



## MAKE A JOYFUL NOISE

### Blessed Assurance

September 16, 2023

#### 1 PREPARING

##### A. THE SOURCE

**Colossians 3:16 (NIV)** • “Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.”

**Psalm 81:1, 2 (NIV)** • “Sing for joy to God our strength; shout aloud to the God of Jacob! Begin the music, strike the timbrel, play the melodious harp and lyre.”

**Testimonies for the Church, vol. 1, p. 497** • “Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse. It excites, but does not impart that strength and courage which the Christian can find only at the throne of grace while humbly making known his wants and with strong cries and tears pleading for heavenly strength to be fortified against the powerful temptations of the evil one. Satan is leading the young captive. Oh, what can I say to lead them to break his power of infatuation! He is a skillful charmer, luring them on to perdition.”

##### B. WHAT'S TO BE SAID ABOUT “MAKE A JOYFUL NOISE”

Music is a central part of youth culture and plays a huge role in the lives of most teens. Secular pop music is everywhere, and we have

good reason to worry about the messages our young people are hearing. We need to teach discernment so that they can choose wisely what to listen to. Meanwhile, what about Christian music? What kind of music is appropriate to praise God and to uplift us in our Christian walk? This lesson challenges teens to think about the music they listen to and the standards they use to judge it.

##### C. WHERE WE'RE GOING WITH “MAKE A JOYFUL NOISE”

As a result of this lesson we would like the students to be able to:

1. Analyze the music they listen to for style and lyrical content.
2. Articulate their own standards for choosing music to listen to.
3. Adopt biblical standards for music.

##### D. MATERIALS NEEDED

**Beginning** • (Activity A) recordings and lyrics written out of songs brought by class members; (Activity B) Bibles, musical instruments.

**Connecting** • Bibles, student lessons.

**Applying** • Paper, pencils.

## 2 BRIDGING

### A. THE WEEK IN REVIEW

**Allow 10 minutes at the beginning of class for students to:**

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
3. Say the Bible memory text either individually or in a group.

### B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at [www.realtimfaith.net](http://www.realtimfaith.net))
- >> Service projects reports

## 3 BEGINNING

**NOTE TO TEACHER:** Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

### A. BEGINNING ACTIVITY

**Get ready** • A few days in advance, phone six to eight class members (or all of them, if you have a small group) and ask each one to bring their favorite piece of Christian music to class with a copy of the lyrics written or printed out.

**Get set** • Tell the group you are going to listen to several songs that have been chosen as favorites by members of the class. Play a section of each song (30-60 seconds) and read the lyrics.

**Go** • After playing each song, encourage discussion by asking: **What do you think about this style of music? about this particular song? What kind of feelings does it leave you with? What message is it getting across?**

**Debriefing** • **Ask: What was spiritually uplifting and strengthening about the music we've just listened to? What, if anything, did you feel was inappropriate for Christians to listen to and enjoy?**

### B. BEGINNING ACTIVITY

**Get ready** • Ahead of time, divide your class members into groups of three to five, making sure that each group contains at least one person with some musical ability who is likely to show up on Sabbath morning. Arrange to meet in a place where groups can have some space apart from each other (separate rooms are best but not always practical) and access to a few musical instruments (piano, keyboard, guitar, flute, trumpet, violin).

**Get set** • When students arrive, divide them into their groups and assign each group one of the following psalms: 66, 81, 89, 92, 95, 96, 98, 100, 149, 150. Each group is to select a few verses they like from this psalm and set it to music. (Encourage those students who did this exercise in Friday's section of the lesson to share what they wrote.)

**Go** • After allowing about 10 minutes for groups to come up with their songs, have them come back and perform for the rest of the class.

**Debriefing** • **Ask: How did you choose music that you thought was appropriate? What kind of music is appropriate to praise and worship God?**

### C. BEGINNING ILLUSTRATION

**In your own words, tell the following story:**

Candace is a huge fan of her favorite band. She has their posters all over the wall, she owns

all their music, and she's been to every concert they've ever had in her area. Since becoming a Christian, Candace became concerned about her music. Some friends have told her she shouldn't listen to the band because they're not Christians. "But," she says, "their lyrics aren't all bad—besides other stuff, they sing about love and friendship." What about the band's lifestyle? Does it matter how the band conducts their lives? Is the image they portray important? Why should Candace be concerned? Even though she likes the music, she truly wants to please God. She wants God to make her into the person He designed her to be.

**Debriefing • Ask:** What would you tell Candace if you were her friend? Why would listening to the band not help her continue to grow as a Christian? How might it get in the way of her growth? If she stops listening and gets rid of their posters and music, what principles should guide her choices of music that are pleasing to God?

**Say:** In Psalm 50:23 we read: "Whoever offers praise glorifies Me; and to him who orders his conduct aright I will show the salvation of God" (NKJV).

**A guiding criteria for a Christian's music should be its strong biblical content and theological meaning as well as rich harmonies that support and do not overshadow the message.**

## **4** **CONNECTING**

### **A. CONNECTING TO THE KINGDOM**

**Present the following ideas in your own words:**

Music is a big part of life for most of us. And whether we think it does or not, it has an influence on us. Music can lift our spirits and encourage us when we're feeling down. Music can also depress and discourage us. It taps

directly into our emotions.

Music is a part of our spiritual lives, too. We can't keep music and religion in separate compartments. We sing to praise God, and we can express our prayers and pain in music, too. Music is part of worship—often one of the most controversial parts, as Christians try to decide what's "appropriate" music to worship God. And if music can draw us closer to God, it can also drive us further from Him. Music that glorifies sin and selfishness invites us to accept the musician's value system and see the world that way. Just like all other forms of entertainment, the music we listen to can impact our spiritual lives and has to be carefully chosen.

### **B. CONNECTING TO THE LESSON ILLUSTRATION**

**Ask someone beforehand to read or tell the story from Sabbath's section of the lesson.**

**Say:** This is a story that shows how music can suggest an emotion, thought, or mood. In this case the music lifted the guest's thoughts to her heavenly Father and the assurance of His acceptance and love.

Discuss how music affects the listeners. If the music leaves you feeling happy, is it OK to listen to it no matter what the lyrics are saying? No doubt you have heard a variety of music; how does it make you respond? In spite of what people say, music is not neutral. It affects us deeply. We know there are lyrics that we shouldn't listen to, but what about the music? What are some types of music we shouldn't listen to? What about music that is loud and the beat heavy, but the lyrics talk about God? **Ask:** What guidelines do you think Christians should set for the music they listen to? Do you know that regardless of the topic of the lyrics, music itself affects the functions of our brains? The heavy rock beat inhibits the brain's function and induces in the listeners effects similar to those of illicit drugs. Music also affects the subconscious and impacts on the activity of the frontal lobe of the brain, where choices are made.

Contrary to the impact of popular music, certain genres of art music, known as classical music, have a documented positive impact on the brain and enhance the function of the frontal lobe. The choice is yours: By choosing to listen to music that impacts you positively, you will be better prepared to make choices that honor God. On the contrary, when your musical choices impact negatively on your brain function, you become prone to making wrong choices that will lead you in ways that are contrary to God's will. Guard well the avenues to your soul, because one day you will reap the consequences.

### C. CONNECTING TO LIFE

#### Pose the following question:

If you were planning a worship service, what kind of music would you include? (Have the group brainstorm specific songs, performers, etc.) Why would you choose this music? Would you be comfortable using the same music for a worship service for your entire church? Why or why not?

## 5 APPLYING

### A. APPLICATION ACTIVITY

Hand out paper and pencils and ask class members to list their own top 10 favorite pieces of Christian music. Next to each song title, have them draw an up arrow if the song is one that encourages or lifts them up, a down arrow if it brings them down or discourages them. Finally, ask them to draw a plus sign next to songs that they feel promote positive values that are consistent with Christianity and a minus sign next to those that promote negative values.

**Debriefing • Ask:** As you look over your own list, are you happy with what you see? Do you think this is the "Top 10" list of a growing Christian? Are there musical selections

you might need to cut out of your list, or areas you might want to add?

### B. APPLICATION QUESTIONS

1. "I don't pay any attention to the lyrics; I just enjoy the music and the beat, so it doesn't matter what the songs are talking about." Have you heard anyone say this about secular music? said it yourself? What do you think of this statement?
2. Should the lifestyles of artists matter when you're making musical choices? Is it wrong to support somebody who sings good songs but lives a totally non-Christian lifestyle?
3. Is music a part of the way you and your friends define yourselves? Do you have a group of friends who like the same music you do? What does that music say about your group and what you stand for? Would Jesus be welcome in your group? If so, would He listen to the type of music that you and your friends enjoy?

## 6 CLOSING

### SUMMARY

**In your own words, conclude with the following ideas:**

Music is important. God blesses music and encourages us to use and enjoy it, but we also need to be aware that there's a lot going on in today's popular-music culture that isn't pleasing to God and can't be connected with a positive Christian experience. As a growing Christian and an agent of God's kingdom, you have serious choices to make about the music you listen to. Make sure it brings you closer to God rather than throwing up barriers between you and Him.





## STUDENT LESSON

### MAKE A JOYFUL NOISE Blessed Assurance

September 16, 2023

#### Sabbath FOR STUDY

- » **Memory Text:** “Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; come before His presence with singing” (Psalm 100:1, 2, NKJV).
- » **Our Beliefs, no. 22, Christian Behavior:** “For the Spirit to recreate in us the character of our Lord we involve ourselves only in those things that will produce Christlike purity, health, and joy in our lives. . . . We are to engage in whatever brings our thoughts and bodies into the discipline of Christ, who desires our wholeness, joy, and goodness.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 76-78

#### BLESSED ASSURANCE

“One of the great Christian hymns is the well-known ‘Blessed Assurance.’ The melody was written by Mrs. Joseph Knapp. Her husband was the president of the Metropolitan Life Insurance Company. One day Knapp invited the prolific hymn writer Fanny Crosby to her home. Knapp wanted her to listen to a new melody she had composed.

“Knapp sat down at the piano and began playing the melody. As she played she asked Crosby what thoughts were coming into her mind—what the melody suggested to her. Crosby responded, ‘Mrs. Knapp, your husband

deals in life insurance. My heavenly Father deals in assurance. This melody suggests to me: Blessed assurance, Jesus is mine.’ The word assurance means an inner confidence. Assurance is a sense of security. It also speaks of a sense of belonging and acceptance. In Christ we are accepted as children of God. In Christ we have the absolute confidence that our guilt is gone and our sins forgiven. In Christ we have complete assurance that the gift of eternal life is ours. . . .

“Satan hates it when a child of God accepts Christ by faith and receives the blessed assurance of forgiveness, pardon, and freedom from guilt. Ellen G. White wrote, ‘Satan is ready to steal away the blessed assurances of God. He desires to take every glimmer of hope and every ray of light from the soul; but you must not permit him to do this. Do not give ear to the tempter, but say, “Jesus has died that I might live. He loves me, and wills not that I should perish. I have a compassionate heavenly Father; and although I have abused His love, though the blessings He has given me have been squandered, I will arise, and go to my Father” ’ (*Steps to Christ*, p. 53).

“In the parable of the prodigal son the father accepted his boy back home. With his father’s signet ring placed on his finger, the wayward son received the absolute assurance of his father’s love. Like the prodigal son, we too find love, acceptance, and forgiveness in the Father’s heart. What confidence, what security, what hope, what blessed assurance” (Mark Finley, *Solid Ground* [Hagerstown, MD: Review and



Herald® Publishing Association, 2003], p. 19).

With all God has done and is doing for you, how do you plan to respond to Him? We owe so much to our heavenly Father. One way we can honor Him is by guarding the avenues to our heart, mind, and soul and listening to music that lifts our spirit in praise to Him.

## Sunday RESPONDING

- » Read Philippians 4:7, 8.
- » You really like the music of a certain Christian artist. But when your dad hears you playing it, he tells you, "That's not appropriate music for a Christian to be listening to! You cannot praise and glorify God with that style of music."
- » What do you think? Is it only the lyrics that matter? What are the styles of music that do not lead you closer to God? How does a Christian identify the music that is truly elevating to the mind, heart, and soul and leads a person closer to God?

## Monday BIBLE ANSWERS ON CHRISTIAN BEHAVIOR

- » Read 1 Corinthians 6:19, 20; Ephesians 5:17; Philippians 4:8.
  - » He loves you. God paid a high price for you to be able to have a saving relationship with Him. There is nothing in this world that is more important than your relationship with God. Everything you do reflects where your relationship with God is. He has given us the Scriptures, the Holy Spirit, and nature to help us in understanding His will for our lives. The things we take into our minds and bodies should be things that help us grow closer to Him.
  - » How does the music you listen to affect you?
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- » How does the music you listen to bring you into a closer relationship with God?
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- » What values, ideals, and principles do you think are important and should be applied when it comes to listening to music?
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- » Unscramble the verse below. The verse is from the New King James Version.

God and of do will 12: acceptable not perfect  
be and conformed good to 2 that and this is  
world but what be prove transformed may by  
you the that renewing mind Romans of your

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## Tuesday REFLECTING

- » Read Romans 12:1, 2, and 1 Corinthians 10:31.
- » If you like music, you're not alone. Music can have a huge influence on our lives. We can listen to music that lifts us up or brings us down. Music can set off an avalanche of opinions because tastes are so different. You've probably had the experience of having someone say, "Music is neutral. As long as I like it and it is good for me, that's all that matters." But is it just a matter of taste, or are there rights and wrongs when it comes to music? In your reading today from Romans 12:1, you can see that the service that is pleasing to God has to involve our reason: "Your reasonable service" (NKJV). That means that we cannot worship God or honor Him with anything that is mindless and lacking thoughtful reasoning. Your Creator



expects you to put thought in everything you do, including your choice of music. What kind of music should a Christian never listen to? What kind of music is appropriate for praising and worshipping God? Why should all the music we listen to and sing honor God? Guiding principles for choosing worship music should be the strong biblical content and theological meaning of songs as well as rich harmonies that do not overshadow but affirm and support the message of praise and worship. When you choose music for listening enjoyment, make wise choices that will impact you positively. Contrary to the negative impact of rock music, jazz, hip-hop, New Age music, and other genres of popular music, classical music has been reported to have a positive impact on the brain and to enhance frontal lobe function. That is why classical music is used in music therapy and is also the best type of music that enhances performance during study time and work.

- » As a Christian you have a responsibility in choosing the music you listen to. Everything that influences you, you must evaluate for good or evil. The question “Will this help me grow spiritually?” has got to be at the top of your list—even ahead of “Do I like it?” and “Do my friends like it?” Think about the songs you love to listen to. What do they represent? What do they center on? Are they drawing you closer to the Lord? If not, then why are you listening to them? It is in your best interest to be guided by principles and biblical values when choosing music for worship as well as for enjoyment.

### Wednesday BIBLE INSIGHTS

- » Match the follow references to the correct verse. You can find the various Bible versions at [www.biblegateway.com](http://www.biblegateway.com).

Psalm 150:6 (NKJV)    1 Chronicles 15:16 (NIV)  
 James 5:13 (CEV)    Psalm 100:1, 2 (NKJV)  
 Psalm 92:1-3 (NKJV)    Ephesians 5:19 (CEV)

1. “Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; come before His presence with singing.” \_\_\_\_\_
2. “It is good to give thanks to the LORD, and to sing praises to Your name, O Most High; to declare Your lovingkindness in the morning, and Your faithfulness every night . . . with harmonious sound.” \_\_\_\_\_
3. “Let everything that has breath praise the LORD. Praise the LORD!” \_\_\_\_\_
4. “When you meet together, sing psalms, hymns, and spiritual songs, as you praise the Lord with all your heart.” \_\_\_\_\_
5. “If you are having trouble, you should pray. And if you are feeling good, you should sing praises.” \_\_\_\_\_
6. “David told the leaders of the Levites to appoint their fellow Levites as musicians to make a joyful sound with musical instruments: lyres, harps and cymbals.” \_\_\_\_\_

### Thursday CONNECTING

- » Read Psalm 92:1-3.
- » Review the memory text.
- » How do you make your choices about music? Too often people don’t have any standard at all for making choices. “It sounds nice.” “It makes me feel good.” “My friend gave me this song.” But those reasons won’t cut it. If you’re going to be pouring words and music into your ears and your brain, you need to have standards.
- » Stretch your mind. Try listening to music that is not superficial and cheap. Analyze the music. What is it about that particular music that you like or that you don’t like? Is



it something you'd want to listen to in the presence of your parents, your pastor, and God?

- » As you listen to music, ask yourself some questions. What are the lyrics talking about? Do they fit with my spiritual standards as a Christian? How does this music affect the way I feel? (Music always affects the way we feel—it goes directly to our emotions.)
- » Do some serious evaluation. Is there anything you need to drop from your music collection because it's coming between you and God? Are there songs of praise you can add to your listening list to bring you closer to Him? Don't be afraid to examine your music and your heart. Remember we are here to bring honor to God. Ask yourself, Does my music bring Him honor?

Friday

## APPLYING

- » Read Psalm 100:1, 2.
- » Write your own song . . .
- » You don't have to be a musician—or even a really good writer. Songs are made up of words and feelings set to music. You can do that.
- » Find a piece of instrumental music you like (no words) that matches the way you're feeling right now. Listen to it (perhaps several times) with a blank piece of paper and pen in front of you. Write words and phrases that express what you're feeling, thinking, and what you'd like to say to God right now. See how easy it is? You're composing your own psalm! (Note: if you read the book of Psalms, you'll notice that many emotions are covered—happy, joyful, sad, afraid, as well as songs of praise!)

