



# CONFERENCE SUNDAY

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## Practicing with Song

*"Sing to the Lord a new song. ...Sing  
to the Lord,  
praise God's name!"*

*Psalms 96:1-2 (NIV)*

**Practicing helps us do things better. Practicing with motion and music is more effective because rhythms and melodies become ingrained within us. Music speaks and unites in ways that words alone do not. Since we meet God in ordinary routines, home is the primary place to practice growing our faith... Let's practice our faith at home with motion and song!**

**1. "Sing to the Lord!" (Ps 96:1)** This is an invitation. It's also a command! Not because God needs our song, but because God knows we need it! Music changes us from inside out!<sup>1</sup>

**2. Use motions with songs to enhance memory development, attention span, and non-verbal communication skills.**

Check out this website for more information:  
<https://www.chhs.niu.edu/child-center/resources/articles/music-and-movement.shtml>

**3. Sing songs that help us learn about God:**

Who is the king of the jungle? who-who!  
(*hands under arms*)  
Who is the king of the sea? bubba-bubba-bubba.  
(*hands make a swimming motion*)  
Who is the king of the universe? (*make circle*)  
And who's the king of me? (*point to self*)  
I'll tell you... J...E...S...U...S!  
YES! (*fist into the air*)  
He is the king of me! (*point to self*)  
He is the king of the universe, (*make circle*)  
the jungle (*hands under arms*)  
and the sea. (*hands make a swimming motion*)

<https://www.youtube.com/watch?v=W4qSk7SwPOE>

**4. Sing mealtime prayers to engage young children, to unite as a family, and to invite an attitude of praise at the table.**

Two songs you might try:

Hands, hands, hands, thank you God for hands;  
(*hold hands up, wave side to side*)  
Food, food, food, thank you God for food;  
(*hands cupped as if holding food*)  
Family, family, family, thank you God for family.  
(*join hands*) Amen.

<https://www.youtube.com/watch?v=qyOKQBWz5W0>

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Thank-you for the world so sweet,  
(*make circle with hands*)  
Thank-you for the food we eat,  
(*hands to mouth*)  
Thank-you for the birds that sing,  
(*tap index finger and thumb together to mimic birds mouth moving*)  
Thank-you God for everything! Amen.  
(*spread arms wide*)

<https://www.youtube.com/watch?v=i7FHbFWKzVY>

**5. We eventually believe the words we sing.**  
Play music and/or sing your own - at home and in the car - that have messages you want to embrace. Include songs that grow faith in God!

<sup>1</sup> Tony Alonso, "Singing Our Lives to God," in *On Our Way: Christian Practices for Living a Whole Life*, ed. Dorothy C. Bass and Susan R. Briehl (Nashville: Upper Room Books, 2010), 99.