SA WORSHIP MAGAZINE

Prayer chauges everything

WORSHIP Theology Article



WHAT IS BURN OUT AND How we can Avoid it?



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Feel the burn....out

There are times that I run on a crazy amount of adrenaline-fuelled extroverted energy. I feel like I can go on forever at an event or a weekend away where I am enthused about a rehearsal or leading worship. Leading others into the presence of God through music fuels my energy and passion. There is a Holy excitement to do it.

But then the event ends, the rehearsal or weekend away is over, and I go home. Sometimes, I crash. Other times, it may take me a long time to wind down. It may not always be a dramatic change, but the energy level reduction from a high to a more normal level of operating in day-to-day life is a change in the intensity that I experience during those Holy excitement times.

I don't think what I have described is considered burn out. I think it is just a part of what a worship leader experiences when they open themselves up to the leading of the Holy Spirit. When God is directing you, how could you not feel a heightened sense of energy when working in a Spirit-filled way? The burn out I'm referring to is the apathetic malaise that sets in as we work tirelessly but may not be where God wants us to be working. As leaders, we often feel a responsibility to be out in the front, working and being busy all the time. A plethora of activity doesn't necessarily equate to guality leadership. Sometimes, we may feel we are in a season where we've lost inspiration and we are dry. Other times, there may be no one else so if we don't do something, it just won't get done.

In this productivity-focused society, we have lost our ability to rest. We are human. We are fallible and at times, we are weak. We aren't at our best when we are weary and tired. God's strength is perfect in our weakness, but we can't use that as an excuse to not take the time to rest that we have been designed to take.

No matter the reason for our weariness, we need to learn to rest in God.

Rely on Him instead of our own strength (Psalm 73:26). Take the rest we need instead of pushing and pushing because of anxiety (Psalm 127:2). Leave the cares we have with Him (Matthew 11:28-30). Take time to make considered decisions rather than rushing (Jeremiah 6:16). Prioritize our relationship with God (Psalm 91:1).

> Burn out is a complex issue that is influenced by so many different factors. However, if we can learn to rest as God intended, we can manage our human frailties and learn to avoid it.



Almost everyone makes New Year's resolutions. We try to develop new habits, abilities, and skills to improve ourselves and become the people we want to be. However, by the time April rolls around, many of these resolutions are distant memories. Think of the diet plans or gym memberships that go unused when we abandon attempts at the next level of fitness.

"Level up" is not a new concept. In fact, the Bible challenges and equips us to grow, or level up, in our faith. Some people can relate to this concept from video gaming. In gaming, levelling up is when a character completes some sort of progression that unlocks new abilities or skills. It enables them to keep moving forward toward a goal. In the same way, 2 Peter 1:3 (NIV) talks about our goal of godly living as we level up in our faith. As we continue reading, verses 5-7 encourage us:

"For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness,



CENTRAL TERRITORIAL YOUTH MUSIC GROUPS

and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love."

The Territorial Youth Band, Territorial Youth Chorus, and Territorial Worship Collective are meeting virtually each month on Zoom to talk about the biblical concept of levelling up.

In addition, these groups, along with other featured youth soloists performing on guitar, brass, and spoken word, are recording a devotional project called "Level Up." The project's goal is to provide a tool to help strengthen spiritual life and godly living.

The recording will include original compositions, as well as new recordings of hymns, gospel, jazz, spoken word and contemporary Christian music. Devotional materials written by a cross-section of officers and lay leaders throughout the Central Territory will accompany each track, offering relatable illustrations. By linking these musical selections with devotionals, aimed at modern challenges and questions, "Level Up" will help us focus on timeless solutions from God's Word and their application today.

Alexia Luce – Territorial Worship Collective

Early in 2019, I heard a group was being formed called the Territorial Worship Collective. I was beyond excited to play with youth from across the territory by participating in a territorial praise team. This opportunity came up right after I became a leader with my corps praise team. It was a blessing from God. In my first year, I was challenged to use my gifts and welcome a place for the Lord's presence to dwell in.

However, COVID-19 took away my second year with this group, but we found different ways to worship together and encourage one another. During this past year, we did collage videos of *I'll Raise a Hallelujah* and *Yes and Amen*. It was fun to participate and try something new. However, we didn't stop there. This year, the Lord provided us with the opportunity to record our music in a project called "Level Up." I'm excited for this recording project. It will be a new experience for many of us, as not many people get this chance. I am excited to see and be part of the process, as it will challenge us as musicians to level up our skills. I am even more excited about the message of the songs that we are recording because they will help plant truth in our hearts that will help us to level up on our journey with the Lord.



As we anticipate the release of this resource later this year, ask yourself how you can respond to God's promises as you level up in your own faith with the godly attributes listed in 2 Peter 1:5-7.

> Written by Josh Turner Territorial Contemporary Music Specialist USA Central Territory



I can testify to this fact. It changes us individually as we come before a mighty God, and it changes our world as we intercede. Prayer actually works and makes a difference to situations; I have seen evidence of this in my own life. It is a critical foundation in our Christian faith.

But why are we talking about prayer in a series of articles on worship?

Earlier this year, in the first article of the series, Louise reminded us that "He (Jesus) defines true worship as worshipping the Father in spirit and in truth. This establishes the only worship non-negotiables: it must be rightly directed to God, rightly engaged by God's Spirit, and rightly formed by God's Word." We are not limited by place or time to worship God. In fact, those two things are irrelevant to what is needed to worship.

In the next article, Britteny reminded us that "The Hebrew word for worship is *shachah* and depending on the context, it is translated into English as worship or bow down... Music itself isn't worship. My spiritual posture is everything... This is what the word shachah tells us; God is in control, and we give ourselves as an offering to Him." Britteny reminded us that worship is not limited to a particular format, but it is much more about the posture of our heart.

If we are not limited by the time, the place, the format, or the shape in which worship can take place, if it is rather about a posture towards God and connecting to Him – then prayer can be a way of worshipping! For prayer is precisely that: connecting and conversing with God.

But **how** do we pray? Yes, prayer is simply a conversation between you and God, but let's not leave it there. Let's look at what Jesus had to say about the subject. Luckily for us, the Son of God himself answered this question directly:

"This, then, is how you should pray:

'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. '''

Matthew 6:9-13 (NIV)

I want to share a few observations about the prayer Jesus gave us.

Firstly, this prayer glorifies Father God. It is not self-promoting but rather invites us to come humbly before God as we give Him all the focus.

Yes, the second half of the prayer features our requests before the Father, but even then, it merely highlights our dependence on God. We rely on God to give us our daily bread, we rely on God to forgive us our sins, we ask God to lead us away from temptation. This prayer glorifies the Father and asks us to rely on and trust Him.

Secondly, Tim Mackie (theologian and cofounder of the BibleProject) observes the structure of The Lord's Prayer. It is broken down into an introduction and two sections:

Intro: Our Father in heaven, hallowed be your name,

Section 1: your kingdom come, your will be done, on earth as it is in heaven.

Section 2:

Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.

The intro reminds us of who we are praying to. Section 1 addresses the Father, and Section 2 brings out the petitions of the community of disciples. Mackie identifies how I don't think it is an accident that Jesus used Jesus has given us a prayer that is "structured according to Jesus' highest values"- the Great Command.

"Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself." Matthew 22:37-39 (NIV)

Mackie states that "Jesus has given us a prayer that reflects those two priorities... where we first orient ourselves to the Father. We express our loyalty and allegiance and love for the Father and His priorities in our world. And then we turn our attention to us."

What a beautiful structure Jesus has given us to use while praying. It is simple, easy to remember, poetic, and sums up his entire mission.

My next observation is the use of communal language. This may sound obvious, but have you ever paid attention to the fact that The Lord's Prayer is written with communal language?

"Our Father," "Give us," "Forgive us," "Lead us." Not once does it say my or me.

For many years when I prayed, "Give us today our daily bread," I really meant "Give me today my daily bread." But once you let this fact sink in, it is a real game changer. The Lord's Prayer is really a prayer of intercession! It is a prayer to pray with and on behalf of others. Yes, it is a beautiful prayer to pray over yourself, but communal language.

Intercession is an important part of prayer (as we can see from the fact that Jesus included it when he taught us how to pray). It is also an important way to partner with God in His mission on earth.



In his book, *Red Moon Rising*, Pete Greig states that "Christians are called to welcome Christ into every 'square inch of the whole domain of our human existence." This means that whenever we see the tyranny of enemy occupation at work in our own lives, we pray for Christ's Kingdom to come instead. Whenever we see oppression amongst the poor, in our educational systems, in government or even in the church, we use our free wills to say defiantly, "Not my will but Your will be done." He goes on to say, "Our prayers light up landing strips for the invading forces of Heaven." What a fantastic perspective on intercession! Let's welcome in and light the way for the forces of Heaven!

So, let's get practical. How can these revelations be reflected in our prayer life?

1. The NKJV translates verse 9 as "In this manner, therefore, pray." So, let's use the structure of The Lord's Prayer as a guide to pray. (The structure being: Focus on who are praying to, praying for an increase in God's Kingdom and His will, and then bringing our earthly needs before Him.)

By reminding ourselves of who God is/ what He has done and praying for His Kingdom first before praying for our own needs, I suspect our perception of our own needs will change. Instead of rushing into prayer with a list of our complaints, perhaps our earthly requests will have a new perspective in light of our incredible God. (Please hear me, it is important to bring our needs before God. He wants to hear them and ease our burden. But how often do we just pray because we need or want something? I know I am certainly guilty of that.) 2. Praying the words of scripture is a powerful tool. Let's join with thousands of generations before us in praying the prayer Jesus gave us. If you feel God's prompting, I challenge you to pray this prayer every day for a month. See what happens, see how it translates in the different contexts of your life, see what God reveals through it.

3. And finally, pray this prayer with others and on behalf of others. It may be with a bible study, a life group or just a group of trusted brothers and sisters in Christ. It may be on behalf of your friends, your community, your church, your city, your country, the world.

I suspect many of you reading this article will be involved in creative groups within your local church. I urge you to make prayer a key priority in your group. You may like to pray this prayer, or pray using this model with your group. However you decide to pray, it is crucial that we are committed to being a people of prayer. Powerful things happen when we press into God together. I also want to encourage you to pray using this model on behalf of your group. Intercede for them. Bring each member and the situations they face before the God of Heaven and earth. Because ... prayer really does change everything.

Written by

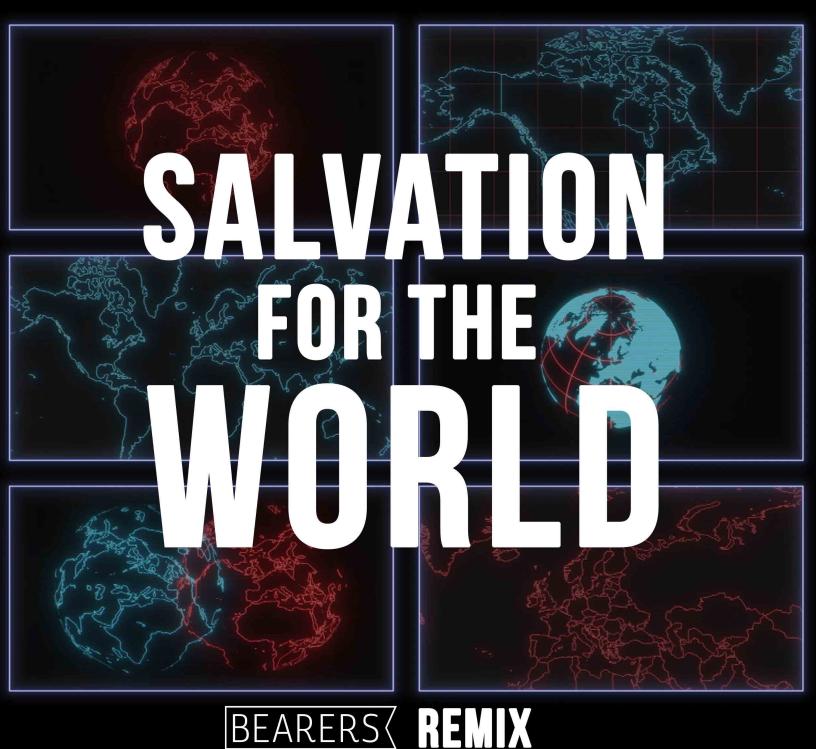
Shushanna Spence Worship Arts Coordinator NSW/ACT Australia Territory

1.Mackie, T., 2018. The Lord's Prayer- Gospel of Matthew Part 10. [podcast] Exploring My Strange Bible 2.Greig, P. and Roberts, D., 2003. Red Moon Rising.

NEW TRACK FROM



CHECK OUT THE REMIX OF SALVATION FOR THE WORLD ON <u>SPOTIFY</u>, <u>Apple Music</u> and other streaming services. Watch the Music Video on <u>Youtube</u>.



A NEW type of choir resource

There isn't much that is more powerful and compelling than when we are able to gather together and have a shared experience. It is so incredible that we can come together and share our experience of worship! God has given us the gift of our voices, so we ought to use that gift to worship Him, together.

Blended worship is the idea that everyone can come together and contribute to worship. It can be as small or as big as you want it, yet every individual taking part is bringing something special and unique to the also with regards to the arrangement. For mix. Even if you have a 2nd horn, 3 violins and a kazoo; God will honour that worship! Therefore, it makes complete sense that The Salvation Army provides opportunity to create moments of blended worship. Salvation Worship provides the opportunity for you to bring blended worship to your local setting.

An exciting development of the Salvation Worship resource is that of new choral parts that are now available for FRFF!

Music Editorial in the United Kingdom & Ireland Territory have teamed up with MAGA to provide these arrangements which can be used either to complement everything else going on with your worship team, but also as stand-alone pieces. Already we've seen these arrangements being used at summer camps across the world.

The whole point of this resource is so that you can shape it to what you need it to be. Not just instrumentation wise, but example, you could start a song with just the worship team and a voice, add in the brass band throughout verse 2 then bring in the songsters with loads of juicy harmonies for the final chorus. Here you are providing musical direction, and enhancing that shared experience not only for musicians, but also for the congregation.



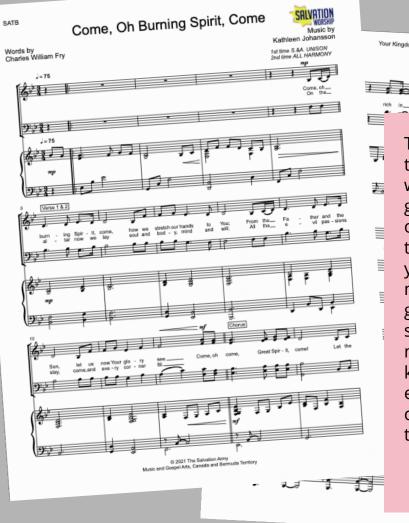
Click to Listen

Una Voce have recorded virtual choir versions of

Let the Beatuy of Jesus **Boundless Love**

Choral charts are available in 3 versions for every song:

SATB: Full four-part harmony using soprano/alto/tenor/bass voices SAT: Three-part harmony using soprano/alto/tenor voices SSA: Three-part harmony using soprano 1/soprano 2/alto voices



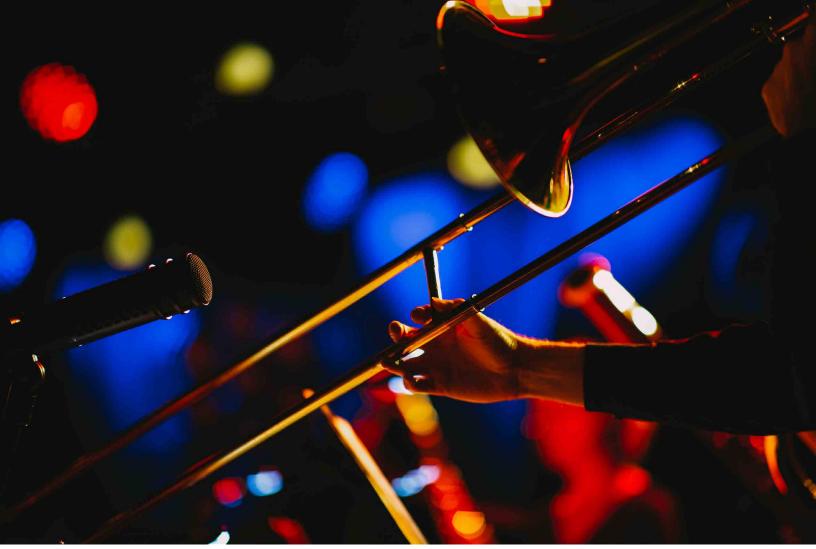


The thing I love about blended worship is that it is a bridge building tool. Too often we see music groups within corps not getting along and not appreciating each other's contributions. As soon as you throw this style of team building into the mix, you give people the chance to stop and notice the contributions made by other groups. You begin to chat about those shared experiences with Gary (made-up name) in the baritone section. Before you know it, blended worship has created an environment conducive to worship - one big community of God-loving musicians working together to further the Kingdom.

So don't delay! Choral parts for Volume 1 are now available on www.salvationworship.com

and Volume 2 choral parts will be released very soon.

Written by Karl Westwood Music Editor Music Editorial



WOULD YOU LIKE BRASS WITH THAT?

As we begin the process for Volume 3 of Salvation Worship, it's almost time to start writing brass parts for five new songs. Salvation Worship has two available options for brass orchestrations. The first is the punch brass scoring, like Praise Charts. The other option is the brass pad scoring, which serves as chording colorizations that are an added element to piano and guitar accompaniment. The arrangement and scoring are designed in such a way that allows everyone to work together. Written by Marcus Venables

The brass is never a stand-alone accompaniment. For more details, check out issue 10 of SA Worship Magazine.

I want to share a little bit of insight into how the parts are written and developed. The simple answer is that I listen to the songs, figure out what will work, and then notate it. The more in-depth answer involves a longer process. Perhaps in explaining this process, it will give some inspiration and guidance to those who are looking to write their own brass parts for worship songs.



Once the five songs are selected for publication,

the team meets to discuss artists that could potentially record each song. Depending on the song, it will require different rhythm, keyboard, and guitar needs. Some songs are driven by the drums, or more delicately by an acoustic guitar. After this is decided, guide tracks, lead sheets, and overall scoring suggestions are sent out for musicians to record their part. Once all the individual tracks are sent back, a rough mix is put together. I will listen through each song to find a hook that the songwriter may have written, or one that a musician may have recorded, and I will expand upon this hook or motif.

As I discover these main hooks, I also listen carefully for other ideas that the keyboard or guitar might have played in recording their part. Perhaps there might be a moment that can be enhanced by adding an echo or harmony. These will often relate to the hook of the song or will preview an idea of something that is still to come. A motif that sounds cool but doesn't fit the chording of the song won't work. I rarely allow the punch brass to double the melody line. They may start or come in halfway through the line (check out the chorus of **Boundless Love** BRASS CHARTS FOR Salvation Worship Volume 1 and Volume 2 are available FREE www.salvationworship.com

from Volume 1), but it is simply to enhance or accentuate the line. The punch brass parts are usually a mix of octave unison and harmony playing.

The brass pad parts are the final element added. These parts are added to various sections of the song that need more depth and colour. It is important to follow the chords of the song very closely and voice everything in a way that is both pleasing and playable for a wide range of instruments and players. That's why these parts are mostly whole and half notes. Swells using dynamics are often very effective, but the goal is to keep these parts in the background.

I find the balancing act is finding the right places for all the brass parts to be inserted. Less is more, but sometimes less is also cliché. We have all seen many brass parts that simply say, "play 2nd time." Always ask yourself where the brass texture is suitable and keep in mind that these orchestrations are optional.

As you discover more of Salvation Worship and we continue to publish more songs, it will be great to continually find more styles of writing for brass that will strive to enhance each song, and ultimately enhance our worship experience.

PRACTICAL PLANNING

How to introduce a new song?

One area of constant difficulty in leading worship seems to be introducing new songs for the congregation to sing. As leaders, we neglect to plan out how we are going to introduce these new songs. When a congregation learns a new song, it becomes a new expression of worship to their praise. As a servant leader, it is your job to assist them in their learning of the song so they can enter fully into worship. Making a plan to teach new songs gradually allows the congregation to pick it up more quickly.

Write a four-week plan to introduce a new song. Remember to consider: Where the song will be placed in the service? How much of the song will be introduced? Are words and/or music provided? What other familiar songs will you use to complement the new song?

Song:

Week 1

Week 2

Week 3

Week 4



After you have introduced a new song, evaluate how it went by answering the questions below. Answer these questions each week and track the changes in the response from the congregation and your team. This will help you decide if you want to keep using this song in worship.

Was the congregation engaged and singing? Did you receive feedback from the congregation, either positive or negative? Was the song executed the same way it was in rehearsal? Are there any changes to make in rehearsal before worship next week?

Song:

Week 1 Feedback:

Action:

Week 2 Feedback:

Action:

Week 3 Feedback:

Action:

Week 4 Feedback:

Action:

SHARING

GOOD / NEWS

What are the highlights of your journey as a worship leader?

Some of the highlights of my journey would be my identity process of being a daughter of King Jesus. Another highlight is the ongoing relationship/dialogue I have with the Holy Spirit; the revelation that I am His beloved and He is mine.

What is your new role?

I am the Worship Specialist at the California South Division. I've been given the responsibility and stewardship of walking alongside our worship leaders in my division through discipleship, mentorship and creating spaces of worship for our leaders.

What excites you about your new role?

What excites me are the stories and backgrounds of every worship leader I get to do life with. It is my joy to listen to their life testimony of God's faithfulness and goodness. I love seeing them the way God sees them and partnering with the Holy Spirit to empower them into greater intimacy with the Father.

How do you see worship playing an integral role in the life of corps in your division?

I think that worship is the gateway to breakthrough. The greater the worship, the greater the intimacy with Jesus. If communion with Jesus is the goal in life, I think that worship is what holds all the cards to true communion with Jesus. Worship is an atmosphere we carry throughout our life, and to remind brothers and sisters that we get to do this for eternity is the reality. We are Kingdom citizens and if that's what they do up there, then let's do it down here too!

Anything else you want people to know?

We are sons and daughters of the King. We live in the Kingdom and that is our home. Let's operate from that lifestyle and lineage. Also, do life with the greatest helper - the Holy Spirit. Keep asking the Holy Spirit questions about anything and everything. He loves talking to us and being in conversation with His children.





Pasadena Tabernacle Corps Los Angeles USA Western Territory

Worship Specialist in the California South Division

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