

Music as a Family Spiritual Practice

Creating Sacred Moments at Home

Music has the ability for us to sense the movement of God in our lives, drawing us closer to a place of deep peace.

- *Create a playlist of favorite hymns, become aware of those that stir you during worship.*
 - *Find a special song to sing in the car, before bed as a bedtime prayer, at meal time as a blessing.*
 - *Be present to the words. If you think of the music as a prayer, offer an Amen at the end.*
 - *Have each family member share how this practice makes them feel.*
- Please feel free to contact me for additional resources,
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