



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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Sharing the Gospel through Music

Have you ever wondered if your music could change lives? In our journey of faith and melody, sharing the Gospel through music emerges as a transformative calling that goes beyond simple notes. We believe every hymn and anthem is a powerful testament to divine love—a bridge connecting believers and sparking spiritual renewal. Today, we explore how inspirational melodies serve as a dynamic medium for proclaiming God's message, inviting us to embrace our divine purpose and inspire communities through faith-filled song.

The Historical and Theological Foundations of Gospel Music: A Calling Revealed

Throughout history, music and faith have been intertwined in a sacred mission to spread the Gospel. Pioneering figures such as Martin Luther, D. L. Moody, and Ira Sankey emphasized that song is a divine instrument for personal and communal transformation. Their legacies remind us that musical traditions are not only historical artifacts but living expressions of God's enduring love. Scripture and tradition alike affirm that faith expressed in melody elevates the soul and nurtures spiritual renewal.

Early Church Hymns

The Reformation Chorus

19th Century Evangelism

Modern Worship Innovation

These milestones mark significant turning points in our shared heritage of sacred harmony enactment and worshipful melody journey. Each era set the stage for innovative spiritual song formation that continues to resonate in modern times. Biblical principles underscoring redemption and renewal have been woven into every hymn and anthem, offering reassurance and hope amid life's challenges. By embracing this rich tapestry of musical tradition, we affirm our commitment to a calling that transcends generations. Our understanding of music as a divine language not only honors the past but guides us in leading others toward a profound experience of God's steadfast grace. This historical continuum enriches our ministry, reaffirming our calling with every inspiring note and hymn that bridges generations in the pursuit of divine truth for eternal praise.

Personal Testimonies: Transformative Encounters in Sharing the Gospel Through Music

Our music ministry is enriched by personal encounters where every reverberating note resonates with the divine. We testify that when we dedicate our musical talents to His service, the experience becomes a journey of messianic tune genesis and anointed sound realization.

The Basics of Music Theory – Ch. 2

Music Theory's Building Blocks

Music theory is built upon several fundamental concepts:

•**Notes:** Notes are the basic building blocks of music. They represent individual sounds and are represented by letters (A, B, C, etc.). Each note has a specific pitch, which determines how high or low the sound is.

•**Scales:** Scales are patterns of notes that give music its unique character and mood. The C major scale, for instance, consists of the notes C, D, E, F, G, A, and B. Different scales produce different musical feelings, from happy and bright to dark and melancholic.

•**Rhythm:** Rhythm is the pattern of long and short sounds in music. It's what makes you tap your foot or nod your head to the beat. Understanding rhythm is crucial for playing in time and keeping musical flow.

•**Harmony:** Harmony involves playing or singing multiple notes at the same time to create a fuller, more complex sound. It's the essence of chords and chord progressions and adds depth to music.

•**Melody:** A melody is a sequence of single notes that form a musical line. Melodies are what you hum along with when you listen to your favorite songs. They're the catchy tunes that stick in your head. Throughout this blog post, we'll delve into essential music theory topics, including the musical alphabet, scales, intervals, chords, rhythm, reading sheet music, and more. Each topic will be presented in a straightforward way with practical



Sharing the Gospel through Music

"But in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect." 1 Peter 3:15

We reflect on the moment when we first heard, "He knows my name," and our hearts grew with the assurance that our call is deeply personal. Music has been our vehicle for expressing redemption, and each testimony unfolds the power of prayerful recital mastery mixed with sincere devotional story narration.

- A life changed by embracing God's call
- Overcoming personal trials through worship
- Experiencing renewal in community praise



These transformative encounters remind us that our personal testimonies are not isolated stories; they are part of a larger tapestry of faith. Through every performance and shared song, we witness overcoming personal trials and discovering renewal within our community. Each sacred experience is a clear marker of divine intervention that strengthens our collective trust in God's guidance and mercy. Our shared commitment to worship invites us to continuously embrace the calling that transforms lives and uplifts hearts through music.

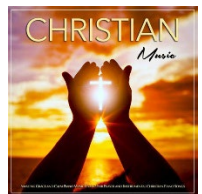
Navigating Secular Distractions: Keeping the Gospel Central in Music

In an era overwhelmed by worldly temptations, we commit to keeping the Gospel at the heart of every performance. We face constant pressure from secular influences that can dilute our message and compromise our ministry. By choosing to trust His guidance above all else, we remain anchored in the divine purpose of our music. Our focus is clear: to use every note as a testament to the hope and redemption found in His Word.

We implement structured practices designed to protect our musical ministry from distractions. Practical guidelines ensure that our creative processes honor spiritual truth rather than succumbing to transient trends. Adopting thoughtful measures, we build a solid foundation that reinforces our commitment to delivering uplifting messages.

- Regular scriptural reviews for content creation
- Prayer and meditation before performances
- Community accountability measures
- Continuous evaluation of lyrical content

When we integrate these actionable steps, our performances transform into acts of sanctified broadcast empowerment. Our musical expression becomes a powerful tool for missionary promotion that challenges the allure of secular distractions. Each song and arrangement undergoes continuous scrutiny to ensure that it not only entertains but also edifies and inspires. In maintaining strict standards for our lyrical content and always aligning our actions with biblical truths, we safeguard our calling and keep the Gospel central in all we do.



Christian Music Facts!

Christian music is having a moment. In the first half of 2024, it was the fourth fastest-growing music genre, fueled by surprisingly large gains among younger listeners. Millennial and younger listeners represented 39 percent of the genre's overall audience in 2022, but in 2024, that share is up to 45 percent.

All this might come as a surprise, especially as the dominant narratives about Christianity in the West are declensional (deconstruction, dechurching, secularization, post-Christian, etc.), especially among Gen Z. But the upward trend for Christian music is real, and it's starting to be noticed by the secular press. Billboard magazine recently published a feature article on Christian music's "heavenly rise," noting the growth has been especially pronounced on streaming sites like Spotify (where the genre has experienced 60 percent growth globally over the last five years).

What should we make of this trend? What factors might explain this seemingly counterintuitive rise of contemporary Christian music (CCM) in a secular age? Here are four initial thoughts.

1. CCM has gotten better.
2. Christianity's global growth brings new artists and audiences.
3. Christian music encompasses a diverse array of sounds.
4. Listeners are hungry for hope.

"Like Christianity generally, there's no geographic 'center' for Christian music. It's global, and increasingly so."

Next month we will dive into each of these topics!

Tune in next month for more!



Your Brain on Music: How Tunes Can Impact Your Mind - Part 2



"A single song can go a long way in helping you focus, recall memories and develop new neural connections in your brain."

"Your hippocampus holds all of your memories, and your limbic system is responsible for emotion, pleasure and reward," explains Dr. Fourcand. "When these areas are activated, it gives you a sense of nostalgia."

For example, if there's a song that resonated with you as a teenager, and you hear it again 20 or 30 years later, your hippocampus and limbic system create a nostalgic memory. That's why you experience that same rush of emotions you once had when you heard the song for the first time or during an important moment from your past.

Researchers have also discovered that rapid modulation — or quick changes in key and tone — within a single piece of music can help you stay focused and complete tasks more efficiently. That's because music activates your frontal lobe and prefrontal cortex, which are responsible for judgment and self-control. So, background noise can be useful for anyone who's unmotivated or distracted, especially those living with ADHD.

"People with ADHD sometimes need external stimuli to be able to focus, and music can help them strike a balance by giving them just enough arousal," further explains Dr. Fourcand.

"The potential downside is that something that's overstimulating can just as easily trigger them in a negative way and cause their mind to wander, so people with ADHD will have to play with it and test out different kinds of music to see what works best to help them focus."

Physical benefits

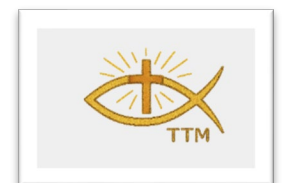
Music also has many physical benefits. It can:

Decrease cortisol levels

Lower heart rate and blood pressure

Motivate your body to move

Create new neural connections and increase neuroplasticity





Artist Spotlight – Zach Williams



Music, is meant to feel “lived-in,” not unlike a favorite old jacket or a first car. At least that’s what multiplatinum two-time GRAMMY® Award-winning Arkansas-born and Nashville-based maverick Zach Williams would say. Through a fusion of southern rock spirit and country soul, Zach creates music with an exterior which is worn down in the best way, but all heart underneath rough guitar riffs and gravelly vocals. You’ll not only hear his journey in the music, but you’ll also see it in his unfiltered storytelling—how he went from a tiny town to international stardom, selling out shows, toppling charts, and collaborating with the likes of Dolly Parton. Along the way, he battled addiction, anxiety, and insecurity, coming out on the other side with a whole lot to say.

After living through the lowest of lows and the highest of highs, he made a choice to trust his gut more than ever in 2021. Doing so had certainly served him well up to this point, so he wholeheartedly embraced his most formative inspirations, including rock and old school country. He also didn’t hold anything back during the writing, confronting all of those moments with a stark honesty and a sharp pen honed over the decade preceding. He ultimately needed to live through it to commit it to paper. Now, he’s projecting his voice like never before on his third full-length album, *A Hundred Highways* [Provident Label Group].

“I love music that hits me in a place where I think, ‘Man, that guy or girl has lived through it right there,’” he exclaims. “I believe you can hear it in the break and tremble of the vocals. I’m going to keep all the cracks and truth in my music.”

In order to find this truth, he took stock of the trip thus far. Given the extra time off the road in the middle of the Pandemic, he dug deeper into himself. Where his 2019 album *Rescue Story* examined his battle with drug and alcohol addiction, seeing him arrive at his purpose, *A Hundred Highways* picks up where he left off. In the process, he evolved by further leaning into rock ‘n’ roll and blues, speaking as candidly as ever in the lyrics.

Brothers, look for this artist on the player...this is some amazing music that touches the soul and we sing his songs in the services!

- Dwight

This Month’s Q&A Musicology Tips

Q: I’m struggling to pay attention in worship! What can I do?

This is a common problem going back to the beginning of worship! Here are some thoughts from the Westminster Assembly (1643!) in *The people are wholly to attend upon [worship], forbearing to read anything, except what the minister is then reading or citing; and abstaining much more from all private whisperings, conferences, salutations, or doing reverence to any person present, or coming in; as also from all gazing, sleeping, and other indecent behavior, which may disturb the minister or people, or hinder themselves or others in the service of God. Attend upon [the Word read and preached] with diligence, preparation, and prayer; examine what they hear by the Scriptures; receive the truth with faith, love, meekness, and readiness of mind, as the Word of God; meditate, and confer of it; hide it in their hearts, and bring forth the fruit of it in their lives. – Just do your best!*

EYE ON IT

Staying in Scripture

Mark 16:15 - "Go into all the world and proclaim the gospel to the whole creation." **Matthew 28:19-20** – "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you."

Romans 1:16 - "For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes."

2 Timothy 4:2 - "Preach the word; be ready in season and out of season; reprove, rebuke, and exhort, with complete patience and teaching."

EAR ON IT

Song Picks

Zach Williams – Praise Opens Prisons

Josiah Queen – Dusty Bibles

Forrest Frank – Your Way’s Better

Cody Carnes – Firm Foundation (He Won’t)

Anne Wilson - Strong