

# Music of the Heart



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# Music of the Heart

#### Dear Friend,

Music has always played a big part in my life, and is something Donna, my best friend and ministry partner, and I enjoyed together. In the months I spent caring for Donna after her cancer diagnosis and major stroke, music soothed our weary minds and hurting spirits.

After Donna left this world for her heavenly Home, music played a significant role in healing my broken heart. It continues to do so.

Whether you're a caregiver to someone you love, or grieving the loss of a loved one, I pray you are comforted and find hope in some of my favorite, peace-giving songs. Allow the music to wash over your weary body, soul, and spirit. As part of that process, I invite you to print and use the attached sheets to reflect on your own grief journey and your relationship with God.

Click on the song title link OR scan the QR code with your phone camera to listen to each song.

May God bless you and keep you.



🎽 Listen Intently 🎽 Reflect on Your Journey Ў Journal Your Thoughts



9:1

🎽 Read Scripture



🎽 Apply the Message



# Follow these steps

- Listen & Reflect. Find a quiet, cozy place to listen to the song of your choice. Allow yourself to fully immerse in the music and lyrics. Journal your thoughts, feelings, insights, and how the song's message resonates with your own grief journey and your relationship with God.
- **Read & Meditate.** Focus on the suggested Scripture and journal God's promise to you or what it reveals about the character of God in your grief.
- **Pray & Apply.** Thank God for what He's saying to you through the song's message. Consider how you can apply the song's message to where you are in your grief journey and ask God to comfort and guide you.





# REFLECTION

#### MEDITATION

"For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken" (Psalm 62:5-6, ESV).







# REFLECTION

#### MEDITATION

"For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations" (Psalm 100:5, ESV).







#### REFLECTION

#### MEDITATION

"When I thought, 'My foot slips,' your steadfast love, O LORD, held me up. When the cares of my heart are many, your consolations cheer my soul" (Psalm 94:18-19, ESV).







# REFLECTION

#### MEDITATION

"Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise" (Psalm 95:2, ESV).



<u>In the Garden</u> by Rosemary Siemens



# REFLECTION

#### MEDITATION

"How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings" (Psalm 36:7, ESV).







# REFLECTION

MEDITATION "Bless the LORD, O my soul, and all that is within me, bless his holy name" (Psalm 103:1, ESV).







# REFLECTION

#### MEDITATION

"Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God" (Psalm 42:11, ESV).







#### REFLECTION

MEDITATION "Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him" (Psalm 34:8, ESV).





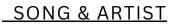


# REFLECTION

#### MEDITATION

"I love the LORD because he hears my voice and my prayer for mercy. Because he bends down to listen, I will pray as long as I have breath" (Psalm 116:1-2, NLT).









# REFLECTION

MEDITATION "But I will hope continually and will praise you yet more and more" (Psalm 71:14, ESV).

#### APPLICATION







# REFLECTION

#### MEDITATION

"For your unfailing love is higher than the heavens. Your faithfulness reaches to the clouds. Be exalted, O God, above the highest heavens. May your glory shine over all the earth" (Psalm 108:4-5, NLT).







# REFLECTION

MEDITATION "I lift my eyes to you, O God, enthroned in heaven" (Psalm 123:1, NLT).

APPLICATION

