

# The use of song for spiritual development and wellbeing

The use of music/song can:

Contribute to language, physical and emotional health and wellbeing, psychology and culture<sup>1</sup>.

Eclipse linguistic, cultural and faith barriers and thereby foster spiritual growth<sup>2</sup>.

Have a positive influence on self-identity and transform the heart, soul, mind and spirit<sup>3</sup>.

Facilitate connection between individuals and communities and promote inclusion<sup>4</sup>.

Encourage a wider sense of identity and responsibility and promote critical reflection<sup>5</sup>.

“Singing is a language that leads to the communion of hearts. Crossing every boundary, you spread a message of peace and solidarity.”

*Pope Francis, Vatican News (2018):  
‘Singing elevates soul to listen to the Spirit’*



In what ways might pupils use song?

- Perform aloud or silently
- Work collaboratively or independently
- Use own or known tunes
- As stimulus for discussion, creativity or prayer

For the context of this research, song may be used for:

1. Worship and reflection
2. Composition and expression
3. Knowledge and understanding

Spirituality and connection<sup>6</sup>:



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1. Bailey & Davidson, 2005; Hays 2005; Lally 2009; Joseph, 2009; Southcott & Joseph; 2013, Khalifa et al, & Joseph, 2016.  
2. Joseph, 2018  
3. Victorian Curriculum, 2016; Gridley et al., 2011  
4. Welsh, 2011; Joseph, 2018  
5. de Souza & Halafoff, 2018; Wills, 2018  
6. Hay & Nye, 2006; Rickett, 2019; Holloway (Ed), 2019