

How Catholic Charismatic Audrey Assad Connects to God Through Music

She loves modern worship music, but Audrey Assad will be the first to admit that her songs don't necessarily fall into that category.

"I listen to a fair amount of it, it's just not where my inspiration takes me at all when I'm writing," Assad shares with "C-Pop," the Christian pop culture podcast. "I tend to think more orchestrally, liturgically, but I also really value [modern worship]."

Assad says she her music isn't much of an evangelism tool meant to present the gospel to unbelievers.

"What I do as a musician is really less about communicating Christianity to culture and more about expressing connection and oneness with God and inviting others to examine that possibility," Assad says. "I really believe that being connected to our sources is the most healing oil that is available."

She also discussed how her love of justice is connected with her love of God.

"I grew up feeling like God was at odds with me; I don't believe that's true," Assad says. "And I think the [Holy] Spirit has been actively mending that in my heart for years. And as that happens, I find that as I'm freed from this self-loathing-based spirituality, you can love other people much better, at least I've been able to, and my heart for justice has really grown because I don't see myself as separate from other people the way I used to."

Listen to the podcast to hear more about the deep spirituality that drives her lyrics and her lifestyle.