

## **SINGING THE BLUES IN THE BLUES**

One would think I would have been excited on Monday morning with the start of *Roll Up to Win* at Tim Hortons. Don't get me wrong, I am happy at the chance of winning some free coffee. For some reason though I was feeling the blues when I woke up on Monday morning. I don't know if it had to do with Canada losing to the USA the day before in the gold medal game at the Olympics. It might have had to do with having to take my daughter back to university on Monday morning after she had been home for the past ten days for "Reading Week." My feeling the blues might have been how some of us feel at the start of a new week. Whatever was the source for these "blues" I realized I was not myself emotionally.

As I took the garbage to the curb around 6:00 a.m., suddenly, I found myself humming the hymn then singing the words to "Precious Lord, Take My Hand."

**Precious Lord, take my hand,  
Lead me on, help me stand;  
I am tired, I am weak, I am worn;  
Thru the storm, thru the night,  
Lead me on to the light,  
Take my hand, precious Lord, lead me home.**

It is not the first time I have experienced a song being placed on my heart through the Holy Spirit when I have been feeling down. The hymn lifted me up somewhat, but I was still feeling the Monday blahs and blues.

About 30 minutes later it was time for me to take our dog Daisy out. As I waited for Daisy to find her favorite spots to do her morning business, I experienced another hymn being placed on my heart. This time it was the hymn, "**God Will Take Care of You.**"

**Be not dismayed what-e'er betide,  
God will take care of you;  
Beneath His wings of love abide,  
God will take care of you.  
God will take care of you,  
Through every day, o'er all the way;  
He will take care of you,  
God will take care of you.**

Both hymns were placed on my heart at a time when I needed some help to overcome those Monday morning blues I was experiencing. Singing through the blues helped me to overcome them on Monday morning.

Every one of us can wake up to these feelings whether it is on a Monday or on other days during the week. Music is one way that God will work through the Holy Spirit to bring us peace and assurance in these moments. Other times, a passage from Scripture may be placed on our heart by the Holy Spirit to uplift us. God may also arrange for us to have a special encounter with somebody to provide us with the uplifting that we need. My parishioners know I have not been blessed with the gift of music, but on Monday morning I was blessed to be uplifted through these hymns coming into my heart. Naturally, after being uplifted through music, I felt led to explore its use and impact further for this week's message.

I looked back at the first recorded song in the Bible which was Moses' Song of Deliverance found in **Exodus 15**. Ever since that first song, music has been a means for God's people to lift their hearts and voices both outwards and upwards. Singing is a great way to express relief, praise, and thankfulness when we have come through struggles and challenges. It is also a way to uplift our spirits and emotions while we are still in the midst of struggles whether they are physical, spiritual, or emotional.

King Saul was often troubled with depression and fear. Saul discovered that whenever David played the harp for him, that the feelings that were tormenting him would go away. When Paul and Silas found themselves shackled in prison after being stripped and severely beaten with rods, they began to pray and sing in the midst of their suffering. As they were singing, a massive earthquake shook the foundations of the prison, causing the doors of every cell to open, and the chains of every prisoner to fall off. As these examples show us, no matter how overwhelmed or down we may be feeling due to our circumstances, one means God will use to uplift us in these moments is encouraging us to sing.

I am not a good singer, but when God places a hymn on my heart in the midst of the blues, I don't hesitate to embrace the gift He is providing. We may be feeling the "blues", but if we sing the hymns God places on our hearts in those moments, we will notice the "blues" going away. The hymns God placed on my heart on Monday morning helped me to overcome my blues. I'll be honest, that feeling of blues returned when I drank two coffees from Tim Hortons on Monday only to discover after rolling up the rim that I needed to play again.

Keep safe, keep singing, keep rolling up the rims, and God bless!  
Pastor Dean