

# Sing To One Another

The One Anothers    September 21, 2025

From time to time we take a look at the “one another” commands in Bible. They given to us so we can know how to properly relate to each other in the church and so we can be built up, *others* can be built up, and our church can thrive in the love of God. The command we want to look at today is straightforward *and* - great news - you have a chance to obey God in it today: Sing to one another.

## **Ephesians 5:19 - speaking to one another in psalms, hymns, and spiritual songs, singing and making music with your heart to the Lord,**

Paul doesn't mean that we just set all our words to melody. The idea is that as we interact, we do use these psalms, hymns, and spiritual songs. Songs that are full of thankfulness toward God, exalting Jesus Christ for Who He is and what He's done, and allowing the Holy Spirit to fill us with joy and praise. The kinds of songs we find in the Psalms. The kind of songs the Church has been singing since it's founding, including songs like what we sang already this morning.

Now, I think if we were in a theology class and were asked who is worship for, we would all answer, “God.” And it's true - our worship is totally for Him.

At the same time, God says in His word that as we sing praise to Him, it also builds up others. For one thing, the songs we sing can be a testimony to others so that they can put their trust in the Lord.<sup>1</sup> But Ephesians 5 also explains that our singing together is one of the ways we make the most of the time we have.

One commentator writes, “Thus in praising God in a public communal way, Christians are also indirectly addressing each other, encouraging and instructing each other in what will be their eternal practice, and thus building up the church.”<sup>2</sup>

As always, we don't *only* accomplish this one another command during a church service, but the time we spend singing songs on Sundays or Wednesdays *is* an opportunity for us to do it. To obey what God has commanded. To involve ourselves in this spiritual activity on the individual and corporate level in such a way that we make God glad, we receive His joy in our hearts, we remind ourselves of what's really true in life, *and* we're able to cultivate growth in the lives of the people around us.

God created us to be a worshipping people. His original design for humanity can still be seen in some amazing things scientists uncover.

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<sup>1</sup> Psalm 40:3

<sup>2</sup> Stephen Fowl *Ephesians: A Commentary*

For example, researchers have discovered that when a group of people sing together, there is a physiological calming effect on the hearts of the singers. And, it doesn't take long for the singers' hearts to become synchronized in their beating.<sup>3</sup> The act of singing with one another brings a *literal* unity in the way their hearts behave.

It's like a little easter egg God left for us to find, proving that His way is good. And that the commands He gives us are not only for *our* growth, but the people around us, too.

And so, today, let's sing, believing God that as we sing with and to one another, we will grow in our knowledge of the Lord, we will be filled full by His Spirit, and we will accomplish His will in a small but wonderful way.

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<sup>3</sup> <https://www.npr.org/sections/health-shots/2013/07/09/200390454/when-choirs-sing-many-hearts-beat-as-one>