



PRAYER

PRAISE | LISTEN | ASK
TALK WITH GOD

MUSICA DIVINA: DIVINE LISTENING WITH CHILDREN

by Edwin M. Willmington

God created music, and we can use it to pray to Him. *Musica divina* is the practice of listening to a single piece of music multiple times, each time paying attention to different aspects of the music to help focus your prayers to God. Musica divina may be experienced in a small or large group, or as an individual.

Suggested music:

[Hymns of Reflection](#)



[Jubilant Fugue](#)



These two pieces of music are in different styles. You may choose to listen to each piece three times, and then, at a separate time, choose the other piece of music to provide a variety of worship expressions. The music chosen is intentionally instrumental only—no lyrics. The concept is to allow the listener a full range of thought, not influenced by any words. This allows maximum sensitivity for your prayers 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 prayer. If it helps you avoid distraction, feel free to close your eyes as you listen.

Second Listen

As you listen the second time, think about how the music assists your prayer. Is your prayer a prayer of thanksgiving, a prayer of confession, or perhaps a prayer for a friend? How would you describe your prayers as you listen? Perhaps your prayer becomes a loud cry to God about situations that are wrong, and your prayer asks God to make things right again!

Share those words and thoughts with others or write them down. Would you like to tell someone that you have been praying for them? If so, find a way to do that, either in person or by writing them a note to let them know about your prayers.

Are there physical motions with your hands or feet that come to mind as an expression of your prayer? 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 as you pray during the music? Is your prayer always quiet, or are there times when your feelings lead you to pray more loudly? Feel free 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, offer your prayers to God. Perhaps offer your thankfulness for things in your life, or make a request to God in your prayer, or let the music help you think about how you could pray for God's work in the world—maybe even for a specific country or missionary?

Prayer

Thank you, God, that I can speak many kinds of prayer to You. Thank you for the gift of music that helps me think about prayer. Thank You for being a great God who gladly hears all the prayers I offer to You. Amen.