**Remember to sing!   
Sue Edgeler** shares this encouragement to pour our hearts out to God in song.

**How good it is to sing praise to our God** *Psalm 147 v 1*

I wonder if like me, you love to sing?

It’s one of the things I have missed being able to do  
with other Christians during the pandemic.

Our church services are not quite the same as we either stand and listen or mumble behind our face masks instead of filling the room with our sung worship.

We can of course “sing“ in our hearts without making an audible sound. For some believers this is their only option, for fear of persecution or imprisonment.

There is, however, something thrilling and uplifting when a group of individuals join together to praise the Lord. Maybe you can recall a time when you experienced the power and joy of lifting high the name of Jesus. Whether we are alone or with others, we are encouraged to sing to the Lord for he has done glorious things, *Isaiah 12v 5*

Through my job I have the privilege of helping those with dementia. A good way to communicate is through music and song. Memories of long ago often come flooding back when a once familiar song is heard. I’ve known people who can’t put a sentence together, sing with fluency hymns they learnt as children. Singing is powerful and stirs not only memories but emotions too. A piece of music can move us to tears in an instant or remind us of a certain event or place. Singing has been proven to help our mental health as well.

*Isaiah 12v 5* instructs us to “Sing to the Lord, for he has done glorious things. Let this be made known to all the world”.

As we sing, it not only exalts our Saviour and cheers our hearts, but we are proclaiming to those around us what God has done.

Our Saviour is worthy of all our praise and worship.

How comforting it is to know that the one we praise rejoices over us with singing *Zephaniah 3v1.*