



WORSHIP

REMEMBER | WONDER | ADORE

FOCUS ON GOD

MUSICA DIVINA: DIVINE LISTENING WITH CHILDREN

by Edwin M. Willmington

God created music, and we can use music to worship Him in response. *Musica Divina* is the practice of listening to a single piece of music multiple times, and each time paying attention to different aspects of the music as they assist you in focusing your worship on God. *Musica Divina* may be experienced in a small or large group, or as an individual.

Suggested music:

[Children of Egypt](#)



[Meditation on St. Elizabeth](#)



These two pieces of music are in different styles. You may choose to listen to each of the pieces of music three times, and then at a separate time choose the other piece of music in order to have a variety of worship expressions. The music chosen is intentionally instrumental—no lyrics. The concept is to allow the listener a full range of thought, not influenced by any words. This allows maximum sensitivity as to how God chooses to focus your attention on Him as you listen. The following prompts may be helpful as you listen to each piece of music.

First Listen

Listen to one piece of music. As you listen the first time, think about, or physically embody, the posture for worship. If it helps you not to be distracted, feel free to close your eyes as you listen.

Second Listen

As you listen the second time, think about how the music assists your thinking about the attributes of God. Is He majestic, or holy, or all-knowing, or powerful? What words would you use to describe God as you listen? Share those words and thoughts with others or write them down.

Are there physical motions with your hands or feet that come to mind as an expression of your worship? Maybe you would like to draw a picture as you listen to the music...what color does the music

feel like to you? Does the color change during the music? Feel the freedom to do any of these activities, and perhaps write them down to remember them or to share them with another person.

Third Listen

As you listen the third time, think about what you could offer to God. Could you offer your thankfulness to God for who He is, or maybe you would offer your hands and feet to God in some act of service, or perhaps the music helps you think about how you could be kind to a friend as your offering of worship to God?

Prayer

Thank you, God, that I can offer my worship to You in so many ways. Thank you for the gift of music that guides my attention toward You. Thank You for being a great God who gladly accepts all the acts that I offer to You. Amen.