

## Rhythms of Grace Worship • December Year 3

**Theme:** Psalm 150

**Scripture:** Psalm 150

**Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_

### **Volunteer Roles:**

**Facilitator** \_\_\_\_\_

**Storyteller** \_\_\_\_\_

**Celebrant** \_\_\_\_\_

**Center Leader** \_\_\_\_\_

**Guide** \_\_\_\_\_

## **Items needed for this Session**

**Gathering:** chairs for all but only one put out at beginning, music with CD and CD player or individuals

**Storytelling:** Bible, Jesus doll, Storytelling pages, variety of musical instruments including trumpet, cymbals, and flute, Psalm 150 on foam board or poster board, sanitizing wipes

### **Response Activities:**

**Instrument free play-** variety of instruments from the storytelling, sanitizing wipes

**“All that has breath, Praise the Lord”-**  
pictures from magazines of things that “have breath” (people animals, etc) and things that do not have breath (cars, lamps, etc)

**Praise Play-** bucket, paper streamers or confetti, cardboard tags with instructions written on them to follow i.e. hop on one foot, do 5 jumping jacks, etc.

**Psalm Decorating-** copies of Psalm 150 on cardstock (leave wide boarder), glue, confetti, glitter, etc.

**Regathering:** Psalm Dancing- prerecorded music, CD player or some device to play the music, *Jesu, Jesu*, elements for the Eucharistic table (see Eucharist-Book 1)

**Eucharist:** altar table and elements (pita bread/rice crackers, juice, chalice, paten, purificator, corporal, altar cloth), Eucharistic Prayer (see Book 1 p. 100), *Gather our Hearts* song lyrics (see book 1 p. 99)

**Dismissal:** *Jesus Loves Me* song lyrics (see Book 1 p. 99 and CD Yr. 2 additional resources)

## Sessions Plan • Palm 150• Dec. Yr. 3

**Gathering:** Begin a game of “Reverse Musical Chairs” inviting participants to join in as they arrive. This is played by adding one empty chair to the circle as the participants march in a circle around the chairs. When the music stops, all try to be seated. One person wins the empty seat and then another chair is added. The game players continue their march and when the music stops, all try to reach the chair. Repeat until all are seated.

**Storytelling:** With the Bible and Jesus doll, and Storytelling pages, pray Psalm 150 with the help of musical accompaniment. All read aloud psalm with a “participants’ orchestra.”

### **Response Activities:**

**Instrument free play-** Allow participants to continue exploring the instruments used in the storytelling. Use sanitizing wipes to clean instrument mouthpieces after each use.

**“All that has breath, Praise the Lord.”-** Display a number of pictures taken from magazines that show things the “have breath” (people, animals) and things that do not have breath, (cars, lamps, etc.). Invite the participant to group the items into two categories:” Things that have breath” (animate) and things that do not have breath” inanimate). Make the connection to Psalm 150.

**Praise Play-** In a bucket filled with paper streamers or confetti, hide cardboard tags with written instructions for the participants to follow: i.e., jump up and down 5 times, hop on one foot, etc.

**Psalm decorating-** Print copies of the psalm leaving wide borders and paste on cardstock. Decorate with joyful designs using clear glue, confetti and glitter!

**Regathering:** All participants gather by dancing to prerecorded psalm music on CD player or some device to play the music. Then, singing *Jesu, Jesu*, participants pick up an element for placement at the altar, and as the clergy sets the table all create a circle around the altar.

**Eucharist:** Sing: *Gather our Hearts*  
Gather our hearts, oh God  
Gather our thoughts, oh God  
Bring us together around you

### **Celebration of the Eucharist**

**Dismissal:** All sing and sign *Jesus Loves Me*  
Celebrant provides the blessing  
Celebrant: “*Go in Peace to love and serve the Lord*”  
Participant: “*Thanks be to God!*”

## Storytelling • Psalm 150 Dec. Yr. 3

*Place the Bible and Jesus doll by the Storyteller. Have a variety of musical instruments and noisemakers available near the storyteller along with the large poster of the psalm.*

Our story today is from the Bible, (*show the Bible*) our book that tells the stories of God and God's people, of Jesus (*show Jesus doll*), God's son, and of how much God loves us (*place hands over heart*).

Today's story comes from the part of our Bible called "The Psalms." You may remember that we've talked about the psalms before. The psalms are a collection of songs that were written a long, long time ago by the Hebrew people. Jesus learned the psalms as a boy. And we still sing the psalms today in church. Mostly we sing them...and sometimes we just say them, using the words. You can see all the words of the psalms here, in the Bible (*show the book of Psalms*).

There are 150 psalms in the Bible. Today, we will learn Psalm 150.

Psalm 150 is a happy psalm. It tells us to praise God for all God's greatness. And it tells us to praise God- to tell God how great God is- by making happy sounds on all sorts of musical instruments!

Praise God with the trumpet! (*motion to the trumpet*)

Praise God with the cymbals! (*motion to the cymbals*)

Praise God with the flute! (*motion to the flute*)

(*repeat for other instruments that are gathered.*)

What the psalm writer is saying...is...make a big beautiful noise to tell God how much we love God.

Let's try these instruments:

(*one by one, invite children to try one instrument at a time. Be careful not to share germs on the instruments that have a mouthpiece. Either limit the instruments to one player or use sanitizing wipes.*)

Amen!

*After an appropriate pause, the Storyteller goes to explain the activities of the day.*