

Singing in the Spirit: Practical Insights Into God's Scriptural Prescription

I want to walk and live filled with the Spirit. The Bible tells us that a heart of continuous, overflowing gratitude and thankfulness is a key to staying filled with the Spirit.

The Scriptural Prescription

“Be filled with the Spirit. Speak to one another in psalms, hymns, and spiritual songs, singing and making melody in your heart to the Lord. Give thanks always for all things to God the Father in the name of our Lord Jesus Christ” (Eph. 5:18-20).

(Author's note: The reflexive pronoun, bolded in the above verse, would indicate that the best translation of this verse is that we are singing to ourselves, rather than to one another.)

King David's Examples of Music Drawing and Repelling Spiritual Forces

King David knew that spiritual music drove away evil spirits, and invited the presence of the Holy Spirit. He used his harp to drive away evil spirits from King Saul (1 Sam. 16:14-23).

“It happened that when the evil spirit from God came upon Saul, David would take the lyre in his hand and play. So Saul was refreshed and was well, and the evil spirit departed from him” (1 Sam. 16:23).

King David had worshippers praising God and giving thanks 24 hours a day in the temple, releasing the presence of the Spirit (1 Chron. 16).

"So he left Asaph and his brothers before the ark of the covenant of the Lord to minister before the ark regularly, as each day required" (1 Chron. 16:37).

An Example in a Busy American's Life of Continual Praise and Worship

I encouraged Kirsten, who works as a registered nurse, to experience the Spirit by using music. Here is her response:

You told me to have worship music 24/7, and my iPod is almost always with me and on. Even when I sleep. I often use subliminal worship for sleep and work. I put my iPod in my pocket and turn it so low that others can't hear it, but the tunes release the sound into the waters of my body, and I see the ripple effect in my soul. I have never heard a study about subliminal worship music, but for me, it helps. When I am able, I turn it up so I can hear it better. But it allows me almost continuous worship music by just adjusting the volume.

Personal Application

How about you put praise and worship music on 24/7 for a week, and see if it keeps you filled with the Spirit? Then share your experience in the comment section below so others can be inspired by your life's testimony. I personally play soft soaking and worship music on my laptop much of the day as I am working on email, researching, writing and speaking on the phone. The volume is barely audible. I sense that it ministers life to my spirit. {eoa}

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