



Continual devotion establishes so close a relation between Jesus and His disciple that the Christian becomes like Him in mind and character. Through a connection with Christ he will have clearer and broader views. His discernment will be more penetrative, his judgment better balanced. He who longs to be of service to Christ is so quickened by the life-giving power of the Sun of Righteousness that he is enabled to bear much fruit to the glory of God.”

### Applications of the principle of Balance

- ◆ *How much honey should we use?* Proverbs 24:13 , Proverbs 25:27, Proverbs 25:16
- ◆ *How much work should we do?* Genesis 3:19 , Ecclesiastes 9:10 -- Mark 6:31
- ◆ *How much sleep should we have?* Psalms 127:2 -- Proverbs 24:30-34
- ◆ *How much study should we get?* 2 Timothy 2:15 -- Ecclesiastes 12:12

*Letter 85, 1888; 8 Manuscript Releases, p. 330.4.* “By studying after nine o'clock, there is nothing gained but much lost. Teach and practice that the time can be systematically employed, one duty after another attended to promptly, not allowed to lag, so that midnight hours will not have to be employed in laborious studies.”

*Letter 85, 1888; 7 Manuscript Releases, p. 224.3.* “I know from the testimonies given me from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock...”

### What should we eat?

*7 Testimonies, p. 133.* “In the use of foods we should exercise good, sound common sense. When we find that a certain food does not agree with us, we need not write letters of inquiry to learn the cause of the disturbance. Change the diet; use less of some foods; try other preparations. Soon we shall know the effect that certain combinations have on us. As intelligent human beings let us individually study the principles and use our experience and judgment in deciding what foods are best for us.”

## Chapter 3 -- Sacred Music

### Why is Music important to study?

#### 1 - Music is a part of God's character.

*Zephaniah 3:17.* “The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing.”

*Evangelism p. 498,9.* “With the voice of singing He welcomed the morning light. With songs of thanksgiving He cheered His hours of labor, and brought heaven's gladness to the toil-worn and disheartened.”

#### 2 - The Bible and Spirit of Prophecy encourage singing and making music that glorifies God.

*Psalms 100:2.* “Serve the LORD with gladness: come before his presence with **singing**.”

*1 Chronicles 13:8.* “And David and all Israel played before God with all their might, and with singing, and with harps, and with psalteries, and with timbrels, and with cymbals, and with trumpets.”

*Colossians 3:16.* “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.”

*Evangelism, p. 507.* “Music forms a part of God's worship in the courts above. We should endeavor in our songs of praise to approach as nearly as possible to the harmony of the heavenly choirs.”

*Education, p. 47.* “The chief subjects of study in these schools (the Schools of the Prophets) were the law of God, with the instruction given to Moses, sacred history, **sacred music**, and poetry...Sanctified intellect brought forth from the treasure house of God things new and old, and the Spirit of God was manifested in prophecy and **sacred song**.”



**3 - The devil is a musician.**

Ezekiel 28:13-15

Tabrets = timbrel or tambourine; from taphaph which means:

- 1) to play or sound the timbrel, beat, play upon, drum (on a timbrel or other object)

1 Spirit of Prophecy p. 28 "The hour for joyful, happy songs of praise to God and his dear Son had come. Satan had led the heavenly choir. He had raised the first note, then all the angelic host united with him, and glorious strains of music had resounded through Heaven in honor of God and his dear Son. But now, instead of strains of sweetest music, discord and angry words fall upon the ear of the great rebel leader."

**4 - Music is a significant tool in the great controversy.**

*Education, p. 167.* "The history of the songs of the Bible is full of suggestion as to the uses and benefits of music and song. Music is often perverted to serve purposes of evil, and it thus becomes one of the most alluring agencies of temptation. But, rightly employed, it is a precious gift of God, designed to uplift the thoughts to high and noble themes, to inspire and elevate the soul."

*1 Testimonies, p. 497.* "Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse. It excites, but does not impart that strength and courage which the Christian can find only at the throne of grace...Satan is leading the young captive. Oh, what can I say to lead them to break his power of infatuation! He is a skillful charmer, luring them on to perdition."

**Music on the side of Christ** (1 Samuel 16:23)

*Manuscript 5, 1850.* "I saw we must be daily rising and keep the ascendancy above the powers of darkness. Our God is mighty. I saw singing to the glory of God often drove the enemy away, and praising God would beat him back and give us the victory."

*Ministry of Healing, p. 254.* "Song is a weapon that we can always use against discouragement."

**Music on the side of Satan**

Exodus 32:17-19

Daniel 3:7

After Balaam's prayers to curse Israel didn't work... (See Numbers 25)

*Patriarchs & Prophets, p. 454.* "At Balaam's suggestion, a grand festival in honor of their gods was appointed by the king of Moab, and it was secretly arranged that Balaam should induce the Israelites to attend. He was regarded by them as a prophet of God, and hence had little difficulty in accomplishing his purpose. Great numbers of the people joined him in witnessing the festivities. They ventured upon the forbidden ground, and were entangled in the snare of Satan. Beguiled with music and dancing, and allured by the beauty of heathen vestals, they cast off their fealty to Jehovah. As they united in mirth and feasting, indulgence in wine beclouded their senses and broke down the barriers of self-control. Passion had full sway; and having defiled their consciences by lewdness, they were persuaded to bow down to idols. They offered sacrifice upon heathen altars and participated in the most degrading rites."

**5 - Satan is using all kinds of music today to draw minds away from Christ.**

*The Adventist Home, p. 407.* "They have a keen ear for music, and Satan knows what organs to excite to animate, engross, and charm the mind so that Christ is not desired...The introduction of music into their homes, instead of inciting to holiness and spirituality, has been the means of diverting their minds from the truth. Frivolous songs and the popular sheet music of the day seem congenial to their taste. The instruments of music have taken time which



should have been devoted to prayer... Satan is leading the young captive. Oh, what can I say to lead them to break his power of infatuation! He is a skillful charmer luring them on to perdition.”

The mixture of dance rhythms and gospel music of today is not new; in fact it appeared in 1900, during one of the Seventh-day Adventist camp meetings in September of that year Elder and Mrs. S.N. Haskell were sent by the General Conference to assist at the camp meeting held at Muncie, Indiana. Apparently a fanatical movement was attempting to dominate the meetings. Although the Haskell’s had witnessed similar manifestations before, that which they witnessed at Muncie was even more serious.

Mrs. Haskell wrote to Sara McEnterfer and described not only the meeting in general, but also gave a helpful description of the music used: "We have a big drum, two tambourines, a big bass fiddle, two small fiddles, a flute, and two cornets, and an organ, and a few voices. They have Garden of Spices as the songbook and **party dance tunes to sacred words.**"

Before this, Mrs. White had received a vision in which this entire event was shown her. In her reply to the Haskell's she wrote:

*2 Selected Messages, p. 36.* “The things you have described as taking place in Indiana, the Lord has shown me would take place just before the close of probation. Every uncouth thing will be demonstrated. There will be shouting, with drums, music, and dancing. The senses of rational beings will become so confused that they cannot be trusted to make right decisions. And this is called the moving of the Holy Spirit.

The Holy Spirit never reveals itself in such methods, in such a bedlam of noise. This is an invention of Satan to cover up his ingenious methods for making of none effect the pure, sincere, elevating, ennobling, sanctifying truth for this time. Better never have the worship of God blended with music than to use musical instruments to do the work which last January was represented to me would be brought into our camp meetings. The truth for this time needs nothing of this kind in its work of converting souls. A bedlam of noise shocks the senses and perverts that which if conducted aright might be a blessing. The powers of satanic agencies blend with the din and noise, to have a carnival, and this is termed the Holy Spirit's working.” “Those things which have been in the past will be in the future. Satan will make music a snare by the way in which it is conducted.”

### Evaluating the components of a musical work

**Melody** - The melody is the most prominent part of the music. It is the “story line” of a piece of music and consists in the horizontal arrangement of notes. In sacred music the melody will have rise and fall (i.e., pitches going up and down). A melody that remains static (on the same pitch) can through repetition produce a hypnotic effect. It will have satisfying proportions (i.e., a beginning, middle, and ending) and give a sense of completeness. The melody tells the story of the piece. It will at some point (usually near the end) come to a climax and then a resolution. It will be written in such a way to elicit an emotional response from the listener.

**Harmony** - Occurs when two or more tones are sounded at the same time. As the melody provides the “profile” for a piece of music, the harmony is its “personality”.

**The Rhythm** - A specific allotment of time given to a note or syllable in a verse and the time meter of a composition of music. It is the orderly movement of music through time.

The rhythm element of music consists of measurements of time divided into bar cycles, or measures. The most common time units are measures containing two beats (double time), three beats (triple time), or four beats (quadruple time). In any good piece of music, the strongest beat in a pattern (measure) is the down beat (the first beat in the pattern). If the pattern has four beats, the strongest beat is the first, and the second strongest beat is the third, as pictured in the measure below:

**/ONE, two, THREE, four/**

Rock music reverses the common order of the beat by placing the emphasis on what is known as the offbeat. In the offbeat, the main emphasis falls on beat four and the secondary beat is on beat two as pictured in the measure below:

**/one, TWO, three, FOUR/**

*Good music follows exact mathematical rules, which cause the mind to feel comforted, encouraged, and ‘safe’.*



**The devil has reversed this order by making the rhythm the most prominent part of music, instead of the melody.** Notice, Galatians 5:16,17; and recall 2SM 36.

### **The Effect of Music on the Body**

Dr. John Diamond, a medical doctor, has conducted extensive research on the medical effects of music. He has noted that man is rhythmic in respiration, heartbeat, pulse, speech, and gait, and when the rhythm of music corresponds to the natural body rhythms, it produces feelings of ecstasy, alertness, and peace, and it energizes the mind and body, and facilitates balance and self-control. (These secular medical findings are also supported by Scripture - I Samuel 16:15-17,23).

“By contrast, exposure to music with “dis-harmonic” rhythms, “whether it be the ‘tension’ caused by dissonance or ‘noise’ or the unnatural swings of misplaced rhythmical accents, syncopation, and poly-rhythms, or inappropriate tempo – can result in a variety of changes including: **an altered heart rate** with its corresponding **change in blood pressure**; an **over stimulation of hormones** (especially the opiates of endorphins) causing an **altered state of consciousness** from mere exhilaration of one end of the spectrum to unconsciousness on the other; and **improper digestion.**” –Louis Torres, *Notes on Music p. 19*

"To the question, 'Does music affect man's physical body?,' modern research applies in the clear affirmative. **There is scarcely a single function of the body which cannot be affected by musical tones.** Investigation has shown that music affects digestion, internal secretions, circulation, nutrition and respiration. Even neural networks of the brain have been found to be sensitive to harmonic principles" - David Tame, *The Secret Power of Music*, p. 136

### **How does music affect our whole body?**

“To appreciate the effects of music, we need to be aware of the basic processes that take place in the human ear at the sound of music. The sound waves (vibrations) hitting the ear drum are transformed into chemical and nerve impulses which register in our mind the different qualities of sounds we are hearing. What many do not know is that “the roots of the auditory nerves—the nerves of the ear—are more widely distributed and have more extensive connections than those of any other nerves in the body...[Due to this extensive networking] there is scarcely a function of the body which may not be affected by the pulsations and harmonic combinations of musical tones.” –Podolsky, *Music for Your Health* pp.26,27

“Music, which does not depend upon the master brain (centers of reason) to gain entrance into the organism, can still arouse by way of the thalamus—the relay station of all emotions—sensations and feelings. Once a stimulus has been able to reach the thalamus, the master brain is automatically invaded.” –Altshuler, *Music and Medicine* p.270

### **Does rock music stimulate sexual arousal?**

When the relentless syncopated beat of rock music, regardless to the lyrics, enters the body, the brain is put into a state of stress. In reaction to this stress the brain releases several hormones. Two examples are: **Natural opioids**, which are chemically similar to morphine, to control the body’s sensitivity to pain; and **gonadotrophins**, a sex hormone, which results in either **sexual arousal or arousal to aggression**. In this way the listener experiences an addictive “high”. These forces of arousal might also be neutralized by means of dance.

**In essence, what the medical experts are saying is that today's rock sound (irrespective of the lyrics tacked-on to it in order to classify it as either secular or "Christian") fights against the rhythmic nature of man's creation. Music has largely become a sensual experience that not only exists in the night clubs and rock concerts, but also in churches.**

Any attempt to Christianize the secular rock music by changing its lyrics ultimately results in the prostitution of the Christian faith and worship, for five major reasons:

- 1–Rock Music distorts the Message of the Bible the medium affects the message
- 2–Rock Music Compromises the Church’s Stand for Separation
- 3–Rock Music Embodies the Spirit of Rebellion



4–Rock Music Can Alter the Mind

5–By Emphasizing the Beat, Rock Music Gratifies the Carnal Nature

### What about David’s dancing?

*Adventist Home, p. 517.* “David's dancing in reverent joy before God has been cited by pleasure lovers in justification of the fashionable modern dance, but there is no ground for such an argument. In our day dancing is associated with folly and midnight reveling. Health and morals are sacrificed to pleasure. By the frequenters of the ballroom God is not an object of thought and reverence; prayer or the song of praise would be felt to be out of place in their assemblies. This test should be decisive. Amusements that have a tendency to weaken the love for sacred things and lessen our joy in the service of God are not to be sought by Christians. The music and dancing in joyful praise to God at the removal of the ark had not the faintest resemblance to the dissipation of modern dancing. The one tended to the remembrance of God and exalted His holy name. The other is a device of Satan to cause men to forget God and to dishonor Him.”

### Other Counsels Regarding Sacred Music

*Evangelism, p. 508,9.* “In their efforts to reach the people, the Lord's messengers are not to follow the ways of the world. In the meetings that are held, they are not to depend on worldly singers and theatrical display to awaken an interest. How can those who have no interest in the Word of God, who have never read His Word with a sincere desire to understand its truths, be expected to sing with the spirit and the understanding? How can their hearts be in harmony with the words of sacred song? How can the heavenly choir join in music that is only a form?”

*Evangelism, p. 508.* “I saw that all should sing with the spirit and with the understanding also.”

*Evangelism, p. 505.* “It is **not loud singing** that is needed, but clear intonation, correct pronunciation, and distinct utterance. **Let all take time to cultivate the voice**, so that God's praise can be sung in clear, soft tones, not with harshness and shrillness that offend the ear.”

*Evangelism, p. 507.* “I have often been pained to hear untrained voices, pitched to the highest key, literally shrieking the sacred words of some hymn of praise. How inappropriate those sharp, rasping voices for the solemn, joyous worship of God. I long to stop my ears, or flee from the place, and I rejoice when the painful exercise is ended.”

*Evangelism, p. 507.* “Music forms a part of God's worship in the courts above. We should endeavor in our songs of praise to approach as nearly as possible to the harmony of the heavenly choirs.”

### Guidelines of Sacred Music

1. Bring glory to God and assist us in acceptably worshiping Him. 1 Cor. 10:31
2. Ennoble, uplift and purify the Christians thoughts. Phil. 4:8; PP 594
3. Have a text which is in harmony with the scriptural teachings of the church.
4. Shun theatrical and prideful display. Ev 137
5. Have all elements of the music (i.e. melody, harmony, rhythm, tempo, volume) in a proper balance.
6. Have rhythmic cycle’s which emphasize the ‘down beat’ instead of the ‘back beat’, and are largely free from syncopation, and poly-rhythms, so to reinforce the rhythmic cycles of the human body.
7. Be appropriate for the occasion, the setting and the audience, for which it is attended. Ev 507-8
8. Be sung or played with the spirit and understanding. Ev 508,510