

Transition from story: As just as music deeply effected everybody in the gym that night, music deeply effects us when we listen to it.

- Read 1 Samuel 16: 23... We see in here a story of King Saul and David. King Saul is stressed out from the pressures of being king, and calls David to play music for him, in order to calm them down. The music brought relief to Saul. We do this in our lives today. When we have a bad day, or our feelings are hurt, we will often turn to music to make us feel better.
- Music effects us in other ways too... when we listen to upbeat music while driving people have a tendency to drive faster. When a weight lifter is trying to max out with his lifts he doesn't put on a slow opera song, he blasts metal and rock music.
- I'd say that it is pretty safe to say that music effects our hearts (feelings/emotions/our whole inner self) and our minds (our thoughts and attitudes).

We need to be careful about what we listen to because it really effects us. Lets look at what the Bible says about our heart and what we put into our minds.

-Psalm 150: 1-6- First of all, realize that music itself is not the problem, even loud music or a certain genre of music. The problem is when we listen to music with lyrics that dishonor God. There is really only two kinds of music- music that honors God, and music that does not.

-Proverbs 4:23 (NLT) "Guard your heart above all else, for it determines the course of your life."

-Philippians 4:8- We need to putting good things into our minds because if we put garbage in, garbage will come out.

-Ephesians 5:1-4- A lot of times we will think to ourselves, 'well this song isn't that bad,' or, 'this song isn't as bad as this other song' but God tells to flee from sexual immorality, obscenity, greed, and impurity. If God tells us to stay far away from those things, why do we constantly listen to music that glorifies these?

-1 Peter 1: 5-7- Does the music that we listen to help add these things to our lives? Music does not necessarily have to be Christian to do that. There are non-Christian songs that are encouraging, and can be uplifting, but we need to be careful not to let those things be our ultimate source of peace and comfort- that needs to be Jesus.

-Romans 12: 1-2- We are transformed to become more like Christ by renewing our minds. How can we transform our minds if we are continually putting sinful things into them, constantly thinking about the things that God hates.

- Talk about writing Biblical principles
 - Write Biblical Principles so we can have a Biblical Philosophy, a Biblical Purpose for the principles, a Biblical Program to follow what God's word says, which will ultimately create Biblical People.
 - For Biblical Principles- Pick 3 verses (see list on back or use any others) and write a summary or brief thought about each one. Relate each verse directly to music and listening choices.

-For Biblical Philosophy- Take the Biblical principles/ verses that you have just written, and create a "since/then statement." Since these verses say this, then I will only listen to music that glorifies God, or I will not listen to any music with cussing/bad language, or I will only listen to music that draws me closer to God, or any number of things. Really think and pray about this.

-For Biblical Purpose- What is the goal of this whole process. Why are you writing these biblical principles/philosophies?

-For Program- How are you going to practically live this out? What steps are you going to take to make sure that you are sticking to your Biblical Principles? Accountability? Hanging the sheet up in your room? Deleting music from your iPod/ computer? Listening to only Christian music? Again, think about this, and pray about it.

-I want to challenge you guys to really take a hard, honest look at the music that you listen to? Can you honestly say that it glorifies God, and does not promote a sinful lifestyle? Really think about your music choices, and write out biblical principles that will help you. Don't just fill out the sheet, but use it as a tool to help you live a more God-honoring life.