

Living well through Advent

Week Three

Wednesday 14 December 2022

Making a Joyful Noise

*I believe in kindness. Also in mischief.
Also in singing, especially when singing
is not necessarily prescribed.*

Mary Oliver

The writer of today's reflection writes that she recently discovered why joy and singing are celebrated through-out the Bible. For more than 20 years, she writes, she had wanted to take singing lessons but because she had no desire to sing publicly, she didn't think a voice coach would want to work with her. She expresses that she simply wanted to explore, honour, and celebrate her true voice. Then, through a mutual friend, she discovered a marvellous and gifted voice coach who was happy to work with her.

After only a few sessions, she was amazed at how singing every day brought so much joy and delight, not only to singing, but to other areas of her life and relationships, as well. This reminds us of one of the foundational principles running through all of the Living Compass resources: all areas of our well-being are interconnected. What happens in one area of our lives will affect all the other areas. The writer's experience confirms the wisdom and truth of this, and it offers hope and encouragement because it means we don't have to tackle every area we feel needs our time and attention. If we give our full attention and prayer to just one area, the growth and transformation we experience there will offer unexpected blessings to the whole of our being.

While we may not have room to share the 500+ Bible verses related to joy and singing in this devotion, here is a verse that may lift our spirits along the way from Psalm 13:5-6:

Let my heart rejoice in your saving help. Let me sing to the Lord.

Let us reflect on the following questions:

- ◆ What is your response to the idea that all areas of whole-person well-being are interconnected?
- ◆ Is there an activity or hobby you've wanted to try but for some reason haven't yet? Something that makes you happy just to think about?
- ◆ If yes, what is one step you could take today that would move you closer to your desire?
- ◆ If yes, is there one thing you are ready to let go of this Advent?

Let my heart rejoice in your saving help. Let me sing to the Lord.