

Music in Counseling

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Music can counsel us in numerous ways; its benefits are immeasurable. A few of them:

1. Music reminds us of God’s character, kindness, and power so our moods aren’t decided by problems, people, or pain. In 2 Chronicles 20, King Jehoshaphat was “afraid and turned his attention to seek the LORD” (v. 3) when he was informed three armies were about to attack Judah. After telling the people to fast and seek God’s help, the king told them to “put your trust in the LORD your God...” (v. 20b). The people then “began singing and praising” (v. 22) and the LORD set ambushes against their enemies so they were defeated.
2. Music offers comfort and hope. Psalm 40:3 says, “He put a new song in my mouth.”
3. Music integrates both parts of our brain—the logical and the emotional.
4. Music helps us live in—and enjoy living in—the present.
5. Music helps us see others’ perspective and concerns.
6. Music provides a way to express grief. Psalm 73:26 says, “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”
7. Music reminds us we’re never alone: “The LORD will command His lovingkindness in the daytime; and His song will be with me in the night, a prayer to the God of my life” (Psalm 42:8).

In *Forever Music*, Edith Schaeffer wrote, “You or I may never have played an instrument, but we do carry our voices as instruments. We don’t need to be opera singers to sing familiar songs out of the past for our own ears, or the ears of our loved ones. Even a hum such as Pooh Bear’s hum can bring warm memories, or an undefined sense of being in the presence of familiar sound.” She talks about the need to recapture the habit of simply enjoying music in our homes, explaining “music is essential to human beings even as human beings are essential to music...music binds a family together as they share a symphony orchestra’s concert, or sing folk songs by a piano...”

The Lubben Brothers’ music has benefited me and my counseling clients. Their music points to Psalm 33:2-3: “Praise the LORD with the harp; make music to Him on the ten-stringed lyre. Sing to Him a new song; play skillfully, and shout for joy.”

For couples experiencing disconnection in their relationship, *True Love Always Stays* offers the antidote to emotionally checking out and a tool for improving communication, illuminating what 1 Corinthians 13 says about love and commitment.



TRUE LOVE ALWAYS STAYS: *I promise to listen; I promise I’ll wait; I promise to sit til you’re OK. I promise to be here; I promise I’ll stay; I promise I’ll keep my promises. Cause Sweetheart, love don’t always feel like love. Don’t promise me anything except that you’ll stay. And no matter what, you’ll love me anyway. True love always stays.*

STAY A LITTLE LONGER: When Josh aYnd his wife Katie lost their baby, Sparrow, Josh said he struggled to process his emotions until he put them to music. “Through this song, I came to terms with my own grief and found some stability,” he writes, adding. “I hope this song comforts you in your own journey of loss or grief.”

FISTFUL OF WIND for anyone whose life is confused by the world's empty promises:

I bartered my soul for a fistful of wind...I lift my head and see the sun once before I die, then I lift my head and see the sun, once before I die.

THIS IS OUR JOYFUL NOISE is a song The Lubben Brothers wrote for my husband, Alan. It begins, "We've known joy, and we've known sorrow, we've had no money for tomorrow, but empty hands are open hands for blessing...Our broken hearts are open hearts for healing."

Be sure and click on each of the song titles (all caps, blue and underlined).

You will be directed to the song on YouTube. ENJOY!

You can find music from The Lubben Brothers now streaming everywhere.