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Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. [Colossians 3:16](#)

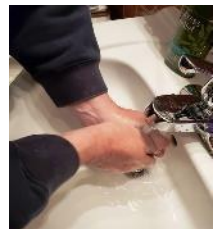
Soul Lifter

Singing does a world of good. Research continues to reveal the [physical and emotional benefits](#) of singing. The numerous results are positive. They merit further study. However, for believers, the impetus stems from more than acknowledging advantages to our own bodies and minds. We sing in obedience to our Lord's commands. We sing as an overflow of our adoration. We lift heart and voice to convey lasting truth to ourselves and those who follow. To further consider the "why" for singing, review [this article](#) by Tom Olson, who pastors the Orchard Evangelical Free Church in Illinois. Singing is a gift *from* God *to* us; it is also a gift *to* God *from* us. Letting a virus, disease, politician, stress, or persecution rob us of this privilege hurts us further still than the ill. Many seem to despair at the condition of our country, licking politically based wounds. When we sing the truths of God's Word, healing can take place. Let the hymn therapy begin!

Truth Teacher

Singing does a world of good. The truth revealed in a song inscribes important messages within the mind and heart. Jingles, not meant to have eternal importance, stay in our heads when they are put to a catchy tune. Who else remembers from childhood, "My bologna has a first name..."? A favorite session in the first week of Community Health Evangelism (CHE) training shares the importance of using stories and songs. At the end of the lesson, a team will share their own story or song created to convey a truth. Memorable and hilarious results regularly occur.

Debbie has a favorite song ([listen here](#)) she frequently shares when teaching that lesson. It is a children's song learned from Janie Aldridge, a pioneer FWB missionary in Cote d'Ivoire. The lyrics to the ditty tell how soap can wash our face, hands, and feet, but the blood of Jesus is even greater. His blood can wash us on the inside; it cleanses our hearts. From university doctoral students to illiterate mothers in the village, Ivorians have asked her to record the song on their mobile phones as an example for themselves. Memorable songs convey powerful spiritual and physical truths through generations of believers. Never discount the power of singing.



Prayer & Praise

- ☛ We have not received the final word that credit was applied to the purchase of an airline ticket for Verlin. It is a story too long to share, but pray that we obtain a good result this week.
- ☛ Remember the CHE trainers in Cote d'Ivoire reaching out as volunteers in difficult circumstances.
- ☛ Cote d'Ivoire's travel threat was raised to level 3 in recent days. Terror threats on the country's northern border and legislative elections in March were the primary cause for the change in status. Ask for peace that the Gospel can freely be shared and daily, worshipful life resume.

Your partners in the Gospel,
Verlin & Debbie

Last update: [Mettle – 210130.PDF](#)

Prior videos: [Work, Watch, Wait](#) [Belief Trap](#)

2020 Q3 Report: [Give me a "V" -](#)

[3Q 2020 Report 201,024 PDF](#)

2020 Budget: [CHSC-0118 ANDERSON-Budget 2020](#)

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