

“DRUM BEATS”  
Series: The Ancient-Future Church  
Psalm 150

Have everyone in the class find their pulse and feel their own heartbeat for a few moments. Ask who has ever watched a heart monitor in a hospital. What emotion did you feel as you watched that heart monitor? Why?

What other things in life seem to have some kind of beat to it? How do things that are out of rhythm with an irregular beat often effect us (even at an emotional level)?

Read the story of Creation in Genesis 1, listening for the rhythms of Creation. What is repeated? What significance does this have? Why did God created in “days” instead of all at once? In why way might these rhythms relate to our being made “in the image of God?”

Read Ecclesiastes 3:1-8. How does this passage reflect a rhythm of life?

How does a drum beat relate to worship? How can it detract from worship? When does it become idolatrous? When does it become sanctified (set apart for the worship of God)?

How can listening to your own heartbeat aid in your personal times of worship?

Read Galatians 5:25. How does this passage remind us how to live? What does it mean in practical day to day living to keep in step with the Spirit?