

# Daily View

*“But exhort one another every day, as long as it is called ‘today’” Hebrews 3:13*

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Nashville, Tennessee, also known as “Music City, is a favorite destination cities. It’s home to the Grand Ole Opry and the famous Ryman Auditorium, the original home of the Grand Ole Opry and the birthplace of bluegrass and a venue that has featured hundreds of major country singing celebrities over the years. [Photos from 2008 and 2013].

## “That song is stuck in my head...”

Are you one of those people who get songs “stuck in your head”? I am. It could be a song by anyone — Paul Simon, Travis Tritt, Patsy Cline or Lauren Daigle. If it has a catchy tune, it’s liable to stick. And, after awhile, no matter how much I like the song, it starts to annoy me. So, as soon as possible, I’ll listen to other songs to try to get that song out my head.

As I was writing this, I remembered a song, “*I can’t get you out of my head*,” by Kylie Minogue, so I listened to it and now that song is stuck in my head — especially the “*la, la, la, la, la, la, la’s*” — I need to listen to something else to extract that song.

This is an interesting phenomenon that happens to some people more than others. Some even hum the song that is in their head out loud. On a long drive to Wyoming, when the kids were small, Angie was humming and it was driving Dave, Jr out of his mind. We told her to stop but she just did

it at a lower level but Dave could still hear her. Finally, it got to be too much: “*Sheeee’s hummimngy!!!!*” he yelled.

My mom was a hummer, too, but it never bothered me. Once, she was softly singing a hymn and I asked her, “why are you singing that song? It’s not Sunday.” That illustrates a larger point, but I’ll save that for later.

Getting a song stuck in your head is common because you’ve heard the song so often and the music is “sticky.” Now, if we can make God’s word “sticky,” wouldn’t that be better?

A righteous person becomes so familiar with God’s word that it gets stuck in his or her head. Psalm 1:2 says, “*his delight is in the law of the Lord, and on his law he meditates day and night.*” David had God’s word stuck in his head: “*My eyes are awake before the watches of the night, that I may meditate on your promise*” (Psalm 119:48).

Let’s just do that this week, righteous people.

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\*Unless otherwise indicated the opinions expressed in this publication and images used are solely those of David Posey.  
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