

## HOW GOD SAVED HIS PEOPLE

## UNIT ONE: God Rescued His People

**Lesson 8: Sing to the Lord with All Your Heart!**

## CONTENT:

1. When the Israelites saw that God had saved them and set them free, they sang a song of praise to God. Then Miriam and the other women danced and played on their tambourines.
2. The Virgin Mary also sang a song of praise to God when she realized the wonderful things that God had done: especially by sending his Son Jesus to save us. ('My soul magnifies the Lord' means 'God is very great and wonderful to me!' 'Saviour' means the person who saves us; Jesus means 'God saves')
3. Singing and music are very important ways of praying to God, especially at Mass.



At Mass, the priest asks us to 'lift up our hearts'. We should sing praise to God 'with all our hearts': thinking of Him as we sing and remembering all he has done for us.

ASSIGNMENT: Read handout at home. Make a musical instrument. Learn the Bible verse.

REFERENCES: Exodus 15:1-3;20-21; Luke1:46-55; Ephesians 5:19. CCC 1156-1157; 2641.

MATERIALS NEEDED: Handouts, materials for making musical instruments.

*NB. The children could be asked to make their own instruments using odds and ends. (The teacher would have to give them ideas.) Alternatively, the teacher plans 2 or 3 items to be made in class and organises the making of them. This practical activity is no doubt extra trouble, but would have a much deeper and long-lasting effect!*

**I. STARTER:**

- Do you like watching cricket matches, or maybe football? Does your father like watching them? When people are watching a football match and their team scores a goal, what do they do? [*Shout, wave their hands, jump, even dance*] Let's try it out. Imagine you are watching a match and your team is not doing well, and then suddenly, they make 3 goals one after the other. What would you do? [*Let the children demonstrate when you give the signal: 1-2-3-GOAL!1-2-3—GOAL! 1-2-3-GOAL!!*]

**II. DEVELOPMENT:**

We get so excited watching our team winning a match. Imagine what happened to the Israelites when they saw the sea coming down on the Egyptian army. They saw God defeating their enemy in one minute! What do you think *they* did?

Yes, they must have shouted and jumped and cheered. In the Bible we hear that Moses and the other men were so happy that they started singing to God. They sang a song praising God for saving them. Then Miriam got up and took her tambourine and called out to the women to join her. All the women danced and sang and played their tambourines. We still sing the song that they sang. We'll look at the song later, but first we'll look at someone else who sang to God, praising him. She lived many, many years later. But she was also very excited because God had just done something very great. Can you guess who I'm talking about? [Mother Mary]

An angel came and told Mary that God was going to send his own Son to the world to save us. God had chosen Mary to be the mother of his Son. Mary was ready. She said yes to God. Then Mary went to visit her cousin Elisabeth who was also having a special baby (not as special as Mary's!). Mary was very happy and excited, because she realised that at last God was really going to save the world. She sang a beautiful song of praise to God, just like the Israelites did. Let's look at these songs and then later we too will play and sing to God.

[Give out the handouts and read the songs of Moses, Miriam and Mary, filling in the names in the spaces given.]

### III. REFLECTION & PRAYER:

- We looked at three 'M's who sang and praised God. Who were they? [*Moses, Miriam and Mary*] Let's look at the fourth 'M', that is 'Me'. Do you also realise that God is great? And that he has done great things for you? Do you sometimes think about Jesus, and how he died to save you? Close your eyes for a little while and think of Jesus and how he set you free from your enemy. [Silence for a few minutes, then sing 'Jesus Sets Me Absolutely Free' clapping and moving to the music.]

**Home assignment:** Make your own musical instrument using something from your home or outdoors: seedpods, coconut shells, plastic bottles, etc. Bring it to the next class. If you can go for Mass, listen and try and fill in the missing words in the box.

#### NEXT CLASS:

[Read all the written matter in the handouts, filling in the words that are said at Mass, in case they have not been done:] Lift up your hearts! We lift them up to the Lord!

Let us give thanks to the Lord our God! It is right and just!

- Saint Paul, who was a great missionary, wrote to some Christians about singing to God. He himself would always sing to God. Once he even sang in prison, when he was beaten and chained... and God set him free. Let's try and learn the words that Saint Paul wrote. They are from the Bible.

[Explain that psalms are hymns found in the Bible. 'Spiritual songs' means songs about God; 'melody' means a tune. After the children have tried memorising the verse, revise it by pointing to different groups in turn. They say the verse in parts as follows:]

TALK TO EACH OTHER...IN PSALMS...AND HYMNS...AND SPIRITUAL SONGS...SING AND MAKE MELODY...TO THE LORD...WITH ALL YOUR HEARTS...EPHESIANS 5:19.]

### IV. ACTIVITY:

[If the children are making their instruments in class, distribute the materials and make instruments. Divide the children into groups and let them choose a hymn of praise. They practice singing it and playing on their instruments. Come together and encourage the children to sing 'to God' and 'with all their hearts', remembering how great and wonderful God is, and all that he has done for us.]

**Home assignment:** Read handout at home. Learn the Bible verse and the hymns of praise.

#### SOME IDEAS FOR EASY-TO-MAKE INSTRUMENTS:

**TAMBOURINE:** 2 stiff paper/thermacole plates; stapler; paper punch; string; small bells; crayons

Staple the plates together, facing each other. Using a hole punch, make holes around the plates and tie jingle bells to the holes with string. Decorate the tambourine with crayons. Shake and tap to play.

**DRUM:** Empty icecream box with cover; cord/ribbon; pen; 2 pencils; 2 empty reels; coloured paper; crayons.

Decorate the box with coloured paper and crayons. Place the cover on the box. Make a hole in the centre of the cover and in the centre of the bottom of the box. Through these holes, pull a piece of yarn long enough to hang around child's neck and down to their waist. For the drumsticks, place the spools at the ends of the pencils, secure with glue if necessary. Beat to play.

**RATTLE:** Empty plastic cold-drink bottle; small stones/ dried pulses.

Put a handful of stones into the bottle. Cover and decorate. To play, shake to the music.

**GUITAR:** Empty shoe box; rubber bands; wooden ruler or stick.

Remove the cover from the box. Stretch the rubber bands around the box. Attach the ruler or stick to the back of the box on one end to act as the arm of the guitar. To play, strum or pluck the rubber bands.

**HAND BELLS:** 2 paper towel rolls; punch; 4 jingle bells; string.

Punch a hole in each end of the paper towel rolls. Tie two jingle bells to each side of the paper towel rolls by running string or cord through the holes and carefully tying off. Shake to play.