



# DIGGING DEEPER

## When The Music Fades

November 16th, 2025

### Lean In

- What's a song that has shaped you or stayed with you through a season of life? Why do you think it had such an impact?
- Think about a time when life "went quiet" — when the music, excitement, or emotion faded. What did that season reveal about what you were trusting in?
- Why do you think music has such a strong ability to connect our emotions and our faith?

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### Look Up

*Read together: Ephesians 5:15–20*

### Observation — What does the text say?

- What words or phrases stand out to you in this passage?
- What commands or contrasts do you notice?
- How do "psalms, hymns, and songs from the Spirit" fit into Paul's larger instruction about living wisely and being filled with the Spirit?
- **What does it look like, practically, to "make music from your heart to the Lord"?**

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### Interpretation — What does the text mean?

- Why do you think Paul connects being “filled with the Spirit” to singing and gratitude?
- What might “psalms, hymns, and songs from the Spirit” represent in the life of a believer?
- What do we learn about God in this passage? (Hint: consider His joy, creativity, and presence in our worship.)
- What do we learn about *humanity*? (Hint: think about how we’re influenced, how we express ourselves, and how God designed us for worship.)
- **What does this passage teach us about how God shapes our hearts through music and worship?**

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### **Application — How should I respond?**

- How are you encouraged, challenged, or convicted by this passage?
- When the “music fades” in your life — when faith feels quiet or unresolved — how can you practice being filled with the Spirit instead of being filled with other things (distraction, noise, etc.)?
- What would it look like to make your life a “song from the Spirit”?
- **How can we encourage one another through psalms, hymns, and songs — not just in worship services, but in everyday conversations?**

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### **Additional Scriptures**

Use these verses throughout the discussion for further study or reflection:

- *Psalm 42:11* – “Why, my soul, are you downcast?... Put your hope in God, for I will yet praise Him.”
- *James 4:8* – “Draw near to God, and He will draw near to you.”
- *Romans 8:26* – “The Spirit Himself intercedes for us with groans too deep for words.”
- *Philippians 4:6–7* – “Do not be anxious about anything, but in everything... let your requests be made known to God.”

### **PRAYER**

#### **Prayer Guide:**

1. **Be Still** – Ask God to help you quiet distractions and become aware of His presence.  
“Lord, still my mind and heart so I can hear Your gentle voice.”
2. **Draw Near** – Confess where you’ve let noise or busyness drown out your connection with Him.  
“God, I want to draw near to You. Meet me in the quiet.”
3. **Find Hope** – Pray for faith to trust God in the unresolved parts of life.  
“Even when I don’t understand, help me keep singing to You.”
4. **Worship Together** – End by thanking God aloud for specific things He’s done — both big and small.

*(Optional: play a simple worship song together, or have one person read a Psalm as a prayer of praise.)*

## Practice (STEP OUT)

*Put truth into practice this week.*

1. **Turn Down the Volume**
  - Set aside one block of time this week (10–15 minutes) to be completely still — no music, no phone, no background noise. Ask God to speak to you in the silence.
2. **Rewrite the Playlist**
  - Take a look at the music, shows, or media that have been shaping your thoughts. Ask: *What's forming me right now?* Replace one “empty song” with something that fills your spirit — maybe a worship playlist, Scripture reading, or silence.
3. **Share Your Song**
  - This week, encourage someone through a “song from the Spirit.” It could be sending a verse, a song link, or simply praying for them. Let your life be a melody of hope to someone else.