



Diocese of Aberdeen and Orkney's Lent Course 2024

# THE WAY TO THE CROSS

THURSDAY 18 APRIL



## CONTEMPLATIVE ACTS - MUSIC AND PRAYER

This week's contemplative act is thinking about using music as an aid to prayer, as an inspiration for prayer, and as prayer itself.

Psalm 95.1 says 'O come, let us sing to the Lord; let us make a joyful noise to the rock of our salvation!' and St Augustine is credited with saying that if you sing you pray twice. This Thursday you're invited to consider how you use music in and for prayer and to maybe try some ways of using music for and in prayer. You're invited to try one or more of the following ways of using music in prayer.

### *Praying with Music*

A simple way to prayer with music is to prayer the lyrics of a hymn or song.

Another way to use music in prayer is as an inspiration.

1. Choose your song or hymn (perhaps using some of the suggestions from yesterday's material)
2. Take a few deep breaths
3. Listen to the melody and/or read the lyrics/text
4. Let the music lead you in conversation with God.
5. You may wish to sing along if the music has a text.

You can use a snippet of lyrics as a meditation, as with *lectio Divina*. As you listen to a piece of music, take note of a phrase that you notice and meditate on it.

## Collect for the Third Sunday of Easter

O God, your Son made himself known to his disciples in the breaking of bread. Open the eyes of our faith, that we may see him in his redeeming work, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.  
Amen.