

Enjoying faith
as a family



Enjoy Music Together

Music is a wonderful gift which we can use to help us enjoy faith together. These are a few ideas for you to try or adapt with your family. They may also inspire further ideas of your own!

1. Listen to music together which helps to evoke the wonder of the universe e.g. The Planets by Gustav Holst.
2. Build up a collection of favourite songs that all the family enjoy listening to or singing together.
3. Take turns in choosing music to listen to when the family are together e.g. at mealtimes.
4. Include a special song as part of a bedtime routine.
5. Talk together about what sort of music makes you happy, sad, close to God....?
6. Use instruments or singing to explore what you think God's voice sounds like or his love sounds like.
7. Make up tapping rhythms to symbolise thoughts and emotions. If you want to these could be used as a way of praying.
8. Talk about how the psalms encourage us to praise God by making music or read Psalm 150 in a good children's Bible. Think of ways that you as a family want to praise God with music – what instruments would you use? What songs?

Pray:

Listen to a piece of music.
Pray for whatever it makes you think of - either silently or aloud.

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