



What IS Worship?

Outline plan



Aim/s

- To consider the meaning of 'worship'. What it is and what it is not.
- Worship is anything that expresses love, honour, gratitude and/or respect towards God.
- Worship is a lifestyle.

Key Bible verse

Romans 12: 1-2 I beg you to offer your lives as a living sacrifice to him... NCV

Resources

Video of Mr Bean in church (optional)

2 flags, perhaps green and red for yes and no (useful if you have younger, more restless ones)

White board and pens or equivalent

Dramatized Bible if available for 2 Samuel 6 - David moving the Ark (optional)

Song suggestions

- Undignified by Matt Redman (We Want to See Jesus Lifted High track 1)
- I will offer up my life by Matt Redman (We Want to See Jesus Lifted High track 11)
- Open the Eyes of My Heart by Paul Baloche (Mandate: Men of Faith)

Starters

1. Watch the DVD of Mr Bean in church
2. In groups, write down different ways that we use to show people that we love or appreciate them.
3. Word association game. What words do you associate with the word 'worship'?

Teaching Method – Interactive game

This is a true/false game. With each story or statement ask them to decide whether this was an act of worship or not. If there is space to move and depending on the age of the group, have a 'yes' flag and a 'no' flag. With an older or more sedate group, they could simply raise their hands. This method engages them and makes them think, although I did have one 'couch potato' who refused to move, but I think he gave it some thought anyway! Select your own priorities. Groups who are unfamiliar with the stories covered here will need to go at a different pace to those who know them well. Doing it over 2 weeks would allow more time for understanding and reflection. I like to finish with Joseph of Arimathea.

1. Look at the story of David taking the Ark to Jerusalem in 2 Samuel 6:12-23. Play 'Undignified' if appropriate. Who was right? David or Michal. If David's actions were an act of worship, go to the yes flag. If that was 'not the proper way to worship God', go to the 'no' flag.

2. God always enjoys people singing praises to him such as hymns and songs. True or false? Let them vote and then read Amos 5:23-24
3. Read Mark 12:41-42, the widow's offering of 2 small coins. Was this an act of true worship? After they vote, read Mark 12:43-44.
4. God always listen to our prayers. True or false? Vote. Then read Isaiah 1:15-17
5. 1 Samuel 1:10-11 and 27-28. Hannah gives her son Samuel to God.
6. Joseph of Arimathea. John 19:38-42. Play the song 'I will offer up my life' if appropriate.

Possible questions for discussion at various points for older or advanced groups. *Select*

- What is 'worship'? What do you understand by 'worship'?
- Is it sometimes boring? Why?
- Would it surprise you to know that God doesn't like worship sometimes?! Isaiah 1
- Jesus said that 'true worshippers worship in spirit and in truth - John 4:23. What did he mean?
- In what different ways do people express worship?
- How can we make worship more meaningful for us?
- What would be a natural way for you to show God that you love him?
- Places where we might find it easier to connect with God.
- What is awe? How can we establish a sense of awe?
- What does it mean to 'to offer your lives as a living sacrifice to him - Romans 12:1. Think of examples of people who have done this.
- How can we develop the habit of engaging in an act of worship each day?
- How does worshipping God also bless us?

Application

Learning to love God isn't always easy as He can seem very distant but He does not have to be so. We need to pray that the Holy Spirit will make God real to us.

Create a worshipful atmosphere with lighting and music.

Perhaps have a short time of 'soaking' in God's presence.

Perhaps invite them to try out some of the different postures for worship mentioned in the leader's notes.

Free worship resources and ideas are available from Sam & Sara Hargreaves at - <http://engageworship.org/ideas>

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