

The Benefits of Singing

“Sing And Be Happy”

Introduction:

1. Singing is commanded by God as a part of worship unto Him (Ephesians 5:19; Colossians 3:16).
2. However, for the faithful child of God, singing praise to the Lord is more than just obeying a command.
3. Singing is a natural expression of a heart filled with gratitude, love, and hope.
 - a. Exodus 15:1-2 – The Israelites after escaping Egypt
 - b. Judges 5:1-3 – Barak and Deborah after victory over the Canaanites
 - c. Psalm 40:1-3 – David after God’s deliverance from his enemies
 - d. Isaiah 12:1-5 – Isaiah after revelation from God
 - e. Acts 16:25 – Christians after salvation (Hebrews 2:12; 13:15)
4. In His wisdom, God has ordained singing not only to honor Himself but also to provide great benefits for those who sing.

I. The Benefits of Singing

- A. God is praised (Psalm 28:7; 69:30; 92:1-2; 108:1; Ephesians 5:19).
- B. God’s Word is taught (Colossians 3:16; 1 Corinthians 14:15, 26).
 1. Therefore, songs must be in harmony with Scripture.
 2. It is wrong to teach error by any means.
- C. Christians are admonished (Colossians 3:16; 1:28; Romans 15:14).
- D. The singer is educated (cf. 1 Peter 5:7).
- E. Heaven is remembered (Revelation 15:3).
- F. Faithfulness is encouraged (Psalm 40:3; Matthew 5:13-16).

II. The Blessings of Song

“If the skies above you are gray, You are feeling so blue,
 If your cares and burdens seem great All the whole day thru,
 There’s a silver lining that shines In the heavenly land,
 Look by faith and see it my friend, Trust in His promises grand.

Often we are troubled and tired, Sick with sorrow and pain,
 There are others living in sin Blest with earthly gain,
 Take new courage we cannot tell What the morrow may bring,
 When the dark clouds vanish away Then your heart truly can sing.

Oft we fail to see the rainbow Up in heaven’s fair sky,
 When it seems the fortunes of earth Frown and pass us by,
 There are things we know that are worth More than silver and gold,
 If we hope and trust Him each day, We shall have pleasure untold.

Introduction

- A. This song, published in 1940, was written and composed by Emory S. Peck.
 - 1. Peck served in the army during World War I as a band director and a medic assistant.
 - 2. After the war he lived in Gainseville, Georgia where he taught music at Brenau University.
 - 3. He wrote several other songs (73), at least seven of which were published by Stamps-Baxter Music from 1940 – 1955.
 - 4. Each of these songs has a theme of finding joy in the midst of trouble through faith and trust in the Lord.
- B. Stanza 1 – *Faith*
 - 1. The Christian walks by faith, not by sight (2 Corinthians 5:7; 4:18).
 - 2. The Christian sees the invisible (Hebrews 11:1, 27; 1 Peter 1:8-9).
 - 3. Thus, the Christian finds joy even in the difficulties of life.
- C. Stanza 2 – *Courage*
 - 1. The Christian is courageous (Joshua 1:6-9; Acts 4:13, 31).
 - 2. The Christian is encouraged (Hebrews 12:2-3, 12-13).
 - 3. Thus, the Christian perseveres in the trials of life.
- D. Stanza 3 – *Hope*
 - 1. The Christian is saved by hope (Romans 8:23-25).
 - 2. The Christian lives by hope (Romans 12:12; 15:4, 13).
 - 3. Thus, the Christian endures unto eternal life.
- E. The song is a reminder of the importance of perspective (Colossians 3:1-3).

Conclusion: Chorus

Sing and you'll be happy today, Press along to the goal,
 Trust in Him who leadeth the way, He is keeping your soul;
 Let the world know where you belong, Look to Jesus and pray,
 Lift your voice and praise Him in song, Sing and be happy today.

- 1. One of the great benefits of singing is its power to shift one's perspective.
- 2. Singing can produce happiness!
- 3. Singing reminds the Christian of his salvation and fellowship with God.