



Grantham
Church
BRETHREN IN CHRIST



How does a weary world rejoice?

An Advent series in
Luke's Gospel







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How does a
weary world
rejoice?

*We sing stories
of hope*

The Science of Singing

What are the benefits of singing?

1. relieves stress
2. stimulates immune response
3. increases pain threshold
4. may improve snoring
5. improves lung function
6. develops a sense of belonging & connection
7. enhances memory
8. helps with grief
9. improves mental health & mood
10. improves speaking ability

<https://www.healthline.com/health/benefits-of-singing>



Music & Singing in the Bible

- Singing is mentioned over 400 times in the Bible
- Angels sang while God created the world (Job 38:4-7)
- David played for King Saul's mental health (1 Sam. 16:14-23)
- The book of Psalms (150 chapters of songs); Ps. 150 tells us to worship God with instruments and our voices
- A *choir* went before the army of Judah (2 Chron. 20:21)
- God sings over us with joyous dancing! (Zeph. 3:17)
- Jesus sang with his disciples at the Last Supper (Matt. 26:30)
- There is constant singing & worship in heaven (Rev. 4:1-8)
- There are over 50 direct commands for us to sing
- The church is told to sing in worship (Eph. 5:19; Col. 3:16)

Paul, Ephesians 5:15-20 NLT

¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do.

¹⁸ **Don't be drunk with wine**, because that will ruin your life.

Instead, **be filled with the Holy Spirit,** ¹⁹ **singing psalms and hymns and spiritual songs** among yourselves, and **making music** to the Lord in your hearts. ²⁰ And give thanks for everything to God the Father in the name of our Lord Jesus Christ.



Scripture Reading | Luke 1:46-55 NLT





Botticelli, 1481
Madonna of the Magnificat

SONG

Vesper: Psalms, Hymns, and Spiritual Songs



Mary's Song (Magnificat)

QUESTIONS

for reflection & response:



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How does a
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1. Like Mary and Zechariah, will you sing a song of hope amidst the weariness you see and feel in this world?

QUESTIONS

for reflection & response:



How does a
weary world
rejoice?

1. Like Mary and Zechariah, will you sing a song of hope amidst the weariness you see and feel in this world?
2. What song do you need to write or make your own this Advent-Christmas? Make it your prayer to God!

QUESTIONS

for reflection & response:



How does a weary world rejoice?

1. Like Mary and Zechariah, will you sing a song of hope amidst the weariness you see and feel in this world?
2. What song do you need to write or make your own this Advent-Christmas? Make it your prayer to God!
3. How has the Spirit been speaking to you through the season of Advent? Will you receive his Word with joy?



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