in worship serves as a vehicle for conveying theological truths, fostering spiritual reflection, and facilitating a deeper connection with God. It is an acknowledgment of God's sovereignty, goodness, and faithfulness, as well as an act of obedience to His commands. Throughout history, the church has embraced music as a vital component of worship. From the early Christian hymns to the rich tradition of choral and instrumental music in various denominations, the promise to praise God with music has been a unifying and enduring element of Christian worship. This tradition reflects the diverse cultural expressions of faith, as believers from different backgrounds and eras have used music to glorify God. For contemporary believers, the promise to praise God with music remains relevant and vital. Engaging in musical worship, whether through congregational singing, personal devotion, or participation in a church choir or band, allows individuals to fulfill this biblical mandate. It encourages a lifestyle of worship, where music becomes a natural and joyful response to God's presence and work in one's life.

## What It Really Takes to Become a Musician – Part 1

Most people who are musically active as listeners and concertgoers possess little skill as music-makers themselves. Very aware of this divergence, many express regret at not learning more about music earlier in life when they could have. Some describe being musical as a dream that was never realistically attainable because they were not born with the innate talent required. Can all children become musical? How can we know who has “what it takes” to become a musician?

Psychological research has illuminated much about human musical development. Because human beings, as a species, are “hardwired” to be musical, advanced musicality is best understood as a skill set that is acquired as the result of several powerful contributing factors.

Admittedly, this flies in the face of a commonly held view that musical ability is rare within the general population. According to this view, only a few talented individuals can become musicians, and so a key task for the music profession is the early detection of talent so that it may be properly nurtured. Stay tuned to this column for more insight! What are your thoughts?

- Dwight



## Music in the Church

What is “right” and what is “wrong” with music in today’s worship setting.

*“I think the important question in all this is: What’s happening to worship?”*

Ten to fifteen years ago, the main criticisms of contemporary praise and worship music were that the words didn’t have much meat, they were too sentimental, and they were more about “me” than God. For the most part this isn’t true of today’s worship songs. While some choruses like that still exist, many of today’s worship songs have better lyrics that clearly speak about God’s work in Christ through his cross and resurrection. In my opinion, modern praise and worship has “grown up” a great deal in portraying the basic truths of the Christian faith and a personal relationship with God. I love contemporary praise music. I love listening to it, I love singing it and playing it, and I love worshipping to it. And I’m glad the words have grown more real. Yet I still see a problem with today’s worship songs. The issue is that today’s praise music isn’t very singable for the average person, and it doesn’t translate well for the worship band in the average church. typical worship band in the average church.

Today’s popular praise songs are developed mostly in mega-churches, the largest churches in the land. Most of these congregations have several thousand people in attendance every Sunday. As a result, they have almost limitless resources. They can attract the best musicians, the most talented singers, the most seasoned songwriters. Today’s worship songs are created for large audiences, making the morning worship time in these churches a lot like a rock concert. This means today’s worship songs are really written more to be observed and consumed, than to be participated in. They’re created to be heard more than sung. The primary question behind the songs seems to be: How will this be received by the thousands watching in church Sunday morning? How’s it going to sound on someone’s iPod? How will it come across on youtube? The first concern doesn’t seem to be “How easy is this going to be to sing?” or “How playable will this be for a worship team?” Likewise, the music on worship songs today is getting increasingly complex. This makes it more interesting and fun to listen to, and probably more fun and challenging for talented musicians to play. But for the rest of us mere mortals it may be beyond our level of ‘skilz.’

I think the important question in all this is: What’s happening to worship? On the one hand, I think the current situation may be enhancing people’s private worship. With today’s technology you can have the absolute coolest worship music ever created at your fingertips any time of the day or night. You can download it onto your tablet, slip in the earbuds, and wander off for an hour of personal worship time with God. That’s one of the nice benefits of the present scenario. But what about corporate worship? What’s happening there? Personally, I feel corporate worship may be suffering in the current model. When songs aren’t singable, then people quit singing. They lose the desire to participate. Continued



## Fun Music Facts!

### 01 - Universal Communication:

Music can communicate emotions and ideas without a single word.

**02 - Health Benefits:** Listening to your favorite tunes can reduce anxiety, boost your mood, and even improve cognitive function.

**03 - Plants and Music:** Studies suggest that plants exposed to music tend to **grow faster and stronger**.

**04 - Oldest Instrument:** A 50,000-year-old flute made from bird bone is the oldest known musical instrument.

**05 - First Recorded Music:** "Au Clair de la Lune" was the first-ever recorded piece, captured in 1860 by Édouard-Léon Scott de Martinville.

**06 - Shortest Song:** The shortest song in the world, "You Suffer" by Napalm Death, is just 1.316 seconds long.

**07 - Exercise Boost:** Fast-tempo music can enhance workout performance, keeping you energized longer.

**08 - Emotional Adaptation:** The emotional meaning of a song can change based on a listener's personal experiences and emotional state.

**09 - Goosebumps Effect:** Many people get goosebumps when listening to especially moving or emotional music.

**10 - Music in the Womb:** Babies can hear music from the womb and may react to it before they are born.

**11 - Ancient Notation:** Around 2000 BCE, the Ancient Sumerians developed one of the earliest known forms of musical notation.

**12 - Renaissance Period:** Modern Western music notation was formalized during the Renaissance, laying the groundwork for today's sheet music.

**13 - Oldest Known Composition:** "The Song of Seikilos," dating back to the 1st or 2nd century CE, is the oldest surviving complete musical composition.

**14 - The Beatles' Success Without Sheet Music:** Although The Beatles couldn't read or write sheet music, they created some of history's most iconic songs.

**15 - Famous Duos:** Lennon and McCartney stand as one of the most successful songwriting duos ever.

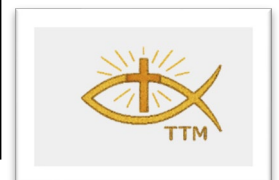


## Music in the Church

Cont. What is "right" and what is "wrong" with music in today's worship setting.

They just stand passively or sit with their arms folded in their seats, watching. They become spectators. But worship is not a spectator sport. It's participatory. Corporate worship is meant to be corporate – not just a few people singing up on a stage. It's said the word "liturgy" (another word for worship) means "the work of the people." If those on the stage and close to the front of the auditorium are the only ones really participating, then something is wrong, something is lost. (I'll resist the urge to get on my soapbox about my issues with using the word "auditorium" to describe a place of worship, since that might be a topic for another post. Lol.) In that case, corporate worship is no longer corporate. The word "corporate" comes from the Latin word "corpus," meaning "body." The church is the body of Christ. Corporate worship is the work of the whole body of Christ, participating together, not just a few leaders or especially spiritual people. Not just those on the platform or at the front. So, if some people are not participating, then the body suffers from the lack. Our worship suffers. But also, are we getting to the point where worship music must sound cool to be appealing to worshipers? If so, what does that say about us? Is worship about us, or about God? It's not supposed to be about us.

Worship music has never sounded better. It's never been more appealing and listenable. But if today's worship songs are only to be heard in a large auditorium or played on our iPods, then I think we're missing something – something vital. The word "vital" refers to life – vitality. What are we losing in this performance model of worship? Have we gone too far? This is the question to think about as we do our best to serve our Lord, Jesus Christ. Next time you are in a church service, ask yourself what you can do to help others worship God in the truest sense of the word worship!





## Vocal Technique – Can I Even

“Anyone can get better with practice!”

Many people want to sing beautifully. We admire great singers and wish to sing like them. The good news is anyone can get better with practice. Follow these tips regularly to improve your voice. Soon, you'll sing notes you never thought you could. Your tone will be smooth and on-pitch. Let's get started!

### Tips to Improve Tone

Your tone refers to the unique color or timbre of your voice. Developing superior tone quality should be a top priority. Here are effective tone training tips.



Proper breathing technique provides the foundation for beautiful tone production. Here's how to breathe correctly:

Inhale through the diaphragm, feeling your belly expand.

Exhale slowly and steadily using your diaphragm and abdominal muscles.

Avoid lifting your shoulders as you inhale.

Practice daily breathing exercises to build breath control.

Stand or sit tall, keep your chest open and back straight. This allows for max lung expansion and clean tone.

### Relax Facial and Throat Muscles

Avoid tension in your jaw, neck, shoulders, facial muscles. Tightness constricts airflow, creating a strained, thin tone.

### Open Your Mouth Vertically

For brighter vowel sounds, drop your jaw and widen your mouth vertically. This resonant oral positioning amplifies overtones.

## This Month's Q&A Musicology Tips

### Q: Worship Etiquette? How should I behave? Part One...

Avoid talking during sermons

Stand when everyone is standing and sit when everyone is sitting.

Avoid wearing hats or anything else that can obstruct someone's view.

Avoid side talks in church especially during sermon.

Sleeping during church service is bad.

Show respect for the sanctuary (Furniture, floor etc)

Avoid entering and exiting during church service.

Be friendly to first timers and strangers.

Don't walk across the front of the room, even if you are in the front row. Walk to the back and across.

## EYE ON IT

### Staying in Scripture

**Psalms 147:1**

Praise the Lord! For it is good to sing praises to our God; For it is pleasant, and praise is beautiful.

**Psalms 98:4**

Shout joyfully to the Lord, all the earth; Break forth in song, rejoice, and sing praises.

**James 5:13**

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.

**Colossians 3:16**

Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

## EAR ON IT

### Song Picks

**Sidewalk Prophets** - Live Like That

**Gateway Worship** - 'Tis So Sweet/Turn Your Eyes

**Josh Baldwin** – Evidence

**Eden** - I Know That I Know