

The Power and Danger of Music

PURPOSE

To encourage listeners to be wise in the music they listen to

MATERIALS

- A caramel covered onion
- A song that is spiritual and uplifting
- A song that is loud and distracting
- [A picture of Jesus](#)

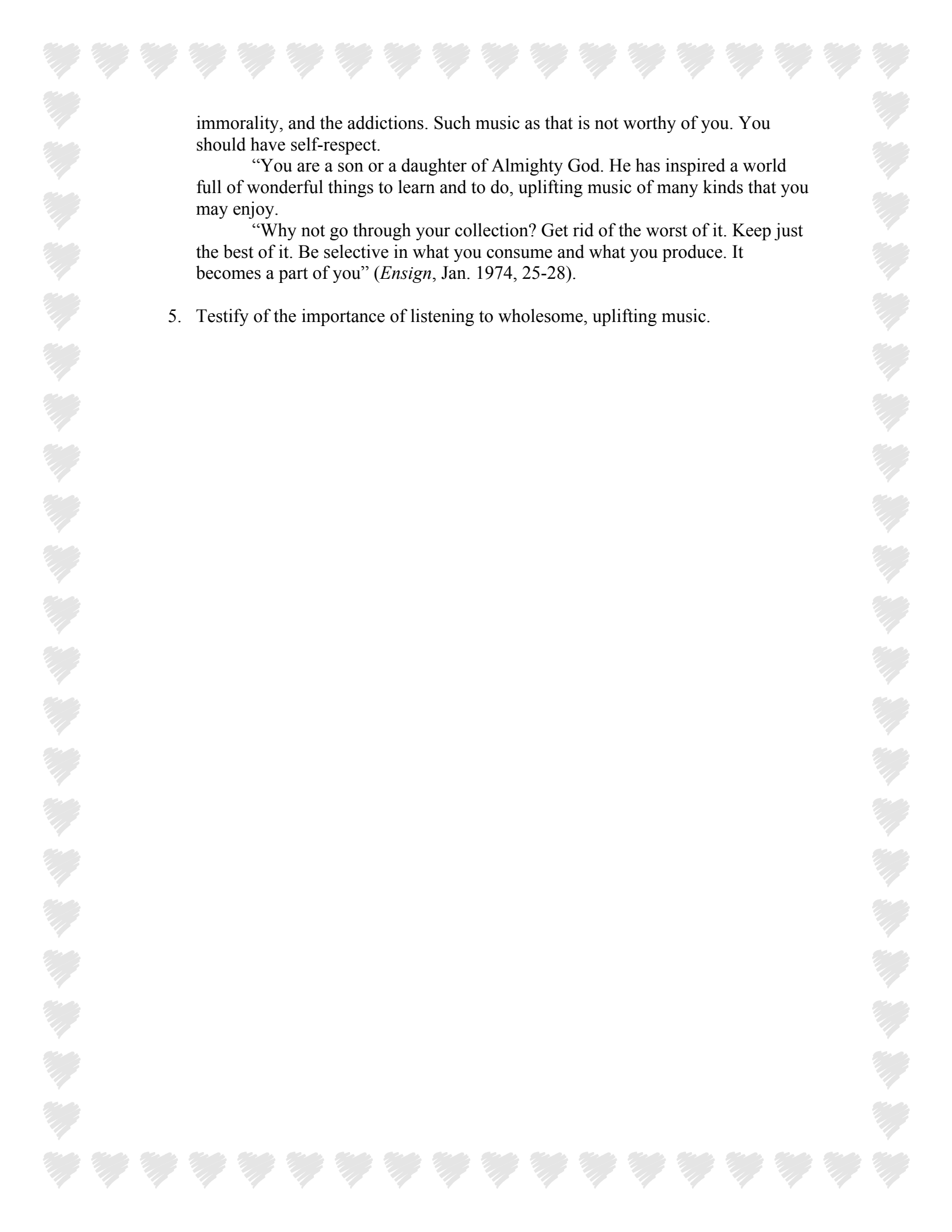


LESSON IDEAS

1. Tell listeners that today you are going to talk about music. Explain that music can be spiritually powerful. Two of the greatest men who lived on earth knew the power of music.
 - a. Before his martyrdom Joseph Smith found comfort and strength when John Taylor sang “A Poor Wayfaring Man of Grief” (see [Joseph, the Seer](#))
 - b. The Savior sang a hymn with His disciples before going to His greatest trial in the Garden of Gethsemane (Matthew 26:30).
2. Show the group the caramel covered onion (don’t tell them it’s an onion).
 - a. Ask them if they would like a bite.
 - b. Cut the caramel covered onion in half and show them what’s on the inside. Ask if they still would like a bite.
 - c. Explain that music can be like a caramel covered onion. It can look good on the outside, but can be distasteful and offensive on the inside.
3. Explain that you want them to try an experiment to demonstrate the power of music.
 - a. Put [a picture of Jesus](#) where everyone can see it.
 - b. Play a few minutes of a spiritual song. Ask listeners how the music makes them feel.
 - c. Play a minute or so of a song that is loud and distracting. Ask if they felt the difference.
4. Share the following quote by Elder Boyd K. Packer:

“Young people, you cannot afford to fill your mind with the unworthy hard music of our day. It is not harmless. It can welcome onto the stage of your mind unworthy thoughts and set the tempo to which they dance and to which you may act.

“You degrade yourself when you identify with all of those things which seem now to surround such extremes in music: the shabbiness, the irreverence, the



immorality, and the addictions. Such music as that is not worthy of you. You should have self-respect.

“You are a son or a daughter of Almighty God. He has inspired a world full of wonderful things to learn and to do, uplifting music of many kinds that you may enjoy.

“Why not go through your collection? Get rid of the worst of it. Keep just the best of it. Be selective in what you consume and what you produce. It becomes a part of you” (*Ensign*, Jan. 1974, 25-28).

5. Testify of the importance of listening to wholesome, uplifting music.