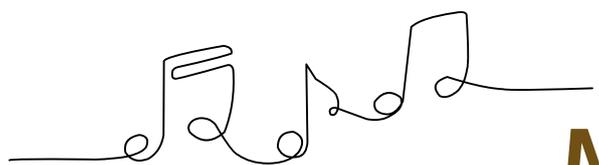


# Meditating



## ON MUSIC

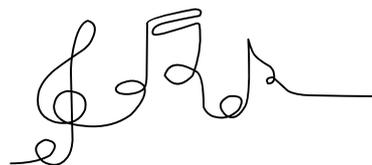
To meditate is to think on something carefully and deeply for a period of time.

Throughout Holy Week, it may be that music is something that helps you connect to God.

You could use these suggestions alongside the other resources of prayer, Scripture and art, or just to immerse yourself in divinely-inspired music throughout Holy Week.

There is a vast array of music for Lent, Holy Week and Easter, both from within The Salvation Army and from other places. Here we draw your attention to a few, but we would also encourage you to search YouTube and find music which resonates with your heart.

## HOW TO MEDITATE ON MUSIC



- You may enjoy just sitting back and listening to the music.
- You could find the words associated with the music, and meditate upon them.
- You may want to set up a calming area, with low lighting to create a relaxing atmosphere.
- You may come across music that you wish to share with others who will also be blessed, challenged or inspired.
- The Holy Spirit may prompt you to reach out to someone, step out in faith or connect with God afresh.

However you enjoy music this Holy Week, may it help you draw closer to God and discover more of who he is to you this Easter.

## SALVATIONIST RADIO MEDITATIONS

Salvationist Radio have produced two meditations you can listen to and reflect on.

### Good Friday Meditation:

<https://www.salvationist.org.uk/easter/good-friday-meditation>



### Easter Sunday Meditation:

<https://www.salvationist.org.uk/easter/easter-day-meditation>



## CONTEMPORARY WORSHIP MUSIC

Check out Salvationist Radio's contemporary Easter worship playlist found here:  
[www.salvationist.org.uk/articles/salvationist-radios-contemporary-easter-worship](http://www.salvationist.org.uk/articles/salvationist-radios-contemporary-easter-worship)



## SALVATION ARMY MUSIC ON YOUTUBE AND SPOTIFY

There are thousands of Salvation Army bands, songster brigades (choirs), children's groups and more performing Easter music on both YouTube and Spotify. Why not search online and see what you find? Both services are available for free.



## SALVATIONIST PUBLISHING AND SUPPLIES (SP&S)

SP&S has Salvation Army albums available to purchase as both digital downloads and hard copy CDs. There have been many Easter albums produced by various groups around the world which can help focus your heart and mind on the Easter story.

