

# HOW TO EVALUATE MY MUSIC

*Offered by St. Jude the Apostle  
Parish and School as an Aid Toward a  
Healthier Life in Christ*



Music is such an integral part of life. Imagine what our world would be like without it. The music that we listen to, as well as the movies and television programs that we watch, and other forms of entertainment as well, should be an expression of our Christian faith and values.

Some people believe that the contents of a song are not important, that if the beat is good, then the rest simply does not matter. Some people listen to all kinds of music, never stopping to ask the question, ***“What is the message of this song?”*** Or better yet, ***“What are the words of this song?”*** For the Christian, this should not be the case.

These same values should guide, not only what we listen to, but also what we watch and what we view or post online. If you would like to evaluate the music that you listen to, or any of these other areas, for that matter, then you might want to take a look at the following questions. Let what you listen to, watch, and read be affirming of what you believe and profess as a Christian and as a Catholic.

## **Music that is Affirming, Positive, and Supportive of Christian Values:**

- What are the positive qualities of the music that I listen to?
- Does the music that I listen to make me think of God or remind me of a story from the Bible? or some specific Christian virtue, such as kindness or compassion?
- Does the music that I listen to help me to feel uplifted, consoled, and happy?

## **Music that is Degrading, Negative, and Not Supportive of Christian Values:**

- Does the music that I listen to promote or encourage violence?
- Does the music that I listen to ridicule, make fun of, or degrade any group of people in any way?
- Does the music that I listen to equate love with sex and encourage the misuse of my sexuality?
- Does the music that I listen to encourage any type of self-destructive behavior or abusive behavior toward myself or any other people?

## **In General:**

- What do the values contained in God’s word (the Bible) and in the truths of my Catholic faith say about the content of the music that I listen to?

## **Challenge:**

- If the music that I listen to is not positive, uplifting, and supportive of Christian values, then perhaps I need to make a change.