

"Sing SOME of Your 'Blues' Away"

Another Ministry of the Good Mood Foundation

"We Provide the Faith Component for Getting Well to those Struggling with Mental Health and Addiction Issues."

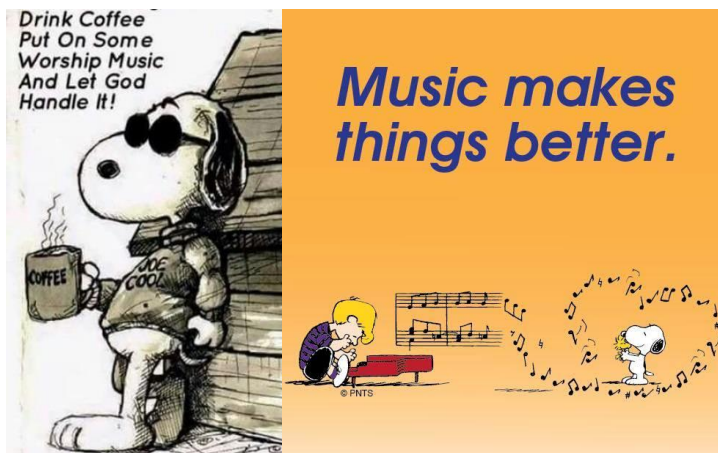
Celebrating our 14th Year of Ministry in 2019

"Sing SOME of Your 'Blues' Away"

Today (Wednesday) 3:00 P.M.- 4:00 P.M.

***"When Depression Descends, Do
the Next Thing-Sing for Your Very
Life."***

-Author, John Piper-



"I don't sing because I am happy. I am happy because I sing."

-William James, Famous Psychologist-

***"In 25 years of working with the brain, I still cannot affect a
person's state of mind the way one simple song can."***

-Dr. Richard Pellegrino, Neurologist-

"Yes, you are going to get well!"

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List of Songs

1. [Mighty to Save](#) by Hillsong
2. [Show Me Your Glory](#) by Third Day
3. [We Believe](#) by News Boys
4. [I Will Lift My Eyes](#) by Bebo Norman
5. [You Raise Me Up](#) by Josh Groban
6. [He has His Hands on You](#) by Marvin Sapp
7. [It is Well with My Soul](#) by Hillsong
8. [Our Father](#) by Hillsong
9. [Trust and Obey](#) by Hillsong Kids
10. [This is Amazing Grace](#) by Phil Wickham
11. [Your Grace on Which I Stand](#) by Kristian Stanfill
12. [At the Cross](#) by Hillsong
13. [My Anchor](#) by Christy Nockels
14. [Ever Be](#) by Kalley Heiligenthal
15. [Good Father](#) by Chris Tomlin
16. [Because He Lives](#) by Matt Maher
17. [Love of God](#) by Brianna Buttrey
18. [Unbroken Praise](#) by Matt Redman
19. [Spirit of the Living God](#) by Vertical Church Band
20. [Worship the Great I Am](#) by Gateway Worship
21. [The Stand](#) by Hillsong United
22. [Amazing Grace](#) by Chris Tomlin
23. [Lord I Give You My Heart](#) by Hillsong
24. [Just Be Held](#) by Casting Crowns
25. [Same Power](#) by Jeremy Camp
26. [Flawless](#) by MercyMe
27. [Holy Spirit](#) by Francesca Battistelli
28. [At The Cross \(Love Ran Red\)](#) by Chris Tomlin
29. [10,000 Reasons-Bless the Lord](#) by Matt Redman
30. [God Is Able](#) by Hillsong Chapel
31. [Our God](#) by Chris Tomlin
32. [One Thing Remains](#) by Jesus Culture
33. [Lead Me to the Cross](#) by Hillsong United
34. [Your Great Name](#) by Natalie Grant
35. [Stronger](#) by Hillsong
36. [Because He Lives](#) by Bill Gaither, Guy Penrod
37. [How Great Thou Art](#) by Carrie Underwood
38. [Here I Am to Worship](#) by Paul Baloche
39. [CornerStone](#) by Hillsong
40. [Forever \(We Sing Hallelujah\)](#) by Kari Jobe
41. [Your Love Never Fails](#) by Jesus Culture
42. [Christ is Enough](#) by Hillsong
43. [Lord, I Need You](#) by Matt Maher
44. [Here for You](#) by Matt Redman
45. [You Never Let Go](#) by Matt Redman
46. [Whom Shall I Fear](#) by Chris Tomlin
47. [I Am Set Free](#) by All Sons and Daughters
48. [Praise the King](#) by Corey Voss
49. [Deliver](#) by Matt Maher
50. [Oceans](#) by Hillsong
51. [Fix My Eyes](#) by King and Country
52. [Something Beautiful](#) by Need to Breathe
53. [Multiplied](#) by Need to Breathe
54. [Come as You Are](#) by Crowder
55. [Eye of the Storm](#) by Ryan Stevenson
56. [Drops in the Ocean](#) by Hawk Nelson

Classic Hymns

- 57) Blessed Assurance
- 58) Softly and Tenderly, Jesus is Calling Me
- 59) Up From the Grave, He Arose
- 60) Shall We Gather at the River
- 61) Trust and Obey

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"Who You Say I Am"

By Hillsong

**Who am I that the highest King
Would welcome me?
I was lost, but He brought me in
Oh His love for me
Oh His love for me**

[Chorus]

**Who the Son sets free
Oh is free indeed
I'm a child of God
Yes I am**

**Free at last, He has ransomed me
His grace runs deep
While I was a slave to sin
Jesus died for me
Yes He died for me
[Repeat Chorus]**

[Verse]

**In my Father's house
There's a place for me
I'm a child of God
Yes I am**

**I am chosen
Not forsaken
I am who You say I am
You are for me
Not against me
I am who You say I am
I am chosen
Not forsaken
I am who You say I am
You are for me
Not against me
I am who You say I am
I am who You say I am**

Transformed by the Renewal of Your Mind

When a person believes the Gospel of Jesus Christ, some miraculous changes occur instantaneously, while others occur over time. The result is that an unregenerate mind is "transformed," and the believer has the "Mind of Christ." This is a FACT! And nothing can change that reality. That said, the spiritual battleground is in the "Mind." And a BIG part of getting and staying well emotionally, mentally and spiritually is discovering that:

I am NOT who I say "I" am.

I am NOT who "you" say "I" am.

I am NOT who the "enemy" says "I" am.

I Am Who GOD SAYS I Am

- I am a saint who is loved with every spiritual blessing. (Ephesians 1:1).
- I am assured that all things work together for good. (Romans 8:28).
- I am free from any condemning charges against me. (Romans 8:31-34).
- I've been established, anointed, and sealed by God. (2 Corinthians 1:21-22).
- I know that the good work God has begun in me will be perfected. (Philippians 1:6).
- I am a citizen of heaven. (Philippians 3:20).
- I am hidden with Christ in God. (Colossians 3:3).
- I have a spirit of courage and of power, love, and a sound mind. (2 Timothy 1:7).
- I was born of God, and the evil one cannot touch me. (1 John 5:18).
- I am a minister of reconciliation for God. 2 Corinthians 5:17-21
- I may approach God with freedom and confidence. Ephesians 3:12
- I have God's abundant love, which has been poured upon me. (1 John 3:1).
- I can do all things through Christ who strengthens me. Philippians 4:13

Brighter Day

by Kirk Franklin

When I close my eyes and think of you and reminisce on all the things you do. I can't imagine my life without you; it's like paradise now I know that it's real. It's a mystery for someone to give their life just for me. What you did on Calvary makes me want to love you more.

Chorus: (sing it out)

I never knew I could be so happy. And I never knew I'd be so secure. Because of your love, life has brand new meaning.

It's going be a brighter day, brighter day.

I never thought that I would smile again. I never thought the dark clouds would end. I never thought that I could have a friend that would keep me and never leave me alone.

Jesus, you're my everything. The only one that makes my heart sing, heart sing. Now I know what real love means: it's everlasting, lasting.

Nothing can compare to the joy you bring, an everlasting love affair. Jesus, my life will never be the same. I found someone who truly cares.

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Music makes things better.



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Music-

The other
non-addictive,
mood-altering
non-substance.

Ask your Doctor
if music is right for you.

Common side effects include but are not limited to uncontrolled head bobbing, toe tapping, finger snapping, selective hearing impairment and persistent melody flashbacks.

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Why Watching, Listening, and Singing to Praise and Worship Music is Helpful

- Your mind is like a computer, and it captures, assimilates, and stores everything we feed for future retrieval.
- Every book, TV show, movie, CD, DVD, radio program, everything you see, and everything you hear is stored in your mind for future playback. Every auditory and visual image that is captured by your mind has an impact on how you think, how you act, and how you feel.
- In simple terms—put the positive in, and the positive comes out. Put the negative in, and the negative comes out.
- We must repeat the positive message over and over again for it to take hold in our mind.
- It takes anywhere from 5 to 11 positive messages to offset one negative message.
- I am of the opinion that it takes at least 60 days of daily repetitive input to change the thinking pattern in my mind and to create a new "pathway" in the brain.
- The mind is always working. The mind can hear process, and retain simple information even while we are sleeping.
- The absolute best time to impact your mind is immediately before you go to sleep and right as you are waking up. That is when your mind is most receptive to receiving whatever you are feeding it.



"EVERY song you listen to will either lift you up or tear you down. Therefore, choose the songs you add to your CD collection very carefully."

In a 1999 article, "Frequently Asked Questions about Music Therapy," the American Music Therapy Association lists who can benefit from music therapy: "Children, adolescents, adults, and the elderly with mental health needs."

In the article by Nancy Aaron Jones and Tiffany Field, they said, "Listening to music has been associated with decreased stress hormone (cortisol) levels in depressed adolescents." The therapeutic effects of music have been found to be biologically as well as emotionally helpful. Modern science seems to be proving what was known long ago: music can help with depression.

My personal experience

Regardless of how I am initially feeling, praise and worship gets me into a good mood and frame of mind. The Bible says to "Worship Him in spirit and in truth." Unfortunately, most Christians miss this powerful truth and the ensuing good mood. **I have discovered that Christian hymns and songs that are repeated over and over again changes my thinking, mood, and overall mental well-being. That is why, apart from pharmacological treatment, praising and worshipping the God of the Bible is the single best activity that I engage in to lift up my mood.** Regardless of how I am initially feeling, praise and worship gets me into a good mood and frame of mind.

Besides listening to specially chosen songs during the day, I listen to specially selected songs while I sleep. By my bed is an MP3 player loaded with Christian hymns and songs. Attached is a "pillow speaker" that fits comfortably under my pillow. When I am ready to go to bed, the MP3 player and the songs are prepared to minister to my Spirit while I sleep. The best songs to listen to at night are slow, soft, and melodic. My favorites are from Bill and Gloria Gaither.

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Consider this...

The average song is about four minutes long, and most people sleep eight hours a night.

- A song’s message is repeated 15 times every hour or 120 times each night.
- In a week, the message of the song is repeated 840 times, and in a month, it is repeated 3,360 times.
- In one year, your mind will have listened to the message of the song you selected over 40,000 times. The benefit of this activity is that I sing the song I’ve been listening to at night the following day. **I’m thinking about what I want to think about, NOT what the world is trying to DUMP into my mind.**



***“At bedtime,
turn on your
dedicated MP3
player and
listen to slow,
soft and
melodic
Christian songs
and hymns.”***

Purchase an MP3 Player and Pillow Speaker

I believe that listening to specially selected songs repeatedly is one of the best ways to achieve an immediate mood change and a good starting place for developing long-term mental health. Music is medicine, and I take it every day.

When I’m feeling low, I watch and listen to uplifting music DVDs. Listening to Christian hymns while I sleep helps to readjust my thoughts and builds new thought pathways in my brain. And if it were up to me and I had the money, I would give every person who contacts this ministry an MP3 player preloaded with uplifting songs and a pillow speaker to listen to music at night.

Consider buying an MP3 player that ALSO allows you to load worship videos. Consider buying a pillow speaker and attaching it to your MP3 player so you can listen to soft melodic hymns or other praise songs while you sleep. If you can afford it, buy an additional MP3 player just to have by your bed. I keep an MP3 player on that is by my bed 24/7. This way, the MP3 *player is ready the second I am prepared to go to sleep.*

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How Music Affects Us and Promotes Health

By eMed Expert

Music is one of the few activities that involves using the whole brain. It is intrinsic to all cultures and has surprising benefits not only for learning language, improving memory, and focusing attention, but also for physical coordination and development. Not all types of music have favorable effects. Music can be distracting if it's too loud or too jarring or if it competes for our attention with what we're trying to do. But for the most part, exposure to classical music has beneficial effects:



Music heals

Pain relief

Overall, music does have positive effects on pain management. Music can help reduce both the sensation and distress of both chronic pain and postoperative pain. Listening to music can reduce chronic pain from a range of painful conditions, including osteoarthritis, disc problems, and rheumatoid arthritis, by up to 21% and depression by up to 25%, according to a paper in the latest UK-based Journal of Advanced Nursing. Music therapy is increasingly used in hospitals to reduce the need for medication during childbirth, to decrease postoperative pain, and complement the use of anesthesia during surgery. There are several theories about how music positively affects perceived pain:

- Music produces revulsive effect
- Music may give the patient a sense of control
- Music causes the body to release endorphins to counteract pain
- Slow music relaxes by slowing breathing and heartbeat

Reducing blood pressure

By playing recordings of relaxing music every morning and evening, people with high blood pressure can train themselves to lower their blood pressure - and keep it low³¹. According to research reported at the American Society of Hypertension meeting in New Orleans, listening to just 30 minutes of classical, Celtic or raga music every day may significantly reduce high blood pressure.

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Medicine for the heart

Music is good for your heart. Research shows that it is musical tempo rather than style. Italian and British researchers recruited young men and women, half of whom were trained musicians. The participants slipped on headphones and listened to six styles of music, including rap and classical pieces, with random two-minute pauses. As the participants kicked back and listened, the researchers monitored their breathing, heart rates, and blood pressure. The participants had faster heart and breathing rates when they listened to lively music. When the musical slowed, so did their heart and breathing rates. Some results were surprising. During the musical pauses, heart and breathing rates normalized or reached more optimal levels. Whether or not a person liked the style of music did not matter. The tempo, or pace, of the music, had the greatest effect on relaxation.



Speeds Post-Stroke Recovery

A daily portion of one's favorite pop melodies, classical music or jazz can speed recovery from debilitating strokes, according to the latest research. When stroke patients in Finland listened to music for a couple of hours each day, verbal memory and attention span improved significantly compared to patients who received no musical stimulation or who listened only to stories read out loud, the study reports. Recent research has shown that music listening after stroke not only promotes behavioral recovery, but also induces fine-grained neuroanatomical changes in the recovering brain.



Chronic headaches & migraine remedy

Music can help migraine and chronic headache sufferers reduce the intensity, frequency, and duration of the headaches.

Music boosts immunity

Music can boost the immune function. Scientists explain that a particular type of music can create a positive and profound emotional experience, which leads to secretion of immune-boosting hormones. This helps contribute to a reduction in

the factors responsible for illness. Listening to music or singing can also decrease levels of stress-related hormone cortisol. Higher levels of cortisol can lead to a decreased immune response.

Anti-seizure effect

The latest 2014 study revealed that listening to Mozart K 448 (Sonata for Two Pianos in D major) reduced the seizure recurrence and epileptiform discharges in children epilepsy. The antiepileptic effect of Mozart's sonata has been earlier demonstrated by Taiwanese scientists.

Postpartum well-being

Using music therapy during childbirth decreased post-natal anxiety and pain, increases the satisfaction with childbirth and reduces the likelihood of postpartum depression.

Tinnitus

Music therapy in an early stage of tinnitus can prevent tinnitus from becoming a chronic condition.

Effects of Music on the Brain

Music enhances intelligence, learning and IQ

The idea that music makes you smarter received considerable attention from scientists and the media. Listening to music or playing an instrument can actually make you learn better. And research confirms this. Music has the power to enhance some kinds of higher brain function:

- **Reading and literacy skills**
- **Spatial-temporal reasoning**
- **Mathematical abilities** - Even children with attention deficit/hyperactivity disorder benefit in mathematics tests from listening to music beforehand.
- **Emotional intelligence**

The Mozart effect

Earlier it has been thought that listening to classical music, particularly Mozart, enhances performance on cognitive tests. However, recent findings¹⁸ show that listening to any music that is personally enjoyable has positive effects on cognition.

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Music improves memory performance. The power of music to affect memory is quite intriguing. With a 60 beats per minute beat pattern, Mozart's music and baroque music activates the left and right brain. The simultaneous left and right brain action maximizes learning and retention of information. The information being studied activates the left brain while the music activates the right brain. Also, activities which engage both sides of the brain at the same time, such as playing an instrument or singing, cause the brain to be more capable of processing information. Listening to music facilitates the recall of information. Researchers have shown that certain types of music are a great "keys" for recalling memories. Information learned while listening to a particular song can often be recalled simply by "playing" the songs mentally. Musical training has even better effect than just listening to classical music. There is clear evidence that children who take music lessons develop a better memory compared with children who have no musical training.



Note: For learning or memory performance, it's important that music doesn't have a vocal component; otherwise, you're more likely to remember the words of the background song than what you're supposed to be recalling.

Music improves concentration and attention.

Easy listening music or relaxing classics improves the duration and intensity of concentration in all age groups and ability levels. It's not clear what type of music is better, or what kind of musical structure is necessary to help, but many studies have shown significant effects.

Music Improves Physical Performance

Music improves athletic performance.

Choosing music that motivates you will make it easier to start moving, walking, dancing, or any other type of exercise that you enjoy. Music can make exercise feel more like recreation and less like work. Furthermore, music enhances athletic performance! Anyone who has ever gone on a long run with their iPod or taken a



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particularly energetic spinning class knows that music can make the time pass more quickly.

The four central hypotheses explaining music's facilitation of exercise performance include:

- Reduction in the feeling of fatigue
- Increase in levels of psychological arousal
- Physiological relaxation response
- Improvement in motor coordination

Music improves body movement and coordination.

Music reduces muscle tension and improves body movement and coordination. Music may play an important role in developing, maintaining, and restoring physical functioning in the rehabilitation of persons with movement disorders.

Music Helps to Work More Productively

Fatigue fighter

Listening to upbeat music can be a great way to find some extra energy. Music can effectively eliminate exercise-induced fatigue and fatigue symptoms caused by monotonous work.

Keep in mind that listening to too much pop and hard rock music can make you more jittery than energized. Vary what you listen to and find out what type of music is most beneficial for you. You could try classical music one day, pop the next day and jazz the third.

Music improves productivity

Many people like to listen to music while they work and I am certainly one of them. How about you? Did you know you can perform better at your work with music? Whilst there may be many reasons for wishing to listen to music in the workplace, it really improves your productivity! According to a report in the journal *Neuroscience of Behavior and Physiology*, a person's ability to recognize visual images, including letters and numbers, is faster when either rock or classical music is playing in the background.



Music Calms, Relaxes and Helps to Sleep

Relaxing music induces sleep.

Relaxing classical music is safe, cheap and easy way to beat insomnia¹. Many people who suffer from insomnia find that Bach music helps them. Researchers have shown that just 45 minutes of relaxing music before bedtime can make for a restful night. Relaxing music reduces sympathetic nervous system activity, decreases anxiety, blood pressure, heart and respiratory rate and may have positive effects on sleep via muscle relaxation and distraction from thoughts.

Music reduces stress and aids relaxation

Listening to slow, quiet classical music, is proven to reduce stress. Countless studies have shown that music's relaxing effects can be seen on anyone, including newborns.

One of the great benefits of music as a stress reliever is that it can be used while you do your usual deeds so that it really doesn't take time. How does music reduce stress?

- **Physical relaxation.** Music can promote relaxation of tense muscles, enabling you to easily release some of the tension you carry from a stressful day.
- **Aids in stress relief activities.** Music can help you get "into the zone" when practicing yoga, self-hypnosis or guided imagery, can help you feel energized when exercising and recover after exercising, help dissolve the stress when you're soaking in the tub.
- **Reduces negative emotions.** Music, especially upbeat tunes, can take your mind off what stresses you, and help you feel more optimistic and positive. This helps release stress and can even help you keep from getting as stressed over life's little frustrations in the future. Researchers discovered⁴ that music can decrease the amount of the cortisol, a stress-related hormone produced by the body in response to stress.



Music Improves Mood and Decreases Depression

Prescription for the blues

Music's ability to "heal the soul" is the stuff of legend in every culture. Many people find that music lifts their spirits. Modern research tends to confirm music's psychotherapeutic benefits⁵. Bright, cheerful music (e.g. Mozart, Vivaldi, bluegrass, Klezmer, Salsa, reggae) is the most obvious prescription for the blues.

Meditate on His Word Regarding Worship

"Praise the LORD Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals.⁶ Let everything that has breath praise the LORD."

Psalm 150:1-6

"Worship the LORD with gladness; come before him with joyful songs."

Psalm 100:2

*"Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks." **John 4:23***

*"Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name." **Hebrews 13:15***

"Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts."

Colossians 3:16

*"All you nations, praise the LORD. All you people on earth, praise him. Great is his love for us. The LORD is faithful forever. Praise the LORD." **Psalm 117:1-2***

"Come, let us sing for joy to the LORD; let us shout aloud to the Rock of our salvation. Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above

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all gods. In his hand are the depths of the earth, and the mountain peaks belong to him. The sea is his, for he made it, and his hands formed the dry land. Come, let us bow down in worship, let us kneel before the LORD our Maker.” Psalm 95:1-6

“Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” Psalm 100:4

“Speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord.” Ephesians 5:19

“You turned my wailing into dancing; you removed my sackcloth and clothed me with joy.” Psalm 30:11

“The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.” Zephaniah 3:17

“Oh sing to the LORD a new song; sing to the LORD, all the earth! Sing to the LORD, bless his name; tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples! For great is the LORD, and greatly to be praised; he is to be feared above all gods. For all the gods of the peoples are worthless idols, but the LORD made the heavens. Splendor and majesty are before him; strength and beauty are in his sanctuary. Ascribe to the LORD, O families of the peoples, ascribe to the LORD glory and strength! Ascribe to the LORD the glory due his name; bring an offering, and come into his courts! Worship the LORD in the splendor of holiness; tremble before him, all the earth!” Psalm 96:1-9

“Let them praise his name with dancing and make music to him with timbrel and harp.” Psalm 149:3 3

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"Praise the LORD. Praise the LORD, my soul. ² I will praise the LORD all my life; I will sing praise to my God as long as I live." **Psalm 146:1-2**

"Praise him with the sounding of the trumpet, praise him with the harp and lyre." **Psalm 150:3**

"Yet you are enthroned as the Holy One; you are the one Israel praises."
Psalm 22:3

"As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God? My tears have been my food day and night, while people say to me all day long, "Where is your God?" These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng. Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. My soul is downcast within me; therefore, I will remember you from the land of the Jordan, the heights of Hermon—from Mount Mizar. Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. By day the LORD directs his love, at night his song is with me—a prayer to the God of my life. I say to God my Rock, "Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?" My bones suffer mortal agony as my foes taunt me, saying to me all day long, "Where is your God?" Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God." **Psalm 42:1-11**

"God is spirit, and his worshipers must worship in Spirit and in truth." **John 4:24**

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"Ascribe to the LORD the glory due his name; bring an offering and come before him. Worship the LORD in the splendor of his holiness." **1 Chronicles 16:29**

"Praise the LORD with the harp; make music to him on the ten-stringed lyre. Sing to him a new song; play skillfully, and shout for joy." **Psalm 33:2-3**

"I will extol the LORD at all times; his praise will always be on my lips." **Psalm 34:1**

"David and all the Israelites were celebrating with all their might before God, with songs and with harps, lyres, timbrels, cymbals and trumpets." **1 Chronicles 13:8**