

Focus Idea #7: Music is a Part of Joy



Pick and choose any of the following items for your Family Home Evening.

Songs PSB= Primary Songbook

1. Anything joyful!
2. [There is Sunshine in My Soul Today](#) (Hymn #227)
3. [Love at Home](#) (Hymn #294)
4. [You Can Make the Pathways Bright](#) (Hymn #228)
5. [Now Let Us Rejoice](#) (Hymn # 3)
6. [Lift Up Your Voice and Sing](#) (PSB #252)
7. [Smiles](#) (If You Chance to Meet a Frown) (PSB #267)
8. [Jesus Wants Me for a Sunbeam](#) (PSB#60)
9. You are My Sunshine

Scripture Verses & Quotes

1. *[D&C 25:12](#)—Song of the righteous is a prayer
2. [Alma 5:26](#)—The song of redeeming love
3. [Psalms 7:17](#)—Sing praise (see also many other Psalms)

4. [James 5:13](#)—sing if merry
5. [Matthew 26:30](#)—Jesus and disciples sing before leaving for Gethsemane
6. Martin Luther—“Next to the word of God music deserves the highest praise. The gift of language combined with the gift of song was given to man that he should proclaim the Word of God through music.”

Games

1. Musical chairs
2. Play Name That Tune! This can be done using a piano, humming the notes, or in a variation using a cd or tape player. Player says how many notes it would take them to guess the song. The person doing the tunes then does the appropriate amount of notes. If player 1 can't guess it, player two gets a chance to take the point using one more note than player 1. Start with 10 possible points with 3 notes played and subtract a point each time another note is requested. Winner is he who has the most points at the end of game time.

Resource

[Worthy Music, Worthy Thoughts](https://www.lds.org/music/resources/worthy-music-worthy-thoughts?lang=eng) <https://www.lds.org/music/resources/worthy-music-worthy-thoughts?lang=eng>

Outings

1. Attend a musical as a family.
2. Attend a symphony performance—check the local college or high school for possible cheaper performances.
3. Attend a local choral event
4. Be a musical event. Go sing as a family at a rest home or hospital.

Object Lessons

1. What would the world be like without music? Watch a Bugs Bunny, or Mickey Mouse movie that has no words, only music. The Mickey Mouse episode where Mickey conducts the band could work. <https://www.youtube.com/watch?v=IErXg5kBXXg>

Activities

1. This could be an evening for just being musical together. Singing or playing an instrument together or individually, recital style.
2. Listen to some great music together.
3. Put on varying types of music and have everyone dance as the music dictates. Can music affect your emotions?
4. Read from the “Especially for Youth” pamphlet in the section about music. Discuss what was read.

Refreshment Ideas

1. Have everyone take bites in time to the music.

Discussion Questions

1. Why is music such an important part of Heavenly Father’s plan?
2. How do we tell the difference between “good” music and “bad” music?
3. Can music affect your emotions?
4. Does God want you to learn about music, or play an instrument?
5. What can be gained by learning to play and by practicing an instrument? (strengthens character, gain a skill, teaches patience, perseverance, diligence, can be a source of income by teaching others...)
6. Can playing an instrument be a good way to be a tool in the Lord’s hands?
7. Does He care if you sing or not? (see scriptures)
8. What does music do for the soul? (soothes, comforts, eases headaches)