

# What is Worship?

## Plan

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### Aim

- To show that worship is a lifestyle and includes anything that expresses love, honour, gratitude or respect towards God.

### Key Bible verse

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

### Resources - options

- Video of Mr. Bean in church
- Activity: 2 flags or signs, yes/green and no/red
- Song suggestions
  - I will offer up my life by Matt Redman
  - Open the Eyes of My Heart by Paul Baloche (Mandate: Men of Faith)

### Starters - select

- Watch the DVD of Mr. Bean in a church service
- Word association game. What words do you associate with the word 'worship'?
- Talk about different ways in which we show people that we love or appreciate them.

### Interactive teaching game

How does God view worship? Let's take a look at a few Bible stories and see where he was pleased with people's 'worship'.

This is a true/false game. With each situation, ask them to decide whether this was a real act of worship or not. Depending on the group, either ask them to raise their hands or have 2 'stations' one with a yes/green flag or sign and the other with a no/red sign. Some groups will know the stories better than others. You could add more if you wish.

1. 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. Why?

1 Samuel 16:7 People look at the outside of a person, but the LORD looks at the heart." NCV

2. God **always** listens to our prayers. True or false? Vote. Then read Isaiah 1:15-17. Why?

3. Take a quick look at the story of David taking the Ark of the Covenant to Jerusalem in 2 Samuel 6:12-23. He was so ecstatic about this that he took off his royal robes and danced in a simple linen shirt. This was counter-cultural, and his wife despised him for it.

Who was right? David or Michal. Were David's actions an act of worship, or was this 'not the proper way to worship God'?

4. Joseph of Arimathea. Read John 19:38-42. Joseph performed a very practical service here. Was it an act of worship? What did it cost him to do it? Why did he do it?

## Application

- So what is 'worship'?
- What difficulties do you sometimes encounter with worship?
- Which expressions of worship are most natural for you?
- How does worshipping God also bless us?

## Activity

Create a worshipful atmosphere with lighting, music, and prayer stations.

Here is a simple one for use at home:

[ECW Youth Christmas Prayer Space - YouTube](#) five minute worship and prayer activity. Not just for Christmas! Credit to Oxford Diocese Contemplative Tool Kit and Laurie-Ann Price

## Bible references - condensed

- 1) Amos 5:21-24 I despise your religious feasts; ...Away with the noise of your songs! NIV  
1 Samuel 16:7 People look at the outside of a person, but the LORD looks at the heart." NCV
- 2) Isaiah 1:15-17  
<sup>15</sup>When you raise your arms to me in prayer, I will refuse to look at you. Even if you say many prayers, I will not listen to you, Stop doing the evil things I see you do... <sup>17</sup> Learn to do good. NCV
- 3) 2 Samuel 6:12 – 23 The Ark of God is there." So David went and brought it up to Jerusalem with joy. David danced with all his might before the LORD. He had on a holy linen vest. <sup>16</sup> As the Ark of the LORD came into the city, Saul's daughter Michal looked out the window. When she saw David jumping and dancing in the presence of the LORD, she hated him. NCV
- 4) John 19: 38 – 42. <sup>38</sup>Later, Joseph from Arimathea asked Pilate if he could take the body of Jesus...

Habakkuk 3:17-18 NLT: bringing a sacrifice of praise; rejoicing in the midst of difficulty.

Even though the fig trees have no blossoms, and there are no grapes on the vines...

<sup>18</sup> yet I will rejoice in the Lord! I will be joyful in the God of my salvation!

John 4:21-24: Jesus said... <sup>24</sup>God is spirit, and those who worship him must worship in spirit and truth." NCV

## Bible Translations:

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NLT = **New Living Translation**

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