

I believe in kindness. Also in mischief. Also in singing, especially when singing is not necessarily prescribed.

Mary Oliver



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“¿Quién es el criado fiel y atento, a quien su amo deja encargado de los de su casa, para darles de comer a su debido tiempo? Dichoso el criado a quien su amo, cuando llega, lo encuentra cumpliendo con su deber.”

—Mateo 24:45,46.



Wednesday, December 14, 2022

## Making a Joyful Noise

by Robbin Brent

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especially when singing is not necessarily prescribed.*

—Mary Oliver

This past year I discovered why joy and singing are celebrated throughout the Bible. For more than 20 years, I had wanted to take singing lessons but because I had no desire to sing publicly, I didn't think a voice coach would want to work with me. I simply wanted to explore, honor, and celebrate my true voice. Then, through a mutual friend, I discovered a marvelous and gifted voice coach who was happy to work with me.

After only a few sessions, I was amazed at how singing every day brought so much joy and delight, not only to singing, but to other areas of my life and relationships, as well. This reminds me of one of the foundational principles running through all of the Living Compass resources: all areas of our well-being are interconnected. What happens in one area of our lives will affect all the other areas. My experience confirms the wisdom and truth of this, and it offers hope and encouragement because it means we don't have to tackle every area we feel needs our time and attention. If we give our full attention and prayer to just one area, the growth and transformation we experience there will offer unexpected blessings to the whole of our being.

While I don't have room to share the 500+ Bible verses related to joy and singing I found, here is one that has lifted my spirits along the way from Psalm 13:5-6: *Let my heart rejoice in your saving help. Let me sing to the Lord.*

**Making it Personal:** What is your response to the idea that all areas of whole-person well-being are interconnected? Is there an activity or hobby you've wanted to try but for some reason haven't yet? Something that makes you happy just to think about? If yes, what is one step you could take today that would move you closer to your desire?

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**Pray**

# Advent Day 18

**Pray along with the Collect for Advent 3, found on page 212 in The Book of Common Prayer. How will prayer guide you through the rest of the week? Set aside special time today to focus your intentions on stirring up peace and spreading joy.**

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# The Way of Love

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