Everything good comes from You, You deserve all of the honour for the victories that we see. You allow us to have good things, but they all belong to You, Yahweh! (Psalm 21:5)

See It:

'But the time is coming—indeed it's here now—when true worshipers will worship the Father in spirit and in truth. The Father is looking for those who will worship Him that way.' (John 4:23 NLT)

On it:

Do you have any peculiar habits? Are there any things that you like to do every day? For example, maybe you brush your teeth in the shower, or cut through the bushes at the street corner on the way to school. Some people like to worship God in the same way each time. There is comfort in what they call 'ritual' – which is just like doing things the same way each time. The problem with some worship habits is that they can become things that you do over and over without thinking about. Jesus wasn't too uptight about us having worship habits that make us do the same thing each time. For example, it is not essential that you always and only worship God on Sunday morning – you can worship Him every day! It isn't essential that you always and only worship God at The Salvation Army hall – you can worship Him at home or at school or in between! It isn't essential that you always and only clap during the chorus of songs - you can clap whenever you want or lie on the floor or raise your hands (in The Army we call that 'fix bayonets') or dance, or... You see, Jesus is more interested that you express your love and affection to God. Worship Him in spirit and in truth.

Live It:

Fred Fry and his sons were needed as body guards to protect The Salvation Army open air meetings from the attacks of the Skeleton Army. They brought their brass instruments with them and accompanied the music. This was the birth of the famous Salvation Army band.



The Fry Family Band

Do It:

Ask God to reveal to you someone at your school who may need prayer and then go and offer to pray for them.

in it:

Have a look outside and praise God for three things in nature that you see.

Eat It: Doctrine Three

'We believe that there are three persons in the Godhead – the Father, the Son and the Holy Ghost, undivided in essence and co-equal in power and glory.'

Read It:

One-year Bible Plan: Read Joshua 23-24, Psalm 44, & 1 Corinthians 11

Yahweh, You are glorious and amazing. You defend truth and humility and justice and everything You do inspires me. (Psalm 45:4)

See It:

'Twenty-four thrones surrounded Him, and twenty-four elders sat on them. They were all clothed in white and had gold crowns on their heads. From the throne came flashes of lightning and the rumble of thunder. And in front of the throne were seven torches with burning flames. This is the sevenfold Spirit of God.' (Revelation 4:4-5)

On it:

Can you picture that scene? It is mind-boggling! Read it again, and picture in your mind the sea of crystal and four living creatures – God's pets (read the whole chapter for the details). Do you see what they are doing? They shout, "Holy, Holy, Holy!" God's glory in heaven is thick, maybe thicker than the heaviest fog you have ever seen. But glory isn't fog – it is a real sense of God's holy presence – it's enough to knock a person flat on their back. They talk about the fear of the Lord – there is a righteous fear, a profound reverence that envelopes you. These creatures are flat on their backs in God's glory. They lift their heads, open their eyes, and peek out at the flashes of lightning, rumblings, peals of thunder, blazing fires, and supernatural rainbows. They shout out the only thing that comes to mind, "Holy! Holy! Holy!" and then hit the deck again. If you are having a tough time worshipping God, remember this page and read and pray through this bit every day to help you worship God!

Live It:

Richard Slater is the father of Salvation Army music. He wrote some hits, including "Jesus, see me at Thy feet"; "Jesus is my Saviour, this I know"; "In the fight, say, does your heart grow weary"; and many more.

Do It:

Give away half of your pocket money or allowance to somebody you think might need it more than you.

in it:

Think of something you know you have done that has hurt somebody else and ask for forgiveness.



Eat It: Doctrine Three

Now we know that there is only God, but there are three persons within God. Confused? Don't worry, it becomes clearer as you get older, and hopefully as this week goes on.

Read It:

One-year Bible Plan: Read Judges 1-3, & 1 Corinthians 12

Your majesty and greatness shine over us all and we see just how strong and mighty You are. (Psalm 68:34)

See It:

'I can't stand your religious meetings. I'm fed up with your conferences and conventions. I want nothing to do with your religion projects, your pretentious slogans and goals. I'm sick of your fund-raising schemes, your public relations and image making. I've had all I can take of your noisy ego-music. When was the last time you sang to me? Do you know what I want? I want justice - oceans of it. I want fairness - rivers of it. That's what I want. That's all I want.' (Amos 6: 21-24)

On It:

Now, God's not slamming you. Don't worry. But He is expressing His unhappiness at the way some people worship. Did you catch that part – 'I've had all I can take of your noisy ego-music. What was the last time you sang to Me?' Wow. Some people are into singing, music, ritual, or habit and they forget that they are supposed to be expressing their adoration and affection to God. Don't forget. Singing to God is not like singing your favourite songs on the radio. You have to make sure you are singing to and for God. And, do you know what He really loves? Justice and fairness. Let's give it to Him.

Live It:

There are more than 250,000 senior soldier musicians in The Salvation Army, including brass players, songsters, and other musical combos.

Do it:

Write out a prayer that tells God how much You love Him and then ask to read it at your Corps meeting this week.

in it:

'The world for God! The world for God! I give my heart! I'll do my part!' (From the Songbook)

Eat It: Doctrine Three

I like to think of the 'three persons' like an egg. There is the shell, the yolk and the white bit. Three parts, all different with different jobs and flavours, but just the one egg.

Read It:

One-year Bible Plan: Read Judges 4-5, Psalm 39,41, & 1 Corinthians 13

When I think about You God I see amazing things. All honour and glory and majesty belong to You. You are strong and beautiful. (Psalm 96:6)

See It:

'And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.' (Hebrews 10:25 NLT)

On It:

Now, the last couple of days we have taught on worship in a way that might lead you to conclude that we are not big on worship. We are big on worship. We just want you to worship for real. God wants us to meet together, so don't give up that habit. It is good to meet together to worship God. So, we're following God's instruction in the reading above and we are encouraging you to get together regularly in a community of believers to worship God. Whether it is on Sunday morning or Thursday afternoon or some other time is not that important. But be connected in with a group of believers who meet regularly (every week is great!) to worship. Your corps will have a few different options for you, probably. Make it happen.

Live It:

There are more than 385,000 junior soldier musicians in The Salvation Army, in young people's bands, in singing companies, and so on.

Do It:

Try to say a prayer once in every hour of your day today.

In It: Tell God ten things for which you are thankful.

Eat It: Doctrine Three

There is God the Father. He is perfect and pure and has all authority. He created us, He loves us and we call Him, Father!

Read It:

One-year Bible Plan: Read Judges 6-7, Psalm 52, & 1 Corinthians 14

Thank You! You renew my strength everyday! I only have to think about You and I am amazed and overcome by how wonderful You are. (Psalm 110:3)

See It:

"My Lord and my God!" Thomas exclaimed.' (John 20:28)

On it:

After Jesus died for our sins and then rose again back to life, conquering sin and death, He showed up to startle a bunch of His friends. How many Facebook 'friends' do you have? Well, Jesus, after He rose back to life, met up with more than 500 friends! 500! They all saw the Person who WAS dead but rose back to life! But one of Jesus' friends and followers, Thomas, was out when Jesus appeared to the rest of the disciples. Thomas did not believe their story about Jesus. So in our text, Jesus showed up AGAIN so Thomas could see Him. Thomas had said he wouldn't believe it unless he could stick his hand in Jesus' wounds from His crucifixion. (First of all, yuck! Some friend you are, Tom!) Anyway, when Jesus showed up He told Thomas to stick his hands in His crucifixion wounds! Thomas was flabbergasted. He dropped to the ground and cried out in worship – My Lord and my God! This is a great example (the last bit) for us when we encounter Jesus – drop to our knees and cry out to Jesus, "My Lord and My God!"

Live It:

There are two mainstream singing groups in The Salvation Army - the Songster Brigade (for senior soldiers) and the Singing Company (for junior soldiers).

Do It:

Try to make up your own worship song! Use some of your praise points, or just tell God how you feel and then add a tune!



in it:

Thank you, God, for loving me so much.

Eat It: Doctrine Three

There is God the Son. This is Jesus and we will learn more about Him in doctrine four, but for now we know that Jesus is the only reason we can gain salvation. It is through His sacrifice that our sins are removed, and in turn that we can be in relationship with God the Father.

Read It:

One-year Bible Plan: Read Judges 8, Psalm 42, & 1 Corinthians 15

Yahweh You are wonderful and miraculous! I praise You and know that You are worthy. (Psalm 145:5)

See It:

'Aaron's sons Nadab and Abihu put coals of fire in their incense burners and sprinkled incense over them. In this way, they disobeyed the Lord by burning before Him the wrong kind of fire, different than He had commanded. So, fire blazed forth from the Lord's presence and burned them up, and they died there before the Lord. Then Moses said to Aaron, "This is what the Lord meant when he said, 'I will display My holiness through those who come near Me. I will display My glory before all the people." And Aaron was silent.' (Leviticus 10:1-3)

On it:

Now, this is back in the day – the Old Testament – when people offered sacrifices to God. These two guys broke the rules and did not follow the instructions. This behaviour showed that they didn't take God's holiness seriously. But God dealt with them seriously. Fire shot out from the altar and consumed them. We should come into God's presence in obedience. So, if you have any sins, you should repent of them. If any have something against you, you should forgive them (or try to make up with them). You should recognize that God is holy. And God will show His holiness to you. So...honour Him is the lesson for the day!

Live It:

The Joystrings were a pop band in the 1960s who had some hits like "It's an open secret" that climbed the charts (they were salvationists).



Do It:

Perform your worship song for someone in your family, or maybe even your Sunday School teacher.

in it:

Help me to honour You in all that I do today! Protect my mind and my heart.

Eat It: Doctrine Three

There is God the Holy Spirit. The Holy Spirit, like God the Father and Son has been around since the beginning. However, He took on a much more direct role in our lives after the resurrection of Jesus. The Holy Spirit enables us to connect with God and to do mighty things in God's name. Basically, the Holy Spirit provides the batteries for the supernatural world!

Read It:

One-year Bible Plan: Read Judges 9-10, Psalm 49, & 1 Corinthians 16

God, I want to praise Your name! I want to sing thanks and praise You. I want my whole life to show You that I am thankful of Your presence. (Psalm 69:30)

See It:

'The priests could not enter the Temple of the Lord because the glorious presence of the Lord filled it. When all the people of Israel saw the fire coming down and the glorious presence of the Lord filling the Temple, they fell face down on the ground and worshiped and praised the Lord, saying, "He is good! His faithful love endures forever!" (2 Chronicles 7:2-3 NLT)

On it:

Do you remember a few days ago when we looked at the people in Heaven worshipping all the time? "Holy, Holy, Holy!" Well, this is a similar story, and it happened right here on earth. The glory of God was so thick that the priests couldn't even enter the temple! Fire is shooting down and the Israelites hit the deck, face down, and worship God, proclaiming, "He is good, and His love endures forever!" This is a great example for us to follow. And you don't have to wait for fire to fall before you start!

Live It:

Between 1967 and 1990, John Larsson and John Gowans teamed up to produce 10 musicals that introduced thousands of people to Jesus and shaped Salvation Army music for a generation. They had names such as Take Over Bid!, Spirit, Glory, Jesus Folk, and The Blood of the Lamb. Gowans and Larsson



Do It:

Can you recite the first three doctrines? I know six year olds who can do all eleven, so I promise it's not too hard!

in it:

Please give me a gigantic memory for all the things I need to learn!

Eat It: Doctrine Three

Now the second part of the doctrine is super important to understand. The three persons in the Godhead are not ranked in order. One isn't more important or powerful. They are co-equal, which means they all finish in first place! They are also undivided in essence which means that they are not three Gods who meet up from time to time... they are one God with different functions. Make sure you remember this doctrine... it's a really important one in our faith.

Read It:

One-year Bible Plan: Read Judges 11-12, Psalm 50, & 2 Corinthians 1