

Music and Prayer

Music and Spirituality

*Prayer doesn't always have to be in silence.
We can pray with music no matter the season — of your life or of the liturgical year.
O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
Psalm 95:1*

*What is praying with music?
God has been drawing people to himself through music for centuries. We see David bring peace to Saul whenever he plays the harp. Jesus sang traditional Passover hymns with his disciples at the Last Supper. The Psalms were written with the intention of them being sung. This prayer method has strong roots in Scripture; there are countless Scriptural instances of praying with music.
Today, we can continue the tradition of conversing with God through music at Mass, during personal prayer, and while we go about our day.*

Music and Spirituality

Taizé music comes from the Taizé community, a French ecumenical religious community founded in 1940. Taizé is a prayerful form of music known for its simple, yet rich and meditative character.

Taizé music often takes the structure of an ostinato (a simple melody that repeats over and over) and is meant to serve as a kind of musical centering prayer. Because Taizé music itself is intentionally simple, it provides a great way to move our prayer from the head to the heart. (Much of this is applicable to other forms of prayerful music like chant or worship music). However, Taizé is a great starter example because it is easy to learn and designed especially for active prayer.

Silence is essential to all prayer forms, but it is especially important when praying with music. People will need silence to speak their own words to God and to listen for God in return.

To read more . .

University of Notre Dame, McGrath Institute for Church Life

<https://mcgrathblog.nd.edu/how-to-pray-with-taiz%C3%A9-music>

To read more . .

Taizé Website:

<https://www.taize.fr/en>

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For many of us, music is often a transcendent experience, lifting us above the worries and distractions of daily life. Consider using instrumental music, as a doorway into prayer and cultivating your ability to listen with the ear of your heart. This is called Audio Divina, or sacred listening.

Preparation

Prepare for your prayer by finding a quiet place and take some time to settle yourself into stillness. Rest in silence, aware of the sacredness of this time you have set aside. Breathe in an awareness of God's presence, breathe out distractions and worries. Slowly allow your focus to move from your head down into your heart.

To read more, see pages 2 & 3 . .

<https://static1.squarespace.com/static/593fc47d5016e1a7b79946ab/t/5e8346117e4255766ce47f8e/1585661459713/Lectio++and+Audio+Divina+resource.pdf>

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What is praying with music?

God has been drawing people to himself through music for centuries. We see David bring peace to Saul whenever he plays the harp ([1 Samuel 16:23](#)). Jesus sang traditional Passover hymns with his disciples at the Last Supper ([Matthew 26:30](#)). The Psalms were written with the intention of them being sung. This prayer method has strong Biblical roots; there are countless Biblical instances of praying with music.

Today, we can continue the tradition of conversing with God through music at Mass, during personal prayer, and while we go about our day.

To read more . .

<https://hallow.com/2020/12/14/how-to-pray-with-music/>

Thank you

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The following pages of musical pieces are suitable for quiet meditation or for praise and worship.

They are all on Youtube, and were researched and compiled by a member of our diocesan choir, to whom we extend our sincere thanks.

Music and Spirituality

Meditative Music by Composer Elaine Hagenberg

“O Love”

<https://youtu.be/U2cqbITDR8w>

“You Do Not Walk Alone”

<https://youtu.be/gNCj2KW-JFk>

“Still With Thee”

<https://youtu.be/SPJ7LXTd8II>

“The Meditations of My Heart”

<https://www.youtube.com/watch?v=r3j9Bclzl0k>

“Deep Peace”

<https://youtu.be/u0XVTmhZFw8>

“To Thee My Heart I Offer”

<https://youtu.be/ABZcjutMx8I>

Music and Spirituality

Meditative Music by Composer John Rutter

“The Lord Bless You And Keep You”

<https://www.youtube.com/watch?v=QcYzO8Y4PH0>

“God Be In My Head”

<https://youtu.be/yGMcFt61yjo>

“A Clare Benediction”

<https://youtu.be/4amyhUC4is8>

“Be Thou My Vision”

<https://youtu.be/4RVCifYOFFo>

“The Lord Is My Shepherd”

https://youtu.be/wqGJ_Gh6Fnk

Music and Spirituality

Stainer, God so Loved the World	https://www.youtube.com/watch?v=X5Akz6J8Rw0
Wilby, If Ye Love Me	https://www.youtube.com/watch?v=0hhDxGzGcos
There's a wideness in God's Mercy	https://www.youtube.com/watch?v=gM1ijdRa7Ls
Jonathan Veira, The Lord's My Shepherd	https://www.youtube.com/watch?v=-ARxgizb-G4
Rita Connolly, I Arise Today	https://www.youtube.com/watch?v=58HFA0F8_Is
Anima Christi	https://www.youtube.com/watch?v=BYzT9zOJHF0

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Ola Gjeilo, The Ground

<https://www.youtube.com/watch?v=zlx8dVEkljw>

Durufle, Ubi Caritas

<https://www.youtube.com/watch?v=DjhAn5p9SDY>

Karl Jenkins, Benedictus

<https://www.youtube.com/watch?v=JyflB6wUFnw&t=4s>

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Dan Schutte, Send Us Your Spirit, O Lord

<https://www.youtube.com/watch?v=j3hVOCl2prU>

Audrey Assad & Porter's Gate, Nothing to Fear

<https://www.youtube.com/watch?v=6seZhG6MWF4>

Porter's Gate, Wood and Nails

<https://www.youtube.com/watch?v=odisftO1uLE>

Porter's Gate, Little Things with Great Love

<https://www.youtube.com/watch?v=pm5VQAxdMrc>

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SONGS OF PRAISE AND WORSHIP

Pat Barrett, Hymns of the Holy Spirit, <https://www.youtube.com/watch?v=zGsawBBxVMY>

Audrey Assad, Restless <https://www.youtube.com/watch?v=UuhYZrn4flo>

Dan Schutte, O God Be The Music <https://www.youtube.com/watch?v=SywQCCcoy1s>

Dan Schutte, To Praise You <https://www.youtube.com/watch?v=103vulwgocM>

Dan Schutte Hymn of Praise, (Te Deum) <https://www.youtube.com/watch?v=xqpqia-DXC8>

Dan Schutte, Sing A New Song <https://www.youtube.com/watch?v=MoFFHOr4Qtg>

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Audrey Assad, Spirit of the Living God <https://www.youtube.com/watch?v=fylslaNsJ5o&t=2s>

Audrey Assad, Drawn to You https://www.youtube.com/watch?v=y6Yo_5KRQtI

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INSTRUMENTAL PIECES

El Concierto de Aranjuez

<https://www.youtube.com/watch?v=X9DOtuPLqNI>

Intermezzo from Carmen

<https://www.youtube.com/watch?v=T7zYsyPvYiY>