



RHYTHMS

FINDING REST FOR OUR SOULS

The following document is a rough copy of Pastor Drost's sermon notes from September 27th, 2020

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- VIDEO: [This is Amazing Grace but an 8th note ahead.mp4](#)
- If you are musically inclined, and especially if you are a musician, you will find this drumming very irritating. This is an amazing drummer called Noah Debolt. He is a professional drummer and a very good drum teacher and loves to worship God with passion. Here he is playing drums to the Worship song “This is Amazing Grace”, but he’s INTENTIONALLY just slightly off beat by an 8th note... just enough to completely irritate you!

All of God’s creation functions in RHYTHMS

- The RHYTHM of the planets.
- The RHYTHM of the waves and the tides and how the earth and the sea talk to each other.
- The RHYTHM of the night and the day.
- The RHYTHM of the seasons: Spring turns to summer, summer to fall, and fall to winter... then the cycle begins again.
- The RHYTHM of the TIC TOCK of a clock.
- The RHYTHM of our bodies...

The cells in our hearts rhythmically contract in unity acting together to produce a heartbeat.
 A beat and a rest, a beat and a rest, a beat and a rest... each pulsating beat sending life through our veins!
 When we breathe we inhale and exhale.
 We sleep and we awake. We work and we rest.

All of God’s creation functions in RHYTHMS.

- The songs we sing... rhythm, vibrations causing notes and melodies.
- All of nature sings.

Research in the field of **bioacoustics** reveals that we are surrounded by millions of ultrasonic songs. For example, the electron shell of the carbon atom produces the same harmonic scale as the Gregorian chant. **Whale songs travel thousands of miles underwater.** Meadowlarks have a range of three hundred notes.
 Even earthworms make faint staccato sounds!

The German physicist and pianist **Arnold Summerfield** observed that a single hydrogen atom, **which emits 100 frequencies, is more musical than a grand piano,** which only emits 88 frequencies.

- The Bible starts out by telling us the Genesis account of creation. I am going to read part of it from **Genesis 1:1 to Genesis 2:3.**

But instead of reading it as a scientific document, let’s read it like you would the teachings of Jesus: The sermon on the mount, the parables he told. Look for the imbedded principles, the spiritual lessons, the gems of wisdom, the treasures that bring us LIFE.

In the beginning God created the heavens and the earth.

The starting principle here is that all that we see, all that we know, the heavens and the earth were created by God.
He is the author of it all.

The earth was without form, and void; and darkness was on the face of the deep.

The earth was a wasteland of chaos and disorder. Dark and lifeless.
 We are going to come back to this. But then something happens...

And the Spirit of God was hovering over the face of the waters.

God hovers over the face of the unruliness of the waters... the chaos!

Then God said, "Let there be light"; and there was light.

And God saw the light, that it was good; and God divided the light from the darkness.

God called the light Day, and the darkness He called Night. So, the evening and the morning were the first day.

God starts putting RHYTHM and order into the chaos.

He divides darkness and day, evening and morning. In the next few verses there is this RHYTHMIC call-and-response oscillation between God and creation: "God said let there be...and there was... and God saw that it was good."

6. Then God said, "Let there be a firmament in the midst of the waters, and let it divide the waters from the waters."

God divides the water from the sky

...So the evening and the morning were the second day.

Then God said, "Let the waters under the heavens be gathered together into one place, and let the dry land appear"; and it was so. And God called the dry land Earth, and the gathering together of the waters He called Seas.

And God saw that it was good.

God divides the sea from the land!

God places this RHYTHM between day and night, sky and sea, land and water. Only once these separations are established, He calls forth heavenly bodies (RHYTHM of the seasons), plants, fish, birds, reptiles and all the animals and then humans.

Built within all of God's creation is this RHYTHM!

God created humans in His own image; in the image of God they were created; male and female He created them.

Another lesson here, every human you meet, regardless of their race, nationality or ethnic origin, the colour of their skin, religion, sex, sexual orientation, age, or regardless of their mental or physical ability, are EQUALLY created in the image of almighty God and therefore they matter to us and they matter to God.

31. Then God saw everything that He had made, and indeed it was very good. So, the evening and the morning were the sixth day. 2:1 Thus, the heavens and the earth, and all the host of them, were finished.

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made." Genesis 1:1–2:3

So now God establishes this weekly RHYTHM of seven days, six to work and one to rest... 6 to work and one to rest..

- **Illustration:** As the police Chaplain for the FPF, I count it a huge honour to march with them every year on Remembrance Day.
 - I had to learn how to march. I'm still learning.
 - The big base drum sets the pace for the March. You step with your left foot on the beat of the drum.
 - Last Remembrance Day, we were blessed with a drummer that didn't know how to keep a beat.

- You talk about chaos and lack of order...

Without the right rhythm we end up physically, emotionally, mentally or spiritually in the chaos of Genesis verse 1

God placed us humans in the middle of a RHYTHM for our overall HEALTH & well-being, but we get listening to the wrong drummer (materialism, or the need for position, prestige...)

We often get overly busy. We get overworked. We get over our head in debt. Our marriages, families, health and spiritual suffers and we lose our way.

I do! I often get out of RHYTHM!

- **Illustration:** The first time I discovered I was off beat, stepping out of sync with the rest of my group, I didn't know what to do.
 - I tried to step faster. We do that in life (try harder, work harder, work later).
 - I tried to slow down but the guys behind me started to step on my heels! We try that one in life as well!
 - One day someone showed me what's called the Stutter Step.
- I want to leave you with two Biblical concepts that will serve as a weekly "stutter step" that will help you get back on track on a consistent basis. These two concepts can work together.

1) Keep a weekly SABBATH.

- This word appears over 100 times in the Bible.
It comes from the Hebrew word **Shaw-bath = to pause, take a break, rest, cease doing.**

The word is introduced in the Bible when God creates the earth...

"In six days the Lord made the heavens and the earth, and on the seventh day He rested (Heb. Shaw-bath - stopped) and was refreshed." Exodus 31:17

And was refreshed! God? Why would God need to be refreshed?

The word "refreshed" = Hebrew word *naphash* (Naw-fash) and it means: to breathe or catch your breath. The Bible tells us that God stopped and looked at what He had done and paused, looked (He took it in) and said "It is good".

Sabbath is about stepping back from what you are busy doing to pause, look and breathe the goodness of life.

To see God's blessings, to enjoy family, friends, fresh air, kick your feet up, laugh, sleep in, unplug the noise, listen to a bird, scratch the dog's ears, play the piano, lay in the hammock or simply relax with the kids.

IT RECENTERS OUR RHYTHM.

2) Keep a Sunday spiritual routine.

- Sunday is the FIRST day of the week and when you place God at the **BEGINNING** of your week, it makes all the difference in the world. It becomes a consistent reboot to our lives and to our spiritual walk!
- I like how Genesis starts... **"In the beginning God..."**
Place God FIRST in your week!
- I know we all have different challenges (Work, COVID)
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Suggestions:

- My Mondays
- **In church** or **Online**
- Challenges with the kids home... watch it later!
- Start your week with a spiritual weekly discipline that includes worship, prayer, your Bible and preferably someone else.

“Come to me, all you who are weary and heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Mat. 11:28–29

Illustration: “Tim, count us in!” – “Drill commander” – “left, right..”

(1) This afternoon... (2) Is Jesus the drum beat you keep in step with?