

Recital Day Preparation Review

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Understanding Our Music Lesson

Name: _____

Date: _____

Answer the following questions based on our lesson about preparing for the music recital.

1. What does it mean to perform 'for the Lord' according to our lesson?

2. What does Colossians 3:23 encourage us to do?

- A. Work heartily for men
- B. Work heartily for the Lord
- C. Avoid working hard

3. Managing performance anxiety can be done through ___ and spiritual focus.

4. It is important to give your best effort in a performance as a way to glorify God.

- True False

5. How can we turn nervousness into positive energy before a performance?

6. What is one way we can prepare spiritually for a performance?

- A. Ignoring our feelings
- B. Praying and centering ourselves
- C. Practicing in front of a mirror

7. Performance is an opportunity to ___ God through our music.

8. Performance anxiety is abnormal and should be avoided at all costs.

- True False

9. What are light warm-ups, and why are they important for our performance?

10. Which of the following is NOT a talking point from our lesson?

- A. Performing to glorify God
- B. Managing performance anxiety through prayer
- C. Playing video games before performances

Answer Key

1. Performing 'for the Lord' means giving our best effort in music as an act of worship and honoring God with our talents. 2. Work heartily for the Lord 3. prayer 4. True 5. We can turn nervousness into positive energy by focusing on our breathing, praying, and reminding ourselves that performing is an opportunity to glorify God. 6. Praying and centering ourselves 7. glorify 8. False 9. Light warm-ups help to get our muscles ready for playing and singing. They are important because they prepare our body and mind for the performance. 10. Playing video games before performances