



In Malta, the Wednesday of Holy Week is known as Drums' Wednesday. Sometimes it is called Spy Wednesday, recalling Judas's betrayal of Jesus. On this day, children traditionally go to church and drum on chairs to create the sound of thunder.

Drums are symbols of the rhythm of life. Their beat can echo the beating of a heart. [Read the story](#) of a young Lakota boy learning to play the drum by listening to his father's heartbeat.

Gather pots and spoons, wood blocks and pencils, a rattle, or a trash can—whatever you have that could be a percussion instrument. Invite your family or friends to form a drum circle, which can reflect the family of God: The circle is never-ending and includes people of all ages, whose goal is to be in tune with God, with one another, and with themselves. Try out a few beats with your own rhythm section. Then consider how your lives might reflect the heartbeat of God.

GO DEEPER: Cultivate a spiritual rhythm for your life by praying the [Liturgy of the Hours](#).