

## Invest in your spiritual health by: *Worthy of worship*

LESSON AT A GLANCE	
<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>• For Your Journey episodes can be found on the <a href="#">NAC USA YouTube</a> channel <i>and</i> in the <a href="#">NAC USA mobile app</a></li> </ul>	<p><b>I wonder...</b></p> <ul style="list-style-type: none"> <li>➤ What is worship?</li> <li>➤ Why do we worship?</li> <li>➤ How can we worship?</li> </ul> <p><b>I believe...</b></p> <ul style="list-style-type: none"> <li>➤ Worship is our expression to God of who He is and what He is worth to us.</li> <li>➤ If the Lord is to be the Lord, worship must have priority in our lives.</li> <li>➤ God calls for worship that involves our whole being. The body, mind, spirit, and emotions should all a part of worship.</li> </ul> <p><b>Materials:</b></p> <ul style="list-style-type: none"> <li>➤ Hymnals</li> <li>➤ IGNITE Bible</li> <li>➤ Chart paper or whiteboard and markers</li> <li>➤ Catechism Q&amp;A</li> <li>➤ Catechism</li> <li>➤ For Your Journey                             <ul style="list-style-type: none"> <li>○ <a href="#">Episode 18 - Worship</a></li> </ul> </li> <li>➤ Something to play a video (TV, computer, tablet, projector, etc.)</li> </ul> <p><b>References:</b></p> <ul style="list-style-type: none"> <li>➤ Bible: Psalm 117, 139, John 4:23-24, Acts 17:24-29, Romans 12:1, Colossians 3:17</li> <li>➤ Catechism Q&amp;A questions: 301, 307, 370</li> <li>➤ Catechism 5.3.2.3</li> </ul>
PRE DISCUSSION MESSAGE TO PARENTS AND STUDENT (TO BE SENT VIA EMAIL OR TEXT)	
	<p>What are ways that you can tell someone how much they mean to you? This week we will be talking about worship. Join us tomorrow for small group at _____.</p>
POST DISCUSSION MESSAGE TO PARENTS (TO BE SENT VIA EMAIL OR TEXT)	
<p><b>Facilitator Notes:</b></p>	<p>Dear Parents,</p> <p>This week the "I wonder..." questions are about worshipping God. Take some time this week to discuss with your student different ways that we can worship God. Make a list with them. Here are a few questions to ask:</p> <ol style="list-style-type: none"> <li>1. How do I worship God alone?</li> <li>2. How do I worship God with other believers?</li> <li>3. How often, outside of church, do I sing songs and hymns of praise?</li> <li>4. In what ways do I incorporate my emotions in my worship of God?</li> </ol> <p>As always, if you have any question about the topic, feel free to contact us.                      Your Youth Leaders</p>

**SUNDAY SERMON REFLECTIONS (up to 10 minutes)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.</li> </ul>	<ul style="list-style-type: none"> <li>➤ What Bible verse was used for the basis of last Sunday’s sermon?</li> <li>➤ What were some of the main takeaways? What did you learn?</li> <li>➤ So far this week, how have you applied what you learned from the sermon last Sunday?</li> <li>➤ Going forward, how will you apply what you learned from the sermon last Sunday?</li> </ul>
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**HOOK (up to 10 minutes)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>Allow 2-3 students to share their reflections. For larger groups, vary who shares from week to week.</li> <li>Have a large piece of paper and markers ready to make the list. Come with a few ideas of your own.</li> </ul>	<ul style="list-style-type: none"> <li>➤ How are you and how are you feeling today?</li> <li>➤ Who would like to share their point to ponder or call to action from last week?</li> <li>➤ <b>Who is God?</b> Make a list of all the names and attributes that you can think of. Feel free to use your Bible (especially the Psalms) to help you.</li> <li>➤ We worship God for who He is, and the more we study God and learn about Him, the richer our worship will be.</li> <li>➤ Look at the list you have created. Pick one of the names or characteristics and take a few moments to write a short prayer to God, or find a song from the hymnal that expresses that idea.</li> </ul>
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**SET THE STAGE (1 minute)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>Preview the “I wonder” questions with the students.</li> </ul>	<p><b>I wonder...</b></p> <ul style="list-style-type: none"> <li>➤ What is worship?</li> <li>➤ Why do we worship?</li> <li>➤ How can we worship?</li> </ul>
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**LESSON (up to 25 minutes)**

<p><b>Facilitator Notes:</b></p> <ul style="list-style-type: none"> <li>In the New Testament, Jesus speaks of a new kind of worship – we’ll get to that later...</li> </ul>	<p><b>Student Question #1 What is worship?</b></p> <ul style="list-style-type: none"> <li>➤ The definition of worship is to ascribe value or worth to something or someone, usually an idol or a deity. For Christians, this means recognizing and expressing who God is and what He is worth to us.</li> <li>➤ The first commandment says: <b>I am the Lord your God. You shall have no other gods before Me.</b> Only God the Lord is worthy of worship. Only He is to be served. There are many forms of worship recorded in the Bible: prayer, singing, sacrifices in the temple. (Catechism Q&amp;A 301, 307)</li> <li>➤ Our Catechism says that one of the two purposes of the church of Christ is to bring “praise and worship to God.” (Catechism Q&amp;A 370)</li> </ul>
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- Walk through Psalm 139 with your students.
- After reading a verse, give the students an opportunity to share what they think it means.
- If you have time, read the **FLASHPOINT: Knowing and Finding God** on page 630 of your IGNITE Bible together. Discuss how this makes them feel, what does it teach them about God?

### **Student Question #2 Why do we worship?**

- To answer this question, let's take a look at Psalm 139. We're going to see what David is learning about God and what effect it has on him.
  - *O Lord, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off* (v. 1-2). Here, David speaks of God's omniscience; God knows all about us.
  - *For there is not a word on my tongue, but behold, O Lord, You know it altogether...Such knowledge is too wonderful for me; it is high, I cannot attain it* (v. 4,6). David recognizes that God is much wiser than he could ever be.
  - *Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there* (v. 7-8). God is ever-present. Even in places where we think He may not go, He is always with us.
  - *For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made...* (v. 13). David identifies God as his Creator.
- David takes the time to articulate who God is. We can only worship when we are aware of who God is, when we seek His presence, and when we discover more about Him in Scripture.

### **Student Question #3 How could taking time to discover and reflect on the characteristics or names of God (like we did at the beginning of our session) focus your worship?**

- Let's jump to the end of Psalm 139:
  - David concludes this Psalm with a plea: *Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting* (v. 23-24).
  - Recognizing who God is and worshipping Him put David in the right perspective to look at himself.
    - First, when we understand the glory of God, we see ourselves rightly. We are small and weak and so, dependent on God. When we see the bigness of God, it also helps us to trust Him with our problems and worries that seem small by comparison (this is echoed regularly in various Psalms).
    - Second, as we spend time worshipping and understanding God and His will, we see what we need to change in our lives. We can ask God to show us these things and then guide us in the way that He wants us to go as David did.
  - When we worship God, it helps us align our life to His will, to let Him be the Lord and ruler over it, to change us into who He wants us to be. God delights in our worship, but He doesn't need it (Acts 17:24-25). We need worship.

- Worship also expresses to the people around us what we believe. Because of all the things God has done, is doing, and will do on our behalf – we lift up a song of praise to Him for all to hear and we welcome everyone to join with us. Psalm 117 is a perfect example of this:

*Praise the Lord, all you Gentiles!  
Laud Him, all you peoples!  
For His merciful kindness is great toward us,  
And the truth of the Lord endures forever. Praise the Lord!*

**Student Question #4** What are you proclaiming with your worship to those around you? If someone heard you singing or praying – would they believe what you were saying?

**Student Question #5** How can we worship?

- When Jesus is speaking to the woman at the well, He says, *"But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in spirit and truth"* (John 4:23-24). Worship of God is not just an act, but is a person's complete devotion to God. (Catechism 5-3-2-3)
- Worship consists of **outward actions** and **internal devotion** that we offer to God. It's both a **specific set of activities** and a **continuous service**.
- Usually when we think of worship we think of singing, praying, and reading the Bible. But it is so much more than that. Paul writes in Romans 12 that we present our *bodies [as] a living sacrifice, holy, acceptable to God, which is your reasonable service* (Romans 12:1). And in Colossians 3 he writes, *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him* (Colossians 3:17).
  - How can you present your body as a living and holy sacrifice to God?
- Worship isn't only limited to the kinds of things we do when we gather together in church. It includes everything we do. Whether we are studying Scripture, working, praying, at school, resting, cleaning, or marveling at His creation – we can feel God's presence with us throughout the day, we can use each opportunity to learn more about Him and everything that He is and take moments to worship Him.
- Let's learn to worship God through every word and every deed, and offer our lives to glorify and bring praise to Him.

- Quote for discussion:  
*Worship isn't something other, external, compartmentalized, or confined. It is life with God, lived unto God for His glory and our pleasure.*  
- Mike Cosper

**WHAT'S IN IT FOR ME? (up to 10 minutes)**

**Facilitator Notes:**

- If time allows, watch [Episode 18 of For Your Journey](#) and discuss any points, words, or phrases that stick out to the students.
- For Your Journey episodes can be found on the [NAC USA YouTube](#) channel *and* in the [NAC USA mobile app](#)

Spend some time reading through the list of names and characteristics that you created at the beginning. After you read each one, have a student come up with a sentence that expresses what that particular word or phrase means to them. For example, Shepherd – “God is my Shepherd because I feel that He watches over and protects me.”

**Close with the “I Wonder...” questions**

- Ask a student to read an “I Wonder...” question, and invite another student to answer with an “I Believe...” statement or an “I Believe...” statement in their own words.
- As you review each question and answer, stop and check in with the group to be sure there are no misunderstandings or misconceptions.
- Remind the students that on their Confirmation day, they will or have already promised and committed to surrendering themselves to God in belief and obedience.

**I wonder...**

- What is worship?
- Why do we worship?
- How can we worship?

**I believe...**

- Worship is our expression to God of who He is and what He is worth to us.
- If the Lord is to be the Lord, worship must have priority in our lives.
- God calls for worship that involves our whole being. The body, mind, spirit, and emotions should all be a part of worship.

**Point to Ponder...**

- What has changed in your understanding of worship today? How will you apply it? Will you study the Bible differently? Will you sing songs of praise differently? Will you approach a daily activity in a different way?

**A Call to Action...**

- In the next week, take the time to think about how you worship. What do you think it would mean for you to make worship a greater priority in your life? Read Psalm 111 and/or 145, in which are listed several attributes of God. Choose the one attribute you feel you need the most in your life right now and spend a few minutes in reflection, worship, and prayer with that as your theme.

**Weekly Reflections**

What Bible verse was used for the basis of last Sunday's sermon?

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What were some of the main takeaways? What did you learn?

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So far this week, how have you applied what you learned from the sermon last Sunday?

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**Point to Ponder...**

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**Call to Action...**

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➤ <b>References:</b> Psalm 117, 139, John 4:23-24, Acts 17:24-29, Romans 12:1, Colossians 3:17, Catechism Q&A questions 301, 307, 370; Catechism section 5.3.2.3	

**1. What is worship?**

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**2. Why do we worship?**

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**3. How could taking time to discover and reflect on the characteristics or names of God focus your worship?**

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**4. What are you proclaiming with your worship to those around you? If someone heard you singing or praying – would they believe what you were saying?**

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**5. How can we worship?**

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**Point to Ponder:** What has changed in your understanding of worship today? How will you apply it? Will you study the Bible differently? Will you sing songs of praise differently? Will you approach a daily activity in a different way?

**Call to Action:** In the next week, take the time to think about how you worship. What do you think it would mean for you to make worship a greater priority in your life? Read Psalm 111 and/or 145, in which are listed several attributes of God. Choose the one attribute you feel you need the most in your life right now and spend a few minutes in reflection, worship, and prayer with that as your theme.