

7/24/20

Are there songs embedded in your soul? Perhaps melodies you learned in church — or which were sung to you by a favorite person when you were young — or which simply have resonated with you and become part of who you are?

I was struck recently hearing an interview in which civil rights leader John Lewis shared his thoughts on the HUGE importance of music in the freedom movement over the years. He said that when folks were marching, sitting together in jail, or even just sitting and enjoying each other's company, someone would start humming ... almost instantly, other "hums" began ... and then maybe a few words...until pretty soon the whole song would come bubbling forth and suddenly everybody was singing . And what POWER there was in the collective song!"



"We Shall Not Be Moved" — an affirmation for non-violent sit-in's...

"This Little Light Of Mine" — a personal declaration that each person had a light "to shine"...

"We Shall Overcome" — uniting folks in determination, fellowship and commitment to the goal ...

"Precious Lord, Take My Hand" — reminding each person that God was on their side and always holding them close in the struggle (click this link to listen)...



While singing couldn't make fear totally disappear, it helped folks to "breathe through the fear — to navigate that fearful tension in your body..."

And singing with one another binds people together as nothing else can do

These songs came from a repertoire of songs folks already knew — which live deep in their spirit and which are always ready to comfort or to encourage.

So.... again, the question: What songs are embedded in your soul?

Close your eyes and start humming....