

- **Matthew 11:17** “We played the flute for you and you did not dance; we sang a dirge and you did not mourn”. **Music can help the believer in coping with different emotions. This passage tells us that there are different kinds of music for different emotions. Just note that the music that works one way in one Christian does not necessarily work the same way for another.**

Q1. What hymns or songs work for you in dealing with emotions below?

Sadness:

Depression:

Anger:

Anxiety:

- **1 Samuel 16:23** “So it came about whenever the bad mood came to Saul, David would take the harp and play *it* with his hand; and Saul would be refreshed and be well, and the bad mood would depart from him”. **The relevant issue about music in this passage, is that music can help a troubled soul to feel better. Music has therapeutic value and can help you feel better.**

Q2. What kinds of music help you feel good?

- **Exodus 15:1-21** “Then Moses and sons of Israel sang this song to the Lord and said ‘I will sing to the Lord, for He is highly exalted; The Horse and its rider He has hurled into the sea...” **This passage reveals that singing is also an important mechanism, pleasing to God, when the Christian is in distress, or has gone thru distress. Note that singing is one of the first things the new Jewish people did as a nation. Other types of music include praise, victory, and celebration.**

Q3. What Christian songs have you sung that have helped you feel better?

- **Psalm 5:11** “But let all who take refuge in you be glad, Let them ever sing for joy; And ^lmay you shelter them, that those who love your name may exult in You.” **The entire book of Psalms is a book of songs and prayers. This particular passage suggests that we sing to God as we take refuge in Him when suffering.**

Q4. What song from the book of Psalms have you sung that has helped you in a mood swing?

- **Psalm 150:3-5** “Praise Him with trumpet...harp and lyre...timbrel...string instruments...pipe...cymbals...”. **This passage encourages the believer to use any kind of musical instrument to play for God.**

Q5. What kinds of instruments do they play in your church?

- **Colossians 3:16-17** “Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms *and* hymns *and* spiritual songs, singing with thankfulness in your hearts to God.” **In the context of Christian living, psalms, hymns, and spiritual songs can help us grow in fellowship and wisdom.**

Q6. How does the word of God become music to the Christian?

Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Psalm 92:1-4

**“It is good to give thanks to the LORD
And to sing praises to Your name, O Most High;
To declare Your loving-kindness in the morning
And Your faithfulness by night,
With the ten-stringed lute and with the harp,
With resounding music upon the lyre.
For You, O LORD, have made me glad by what You have done,
I will sing for joy at the works of Your hands”**

Mood Disorder Share & Prayer Support Group

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Coping with Mood
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