

It all started with *“Sing your songs tuned to His Glory” Ps. 66:2a TPT*

As a singer and musician this verse really strikes a chord with me...

Singing is easy to comprehend and apply...

It's the “tuned to His glory” part that has me spinning my wheels...

Some of you may be thinking, “But I don’t sing, what is God’s glory, and how do I tune to it?”

Sit tight, I will get into that later.

But first I want to dive into WHAT tuning is and how we relate to it as human beings. If you’re not a musician or have little knowledge of how instruments work, in order for them to sound good they must first be tuned.

Allow me to explain a little..

### **What is tuning?**

One of the most powerful musical lessons I ever had as a child was how to “hear” the sound of being in tune by hearing frequency.

The teacher took his guitar out like this, told everyone in the room to get real quiet, played one string, then played another and slowly adjusted the pitch of the string....

As he “tuned” the strings, he pointed out the sound that was being made...

What was a rigid and quick soundwave, becomes a smooth and slow sound wave. The strings now resonate in a harmonious frequency that sounds and feels pleasing to the musician.

Let’s try another example... a Tuning fork.

Look at the definition of a tuning fork: A tuning fork is an acoustic resonator in the form of a two-pronged fork with the tines formed from a U-shaped bar of elastic metal, usually steel.

When you strike it alone, it creates a sound that is in sync with the note it was designed to play.

By itself, One is struck to produce a musical note. When placed next to another, without being struck, the second one will begin duplicating the sound of the first. The second intercepts the vibration of the first in the air waves and responds **sympathetically** to it. This happens because

the tuning forks are made of the same material, are of the similar design, and share a musical compatibility.

**Jesus is the sound/string in which we tune too.**

With tuning it's all about Relativity & Proximity and they parallel beautifully to the spirit realm...

- 1.) Relativity: We are made "like Christ," in his image, of the same material; and in a way similar to the tuning-fork, we respond to Him due to relativity.**

Image bearers, new creation, as he is, so are we....

- 2.) Proximity: You must draw near to him in order to carry His sound.**

*1We saw him with our very own eyes. We gazed upon him and heard him speak. Our hands actually touched him, the one who was from the beginning, the Living Expression of God.*

*-1 John 1:1 TPT*

The word for touch here comes from a sensory verb PSALLO meaning:

1. to pluck off, pull out
2. to cause to vibrate by touching, to twang
  1. to touch or strike the chord, to twang the strings of a musical instrument so that they gently vibrate
  2. to play on a stringed instrument, to play, the harp, etc.
  3. to sing to the music of the harp
  4. in the NT to sing a hymn, to celebrate the praises of God in song

It's as if John is saying "We have plucked the chords of his being and felt what motivated him, his melody within." (tpt footnotes.)

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Back to our main passage... *"Sing your songs tuned to His Glory" Ps. 66:2a TPT*

**But I don't sing.**

*Research also shows that our DNA plays a song...*

“When scientists study [proteins](#) in detail, they write the amino acid [sequences](#) as a series of text [letters](#). Sometimes, these series contain thousands of letters. This makes it hard to compare [proteins](#). It also makes it difficult to notice their patterns. Some scientists have found a way to make it easier. They use a [process](#) called [sonification](#). They [assign](#) a musical note to each value of the [amino acids](#) in the [sequences](#). The result? Protein songs!

So-called “protein music” lets scientists use their ears to study amino acid [sequences](#). What was difficult to see with the eyes can often be more easily heard with the ear.

Scientists can make more than one song for each protein...”

(<https://wonderopolis.org/wonder/What-Music-is-in-Your-DNA>)

Your very existence is a music to God’s ears.

*Research also shows that DNA is released in our breath....*

You can “sing” simply by breathing and speaking.

### **What is God’s Glory?**

Let me know when you find out! HA!

There are MANY scriptures in the bible that use the term “Glory” in reference to God. There are multiple definitions of it.

Google defines it as:

- 1.) high renown or honor
- 2.) magnificence or great beauty.
- 3.) praise, worship, and thanksgiving offered to a [deity](#).
- 4.) a [luminous](#) ring or halo, especially as depicted around the head of Jesus Christ or a saint.

I have ONE simple definition of God’s Glory...it’s Jesus!

*16 For in him was created the universe of things, both in the heavenly realm and on the earth, all that is seen and all that is unseen. Every seat of power, realm of government, principality, and authority—it all exists through him and for his purpose! 17He existed before anything was made, and now everything finds completion in him. 18He is the Head of his body, which is the church. And since he is the beginning and the firstborn heir in resurrection, he is the most exalted One, holding first place in everything. 19 For God is satisfied to have all his fullness*

***dwelling in Christ.*** 20And by the blood of his cross, everything in heaven and earth is brought back to himself—back to its original intent, restored to innocence again! -Colossians 1:16-20 TPT

For the sake of what I'm trying to get across today is that God's glory is soooo incredible and indescribable that it's one of the many reasons why Jesus bore the cross on our behalf...

*22 For the very glory you have given to me I have given them so that they will be joined together as one and experience the same unity that we enjoy. - John 17:22 TPT*

*18 We can all draw close to him with the veil removed from our faces. And with no veil we all become like mirrors who brightly reflect the glory of the Lord Jesus. We are being transfigured into his very image as we move from one brighter level of glory to another. And this glorious transfiguration comes from the Lord, who is the Spirit. -2 Corinthians 3:18*

"Heaven's ecstasy is a realm full of glory, where the atmosphere is alive and as you breathe all your senses are filled with glory. One glimpse and you are ruined for the ordinary and restored to the supernatural! Our message is a message of glory and ecstasy found at the cross. Our message is not a set of rules or mechanisms to find God or rungs of a ladder. It is clinging to the glorious Man on the Tree of Life, Calvary!"

-Brian Simmons

### **How do we tune in?**

The soul, let's say, is like this guitar — a beautiful instrument made to make pleasing notes in the ear of its Maker. Previously stringless and useless, now refurbished in Christ, the guitar fluctuates daily, finds itself so often out of tune, expands and contracts by the humidity or dryness of the seasons and the situation. Every day, several times throughout the day, the soul must be re-tuned again.

Here are 3 Simple Ways....1. Heart 2. Soul 3. Mind

*37 And He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." - Matthew 22:37 NASB 1995*

*37 Jesus answered him, "Love the Lord your God with every passion of your heart, with all the energy of your being, and with every thought that is within you." -Matthew 22:37 TPT*

### **Heart: Kardia**

**Outline of Biblical Usage:**

- I.* the heart
  - A.* that organ in the animal body which is the center of the circulation of the blood, and hence was regarded as the seat of physical life
  - B.* denotes the center of all physical and spiritual life
    - i.* the vigor and sense of physical life
    - ii.* the center and seat of spiritual life
      - a.* the soul or mind, as it is the fountain and seat of the thoughts, passions, desires, appetites, affections, purposes, endeavors
      - b.* of the understanding, the faculty and seat of the intelligence
      - c.* of the will and character
  - C.* of the middle or central or inmost part of anything, even though inanimate

Simply put.....PASSIONATE WORSHIP!

### **Soul: Psyche**

Outline of Biblical Usage:

- I.* breath
  - A.* the breath of life
    - i.* the vital force which animates the body and shows itself in breathing
      - a.* of animals
      - b.* of men
  - B.* life
  - C.* that in which there is life
    - i.* a living being, a living soul
  
- II.* the soul
  - A.* the seat of the feelings, desires, affections, aversions (our heart, soul etc.)
  - B.* the soul as an essence which differs from the body and is not dissolved by death (distinguished from other parts of the body)

There's that term BREATH again....DNA!!!

Simply put...the eternal driving force of your being!

### **Mind: Dianoia**

Outline of Biblical Usage:

- I.* the mind as a faculty of understanding, feeling, desiring
- II.* understanding
- III.* mind, i.e. spirit, way of thinking and feeling
- IV.* thoughts, either good or bad

Simply put...thoughts!

I'm gonna start wrapping this up, but first I want to put a little focus on the power of our thoughts and end with practical steps on how to re-tune anytime and anywhere.

### **Thoughts:**

“Your mind is a garden, your thoughts are seeds, some grow into flowers, others into weeds.”

*2Yes, feast on all the treasures of the heavenly realm and fill your thoughts with heavenly realities, and not with the distractions of the natural realm. - Colossians 3:2*

Neuroplasticity...Renewed mind...

Meditate (Ps 1:2...on his law he meditates day and night)

Meditate: “Hagah: to murmur, ponder, imagine, mutter, speak, roar, muse, groan...”

Christian meditation:

IS rooted in scripture and Jewish tradition; NOT eastern spirituality

IS short, mostly one-sentence scripture based prayers; NOT a new-age, humanistic, self-healing practice.

IS aligned with the rhythm of natural breath; NOT using breath as the cure

IS repeated several times for the purpose renewing our mind; NOT “mantra meditation” with the purpose of blotting out thoughts and phrase repetition

IS and mind -FULL with the intent to FILL our mind with what is good/pure/heavenly realities; NOT mind - LESS which is focused on emptying the mind to obtain inner peace.

### **365 Meditation**

Start picking a passage in scripture that can be summed up in to two simple phrases

...The Lord is my shepherd; I have all I need..

...This is the day that the Lord has made; I will rejoice and be glad in it...

Find a quiet space, get alone...close your eyes...

Now imagine yourself getting “suited” in Christ as we are “seated” in/with Him in heavenly places....

Breathe in and smell the roses; breathe out and blow out the candles...

Put your passage to the rhythm of your breath...

Visualize the passage in your mind, get creative!

Now take the passage and move it down to your heart...feel it align with the rhythm of your heart beat...

Now bring it down to your belly or soul...

Do this 3 times a day, 6 times per minute, for a total of 5 minutes.