

Mixtape-Week 3

What's on Repeat?

Good Morning Gateway!

I have a question for you, 2 brothers, pete and repeat, are up on a roof. Pete climbs down, who's left on the roof? Go through a couple of cycles

- We can do this all day if you want...
- Truth is, we all have repeat songs that we add to every playlist we create
- Music we love to hear, even 20 or more years later
- Every one of these songs sparks memories that we either can't run from or that want to relive
- That's why these songs are on the list
- But the songs we have on repeat don't just entertain us, they form who we are
- They shape how we see the world and what we believe
- We sing them in our head and the words become engrained in our lives
- This takes place in our spiritual lives, too
- These are the things we're looking at in this series
- As a reminder, here's our focus scripture:

Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts. -Colossians 3:16 NLT

We started out talking about spiritual songs guiding our thoughts

- The different genres and the emotions they provoke
- Last week, Jason talked about living life in the psalms
- How most of the psalms in your Bible start out with raw emotion
- He reminded us that We can be real with God,
- even questioning Him if we do it with a respectful heart

- Life is a struggle and we often feel like no one has ever had to deal with the problems I have
 - **Sing** Nobody knows, the troubles I seen. Nobody knows my sorrow
- But each of these psalms turns 180 degrees and ends up praising God for the hope He gives us in the struggle
- You can be real with God, too but remember that He has never failed anyone...
- Today I want to talk about the benefits of repeating songs

Let's go back a few centuries...

- As a part of human history, being able to read is a relatively new concept
- Books were extremely expensive because they had to be copied by hand
- There were no libraries in the early church so learning to read wasn't taught to the common people
- So how do you pass along the truth about God or the beliefs of your faith?
- The easiest way our Christian ancestors found was through hymns

Hymn - A structured song declaring God's truth and character, passed from generation to generation.

- Maybe this will help...sing along if you'd like

Evolution of Worship Music - A Cappella Medley **Play through 2:10**

- We don't sing many of these old hymns today but they still evoke truth and wisdom in our lives
- The Church is constantly creating new hymns that teach us about who God is and what He wants from us
- If you've been following Jesus for a while, you'd recognize hymns like
 - Amazing Grace

- Great Is Thy Faithfulness
- There's Power In The Blood
- It Is Well With My Soul
- If you're newer to faith:
 - Worthy is the lamb
 - Songs by Elevation worship
 - Or Hillsong music
- Each of these songs declares truth about who God is and teaches about His character
- The people of the early church would memorize these songs and the truths would begin to shape them
- Or today we would say these truths would transform us; changing us from our old self into something new
- Each week, Jason and I challenge you to know your bible
- To read it and understand it so you can become more like Jesus who is the living bible
- Hymns can help with that
- The key is to put them on repeat, singing them over and over until they affect your spirit
- When they get deep inside you, your spirit will automatically respond with praise back to God

Hopefully, someone is asking, "Pastor Wayne, how can I do this in my heart"?

- I'm so glad you asked...because I have a few tips for you to write down...
- Or, I will attached my message in the app for you to have

1. What You Repeat, You Remember

Paul writes in his letter to the Phillippians:

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and

**admirable. Think about things that are excellent and worthy of praise.
-Phillippians 4:8 NLT**

Paul says we need to focus on God things

- Scripture tells us that God is love, He is truth, He is gracious and merciful,
- He is pure, He is sacrificial, He's a creator, He knows when to start and when to stop
- He lives in community and wants us to know Him daily
- And, if we remind ourselves of these attributes daily, they will sink in
- Repetition fosters memory
- It starts to change our behaviors and beliefs
- The opposite of this verse is true as well
- If we focus on the negative and broken world around us, trying to find meaning in the chaos, that changes us too
- It hinders good things and increases harmful things
- So, what do you have on repeat?
- Are you focused on God or on stuff?
- This leads us to tip #2

2. Pay Attention to the Lyrics

Just because you like the rhythm, you need to pay attention to substance

- Science tells us:

The storage capacity of an adult human brain is an amount over 74 Terabytes (just in the cerebral cortex alone)

In other words, your brain has the capacity to record and remember every word, scent, feeling, emotion, and picture you have ever experienced

- All of it is stored inside of you
- Science also tells us that, on so many different levels, what you put into something is what you get out of it
 - The computer term is Garbage In equals Garbage Out
 - Your relationships, job, diet, budget, everything

- The same is true of your spiritual health
- Hymns and truth-filled songs help us rehearse what's real when life gets noisy
- They fill our minds with hope when negativity gets loud
- They remind us of who God is when the world tries to tell us otherwise
- In the book of Proverbs, we find this section of wisdom...

**Guard your heart above all else,
for it determines the course of your life.**

**24 Avoid all perverse talk;
stay away from corrupt speech.**

**25 Look straight ahead,
and fix your eyes on what lies before you.**

**26 Mark out a straight path for your feet;
stay on the safe path.**

**27 Don't get sidetracked;
keep your feet from following evil.**

-Proverbs 4:23-27 NLT

- Did you see that part about what you hear?
- Avoid all perverse talk and stay away from corrupt speech?
- Jesus said that what comes out of your mouth is what is in your heart...
- Apply that to yourself and see if you aren't convicted by God's Spirit
- What would happen if you only put good things inside your head for just one week?
- And tip #3

3. Keep Truth on Repeat

In addition to Paul's encouragement from earlier, the psalmist also gives us insight through songs

I waited patiently for the LORD to help me,

and he turned to me and heard my cry.
² He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along.
³ He has given me a new song to sing,
a hymn of praise to our God.
Many will see what he has done and be amazed.
They will put their trust in the LORD.
-Psalm 40:1-3 NLT

The encouragement is to pay attention to what you allow your head and heart to focus on

- This has been a big year for us, trying to get us all to the realization that everything is spiritual
- What you do, where you go, what you listen to or see
- It all affects us on a much deeper level than we realize
- We follow our own desires and we end up in a giant mess
- The psalmist says we're Wallowing in self destruction and self inflicted pain
- And God wants so much more for us, He wants us to flourish in Him
- Another psalm puts it this way...

I have hidden your word in my heart,
that I might not sin against you.
-Psalm 119:11 NLT

- Meaning that when we put God at the top of our playlist, tagging Him in our "Favorites" file, we grow closer to Him
- We need to have God on repeat in our lives
- Including the songs we sing...
- We become more like Jesus and less like us
- That's a good thing...

Gateways to the platform as I pray

Prayer is available

Intro worship time

Back to Close

Giving Plea

No Pizza & Praise tonight

Thank you for coming to church...