

RUSSELL SANDERS

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A SONG IN YOUR HEART

Sometimes along the journey of this life we come to a time when we are feeling “down.” We are not feeling the joy. We could use a lift. This is a good time to read and meditate on Ephesians 5:18-20 ***“...be filled with the Spirit, speaking to yourself in psalms (songs) and hymns and spiritual songs, singing and making melody in your heart to the Lord; giving thanks always...”***

Our ears are a gateway into our soul and spirit. As a suggestion, try to remember, hymns, songs, and choruses you have heard or learned across time. Let them “play” in your head. Begin to sing one of them out loud. It can lift you up even in the most depressing time...the time of your “night,” when your “light” seems dim.

The great songwriter, Ira Stanphill, wrote a song about it. The chorus goes, ***“You can have a song in your heart in the night, after every trial, after every mile. Anyone can sing when the sun is shining bright, but you need a song in your heart at night.”***

You might find it on YouTube and listen. The title is ***“You can have a song in your heart.”*** But whatever song comes to your mind, sing it as unto the Lord and the Holy spirit will lift your spirit up through that “night” period.