

Study Series: Sing!

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 Lesson Title: “Sing! . . . with Heart and Mind” (pp. 30-42)

Session 3

December 19, 2021

**The main point of this lesson is:** Gospel songs can nourish and sustain our souls through the course of life.

**Focus on this goal:** To help adults internalize the value of singing gospel songs in congregational worship and throughout the week

**Key Bible Passages:** Acts 20:27; Ephesians 5:19

Before the Session

**Provide** Christian song books or hymnals that include “How Great Thou Art” so each participant can have access to one. (Steps 2 and 7)

During the Session

Step 1. Create Interest / Jumpstart Discussion

**Call attention** to the statement, “The lyrics of the songs we sing and repeat in our hearts find their way into shaping our priorities, our behaviors, our loves” (Day One, p. 30). **Ask:** *In what ways can songs (Christian as well as secular) find their way into shaping our priorities, behaviors, or loves?*

**Direct focus** to the ending of the quote (p. 30), “… into the answers we give ‘for the hope that [we] have’ (1 Pet. 3:15).” **Explain** that the session will help us focus on nourishing and sustaining our souls through the course of life by internalizing the value of singing gospel songs throughout the week.

Step 2. 1. Takes Sunday’s Truths into Monday

**Ask:** *What must we remember if we want to have a balanced and varied diet of food?* After participants share responses, **ask:** *What are things we would need to remember to have a balanced and varied diet in the songs we regularly choose to sing that help us sustain our souls through the course of life?*

**Provide** Christian song books and hymnals. **Invite** participants to locate and share several songs that include new or unfamiliar lyrics to them that could inspire deeper faith.

**Invite** volunteers to share some of their responses to Day One activity 1 (pp. 31-32).

Step 3. 2. Sustaining in Every Season of Life, Part 1

**Call attention** to the opportunity to investigate selected psalms; the Psalms are our best resource for teaching us what to sing about and how to apply the gospel in every season of life.

**Invite** participants to review and share one or more of the psalms that are summarized in Day Two (pp. 34-35) and help us examine a portrait gallery of God Himself. **Call attention** to the two main points about the Psalms listed in Day Two (p. 34) and Day Three (p. 35).

**Ask:** *What are some of the mountaintop experiences of life? What are some of the challenges of life?* **Examine** the example psalms in Day Three (p. 35) to emphasize ways the Psalms can help us embrace the realities of life and singing through them.

**Rhetorically ask** the first Day Three pull quote on page 36. **Invite** participants to discuss the implications of the second pull quote on that page. **Ask** what the relationship is between the two pull quotes. Be prepared to **examine** how the message of the gospel can help people come to know, trust, and follow the Savior no matter the course of life we are experiencing.

Step 4. 2. Sustaining in Every Season of Life, Part 2

**Invite** a volunteer to read Acts 20:27. **Ask:** *What does it mean to say we need the “whole plan (or counsel) of God”? How does a balanced diet of singing help us remember to emphasize the whole counsel of God?*

**Invite** participants to review songs or hymns that help point us to the gospel when we are celebrating, or when we are experiencing the sharpest of pains or enduring heaviness of heart.

**Invite** another volunteer to read Ephesians 5:19. **Call attention** to two parts of the verse: 1) speaking to one another in psalms, and so forth, and 2) singing and making music with your heart to the Lord.

**Lead** participants to discuss the similarities and the differences in these two aspects of the verse. **Ask:** *How can we put these instructions into practice in congregational worship as well as throughout the week?*

Step 5. Important Reminders

**Review** some of the examples from Day Four (pp. 37-39) of using music to prepare us for eternity.

**Call attention** to the statement (p. 39), “Let the songs your church sing now that speak of eternity be so familiar to you that they are in your heart and on your lips as you enter eternity.” **Lead** participants to review examples of hymns or Christian songs they would want to remember to help escort them into heaven.

Step 6. Scallops and Singing

**Call attention** to ways believers can grow our appetite for songs and singing.

**Emphasize** the statement from Day Five (p. 40), “Ask God to help you focus; think about the words you are singing ….”

**Invite** participants to brainstorm ways they can seek to expand their appetite for a variety of gospel songs that nourish and sustain our souls through the course of life. **List** these on the board. **Encourage** adults to select at least one way they will implement this week.

Step 7. Practical Application – Live Out the Lesson

**Review** the statement from Day One (p. 32), “We need to sing Philippians 2:7-11.” **Invite** participants to find, read, and meditate on this passage (which was likely a hymn).

**Lead** participants to find and sing “How Great Thou Art” then share words and phrases from the hymn that help them commit to sing throughout the week.

**Lead** in a closing prayer.

