

# 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,  
Karen Kilty [kwkilty@gmail.com](mailto:kwkilty@gmail.com)*