

# Music & Meditation #4

## Contemplation Questions

1. How is your heart trying to pull you away from the Lord during this time? Spend some time being honest with the Lord about your fears, doubts, and frustrations.
2. In what ways does the reality that “Christ has known the highs and lows” of this life bring encouragement to you?

Let your meditation guide you into prayer, Scripture, and conversations with others.