

Study Series: Sing!

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Lesson Title: “Sing!” (pp. 6-18)

Session 1

December 5, 2021

The main point of this lesson is: God created us to sing and commanded us to sing.

Focus on this goal: To help adults recognize God’s intention for His people to praise Him through song

Key Bible Passages: Psalm 149:1; Colossians 3:16

Before the Session

**Provide** hymn books or other Christian song books. (Step 5)

During the Session

Step 1. Create Interest / Jumpstart Discussion

**Introduce** the study by calling attention to the name of the book, *Sing!*

**Invite** participants to brainstorm some of their favorite secular or Christian song titles and why those are favorites. **Lead** participants to share if the songs are favorite because of the lyrics, tune, or both.

**Ask:** *What makes your favorite Christian songs meaningful to you and why?*

**Explain** this study will celebrate that God created us to sing and commanded us to sing. **Say:** *Many places in Scripture focus on singing. This study will touch on several psalms as expressions of lyrics and basis for singing. This session will examine Psalm 149:1 and also Colossians 3:16 to help us praise God through song.*

**Lead** in prayer that this session will help the group celebrate ways you can sing unto the Lord.

Step 2. Created to . . . Sing!, Part 1

Invite a volunteer to read Psalm 149:1. **Explain** that the words of this verse and the entire psalm help celebrate what we can do to praise the Lord.

**Invite** participants to underline in their Bibles the following words from 149:1, *Hallelujah, sing, new song,* and *praise.* **Ask** participants whose translations differ to share their renderings of these words.

Briefly **examine** each word or phrase. *Hallelujah* literally comes from words that express musical praise to God.

Call attention to the Day Three Discussion Questions (p. 11) as ways singing is an expression of benefiting from God, His beauty in creation, and expressing our God-inspired creative spirit when we make music.

Step 3. Created to . . . Sing!, Part 2

Call attention to the Day Two question (p. 7): “What if I ‘Can’t Sing’?” **Ask** what excuses keep us from singing as individuals to the Lord. **List** responses on a marker board or large sheet of paper.

Invite learners to brainstorm what kinds of responses God would likely make to our excuses for not singing individually.

**Ask** what excuses keep us from singing as part of the congregation of worshipers, and what kinds of responses God might make to those excuses as well as disagreements regarding types and preferences of music that might cause division among worshipers.

Step 4. Created to . . . Sing!, Part 3

Invite a volunteer to read Psalm 149:2-5; **lead** participants to list words or phrases in these verses that relate to singing or praise. **List** these on a marker board or large sheet of paper. (These can include the following: “celebrate,” “rejoice,” “praise his name,” “make music to him,” “triumphal glory,” “shout for joy.”)

**Emphasize** that God designed us to enjoy Him and His creation and to sing to Him.

**Review** some of the favorite songs that have been listed (Step 1); be willing to **invite** additional songs. **Discuss** ways these songs help individuals express their depths of feelings to God. **Discuss** ways these songs help groups or congregations to express their depths of feelings of worship to God.

Step 5. Commanded to . . . Sing!, Part 1

**Invite** a volunteer to read Colossians 3:16. **Explain** that this verse helps us understand what we are to sing.

**Lead** participants to relate that the verse has three parts. The **first** part emphasizes that we are to “Let the word of Christ dwell richly among you.” **Brainstorm** Scripture verses participants remember because someone set it to music.

The **second** part emphasizes “admonishing one another through psalms, hymns, and spiritual songs.” If available, **provide** hymn books or other Christian song books, and **invite** participants to locate songs that help teach or remember selected Scripture.

Step 6. Commanded to . . . Sing!, Part 2

**Call attention** to the **third** part of Colossians 3:16, “singing to God with gratitude in your hearts.”

**Lead** participants to imagine they are alone with God and only God can hear their voice and heart’s expression. **Ask:** *How does this change how and what you would sing?*

**Brainstorm** some of the experiences participants and other believers they know are dealing with that could be impacted by this third part of Colossians 3:16. Do not hesitate to **include** times of going through valleys, seeking the Lord’s guidance, repentance, heartbreak, as well as mountaintop experiences.

**Emphasize** that God knows our hearts. He also created us and commanded that we sing to Him.

Step 7. Practical Application – Live Out the Lesson

**Review** Psalm 149:1. **Emphasize** the words, “sing to the Lord a new song.”

**Invite** participants to select one or two familiar hymn tunes or Christian song tunes and come up with new words to the song(s). (This can be done individually, in small groups, or all together.) The new words could be from a prayer, a psalm, or a cherished Scripture verse.

**Lead** in a time of worship as individuals or the group sing these new words.

