

What Song are You Singing... Now?

"Don't mourn or weep on such a day as this! For today is a sacred day before the Lord your God."
Nehemiah 8:9 (NLT)

What song is playing in your head?

Back in the early '70s, a local radio station celebrated its own demise by playing the same song over and over again. Twenty-four hours later, the song was still playing. I'm thankful I don't remember what song it was. I suspect it'd still be haunting me today!

Fortunately, I could just change the station.

Ever had a song get stuck in your head? The harder you try to stop thinking about it, the more it plays. Before long, you're humming a tune you don't even like… and you can't seem to change the station!

Other things work in our minds the same way. A disappointment, a painful memory, or a fear begins to repeat itself—a song of defeat. Can you hear the words? A song of fear? Anger? Deception? Grief? Before

long, it becomes the soundtrack of our lives.

Reflect: **What might God say about the song I'm singing right now?**

Nehemiah encountered a people who'd been singing a song of defeat for generations.

Jerusalem had fallen nearly 150 years earlier. Its walls lay in ruins, and the people had become accustomed to disgrace and discouragement.

Nehemiah was moved by this report:

"Things are not going well for those who returned to the province of Judah. They are in great trouble and disgrace. The wall of Jerusalem has been torn down, and the gates have been destroyed by fire." (Nehemiah 1:3)

The once-great city was now a reminder of failure—the song, "We're losers…." droning on and directing the Israelites future. Doomed.

Who can escape life's ruins?

A failed relationship becomes evidence that we aren't lovable. A missed opportunity convinces us that our best days are behind us. A season of spiritual dryness leads us to believe that Intimacy with God is no longer possible.

Start singing the song of ruins and, without realizing it, we let yesterday determine tomorrow.

Nehemiah didn't deny the past. He simply refused to let the song of ruins remain stuck in his people's heads.

He rallied them around a vision of restoration, of victory—a new song. In just 52 days, Jerusalem's walls were rebuilt. More importantly, God restored his people’s identity and renewed their hope.

Their song of ruins was overcome.

What if the same is true for you?

Consider: **Stop Fighting the Old Song**

Focus on not thinking about something and what happens? You think about it more! Tell yourself not to eat chocolate, and secretly you’ll crave chocolate! Tell yourself not to worry, and you’ll find yourself worrying about whether you're worrying!

Try to silence your old song and you’ll think about it more. No, it's about beginning to sing a new song.

Nehemiah didn't organize a campaign to lament Jerusalem's former glory. He focused the people on God’s promises. He instilled hope—a new song!

Perhaps you've been asking God to restore something you once had. A relationship. A sense of purpose. The spiritual vitality you remember from an earlier season.

Understandable. But what if God isn't calling you backward? What if he's inviting you forward, into something more? What if he’s wanting to restore your identity and enlarge your hope?

Nehemiah didn’t restore Jerusalem’s walls to their original form. In

fact, the walls weren’t his primary concern. His concern was the Jews themselves, rebuilding their pride, lifting them from a mindset of disgrace to a greater hope.

Walls are temporary, hope is eternal!

Is Your Hope Big Enough?

When your hope is too small, you need to sing a new song.
If your hope depends entirely on life going the way you want, what happens when it doesn't?

Daniel pointed to a far greater hope:

“During the reigns of those kings, the God of heaven will set up a kingdom that will never be destroyed or conquered. It will crush all these kingdoms into nothingness, and it will stand forever.” Daniel 2:44

Now that's a hope big enough to overcome any ruins—one worth singing about!

The light of eternity puts today's pain in proper perspective.

Imagine: **My walls may be in ruins, but I’m singing a new song.**

What song are you singing right now?

One of regret over what you should have done? Fear about what might happen? Frustration over what hasn't changed? Or are you believing your most meaningful days of serving Jesus are behind you?

Listen carefully. Those recurring words may reveal where you've

placed your hope—and where God wants you to trust him more deeply.

Lay this old song at the feet of Jesus and ask him to show you what is true, eternal. Ask him, “What new song am I to sing?”
Welcome a new song of victory and hope from your sovereign God.

Humm a bar. A little while later, hum it again. Then again…

Before long this great song of hope and victory will be stuck in your head!

Later, that old song will be long forgotten, just like that radio station of the 70’s. I still ask myself, “What song was that again?”

You will have difficult days—their ruins will lure you to sing of defeat. Will you let this song dictate your tomorrow?

What Song are You Singing… Now?

Get off the grid and ask these questions

Coach's Questions:

- **Reflect:** *What ruins have led me to sing a song of defeat?*
- **Ask:** *What does God say about this?*
- **Challenge:** *Lay your old song at Jesus’ feet, ask him for a new song and start humming!*
- Further insights: Your New Groove; Let
- Don't know my Mission—Start here!

Spirit Talk

Post this where you will see it regularly.

Sing a Song of Victory and Hope!

"Sing a new song to the Lord! Let the whole earth sing to the Lord! Sing to the Lord; praise his name. Each day proclaim the good news that he saves."

Psalm 96:1-2 (NLT)

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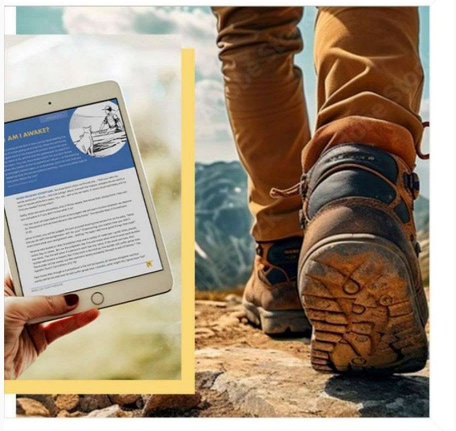
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