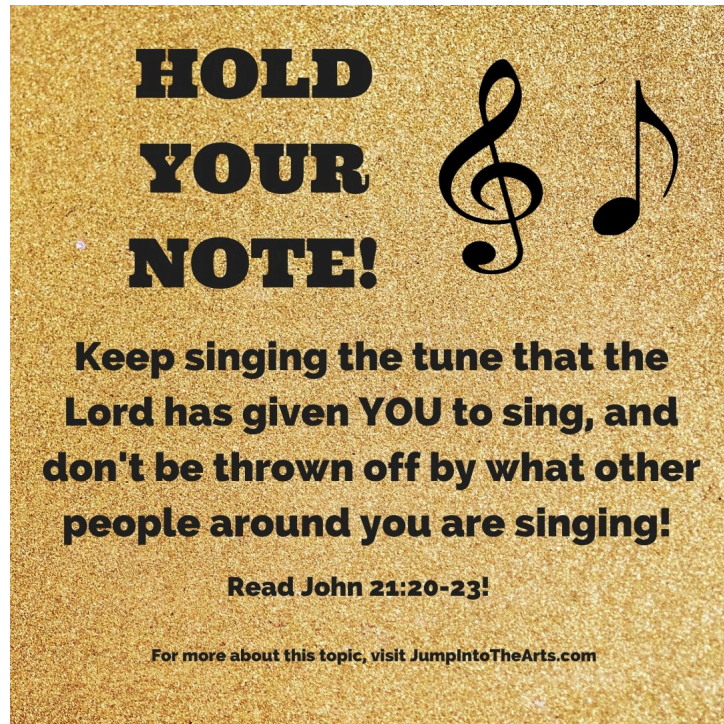


# HOLD YOUR NOTE!

Hold your note! Sometimes when we are singing in a large group with other people who are singing different parts, we can get thrown off from singing the tune or melody that we are supposed to be singing. Similarly in our daily lives, we can get thrown off from doing what the Lord has called us to do for a variety of reasons – perhaps we are tired, we don't particularly like the part or role that the Lord has currently called us to do, or others around us may have stronger voices or personalities that pull us off the path that God has for us and onto the path that they are following.



In times like these, it's important to block out the other noises that may be affecting our journey and spend time recalibrating to the Lord's voice. Just as singers sometimes wear earpieces to block out other noises and only hear their own voices, we may need to take similar steps to concentrate on hearing the directions and messages that the Lord is giving to us. Perhaps we need to find a quiet place away from other people (whether that's for 20 minutes or a weeklong retreat!) to listen to the Lord, or remove ourselves from certain activities or relationships that may be distracting us from following the path in life that the Lord wants us to take. Remember, activities that are "good" to do are not always God-ordained activities! Stay focused on what the Lord is calling you to do, ignore the distractions and other individuals around you, and keep singing your own unique tune!

## *Related Bible verses:*

*Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, "Lord, who is going to betray you?") When Peter saw him, he asked, "Lord, what about him?" Jesus answered, "If I want him to remain alive until I return, what is that to you? You must follow me." Because of this, the rumor spread among the believers that this disciple would not die. But Jesus did not say that he would not die; he only said, "If I want him to remain alive until I return, what is that to you?" (John 21:20-23)*