



Worship Through Your Day



THE MISSION AIM

We are to worship God continually, with our whole selves.



KEY VERSE

Colossians 3:16-17: "Let the Word of God dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 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."



Pre-Mission Activity



Supplies Needed

- Paper or board to write songs on for Wheel of Fortune (Be sure to use songs that recruits know from your own local setting)
- Marker

Directions

SAY: We're so glad to have you here today. Today we are going to talk about worship. One of the popular understandings of worship is singing songs to and about God. So, to start with for pre-mission activity today, we're going to play Wheel of Fortune! We'll it's not really that exciting but I'm going to start by showing you blank lines that represent the title of a popular song from church. I've put an X under the letters that are vowels. Your task is to raise your hand and guess the letters. If you think you know the song title then raise your hand and take a guess. If you guess a letter that is not up here, I'll start drawing crazy pictures (whatever you'd like...happy face, person, landscape).

DO: Play a couple of rounds of this. You could even have recruits choosing songs and filling in the blanks.

SAY: Great work everyone. Let's get some energy out now before we get started. I know that worshipping in song is super but I also like to worship God by being thankful. So, I need you to think of many things that you are thankful for. You will need a partner for this activity. It's called fitness tag.

DO: Let the recruits get into partners. If you need to, have a leader be a partner too.

SAY: Okay, first of all number yourselves one and two. When I say "go" number one is going to chase number two and try to catch him/her. Once caught, number one will have to say something they are grateful for, and then they must tell number two to do five fitness tasks like

five jumping jacks, five sit ups, five push ups, etc. Once number two has finished their tasks, they become "it" and must chase their partner. Once they get him/her they must tell them something they are grateful for and give them the five fitness tasks. Keep going switching back and forth until we call you together.

DO: Have a couple of recruits demonstrate with you to make sure that everyone is set to go.



Mission Uplink 1



Have ready YouTube playlist: "Season 2 – Worship 101 Episode 2: Worship Through Your Day"

Play "Worship 101 (S2) Episode 2 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have W-Episode_2-Worship_Through_Your_Day.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



Mission #1



Supplies Needed

- Three different colours of sticky notes (enough of each colour for each recruit to have at least two or three notes); make sure one of them is yellow
- Basketball (or other sports equipment), book, journal, instrument, plant, computer, photo of a group of people, cleaning supplies, art work; spread these items around the room in various locations
- Pencils
- Tape
- Three column chart with the following three titles: Where have you heard the word worship used before? What do you think worship means? How does someone worship?; leave a space at the bottom of the chart to write a definition of worship during the lesson
- Timer (either on a phone or watch, etc.)



Mission Assignment

SAY: Well there were some interesting thoughts presented there. What is worship and does it just consist of what we do on a Sunday at church? HMMM!! I guess that is what Michael was challenging us to do in his hinting about our mission. Let's not waste any time just sitting here, let's get working. Give us a drum roll for Mission # 1 (reading mission card from satellite uplink) "Your mission is to find out what it means to worship as a Christian. Spend some time thinking about where you have heard the word worship before, what you think it means and how someone actually worships."



SAY: Well, that sound pretty clear but let's break it down a bit. You'll notice that around the room we have placed some items like a basketball, book, journal, instrument, plant, computer, photo of a group of people, cleaning supplies and art work. We are going to work on covering those items with the answers to the questions in our mission. So, your first task to do alone or with a partner is to think of words that you have heard go with worship, for example, worship TEAM! (*worship service/ worship band / worship team/ worship songs / worship time*) When you have thought of a word, you'll come and get a yellow sticky note, write down the word or a picture of it and run to put it on any one of the items around the room. Our goal as a group will be to put as many yellow sticky notes on the items as we can in three minutes. So, that means that once you have placed one sticky note come back, and get another one as fast as you can.

DO: Give the recruits their yellow sticky notes.

SAY: Go, write or draw away.

DO: Make sure that recruits who need partners are paired up. Time accordingly, if the recruits have run out of ideas but there is still time, then cut the time short.

SAY: Wow! Well done recruits. Now that you have the hang of it we are going to do exactly the same thing but we will answer a different question and use different coloured sticky notes. Are you ready for the question? Once I give you the question, I'll give you a moment to think, then when you hear "go" get moving to write your thoughts on the sticky notes. "What do you think worship means?" (*to tell God you love Him, to sing songs, to play in the band, to live a good life, to have a positive attitude, to treat others kindly, to be a good Christian*)

DO: Hand out the sticky notes as the recruits have some "think time".

SAY: Go and add sticky notes to the items around the room.

DO: Make sure that recruits who need partners are paired up. Time accordingly, if the recruits have run out of ideas but there is still time, then cut the time short and if they need more time, then give them another minute or so.

SAY: I am so impressed. You have come up with some great ideas. Okay, last task. Same idea, different colour sticky note, different question but same items to cover up! Got it? Okay, think about this one..."How do you think people worship?" (raising hands, clapping, praying, dancing, playing their instrument).

DO: Hand out a new colour of sticky note.

SAY: Go add your sticky notes to our items around the room.

DO: Make sure that recruits who need partners are paired up. Time accordingly, if the recruits have run out of ideas but there is still time, then cut the time short and if they need more time, then give them another minute or so.

SAY: Awesome work recruits. You are incredible. Let's take a look at all of your responses. On "go", go and get a sticky note and take it to _____ (leader at the three column chart) to place on our chart.



DO: Have a leader at the three column chart directing recruits to the correct column. If there are too many recruits that would cause mayhem running to the sticky notes then put them in categories i.e., seven year olds go, etc.

SAY: Go

SAY: Let's take a quick read through of your responses.

DO: Quickly read through each of the unique responses on the chart.

SAY: You have made some incredible observations. Using all of your ideas and summarizing them let's write a definition at the bottom of our chart.

DO: Write the following definition at the bottom on the three column chart... Worship: A "heart attitude" of love and communion with God in all we say, think and do. This attitude shows positively in our actions. (Now add some specifics from your recruits as well.)

DO: Read the definition aloud.

SAY: That's a lot to take in. Basically it means that worship is having an attitude of our heart that shows God we love Him in all that we do. Wow! That brings a whole new light to just singing songs at church on Sunday. Let's send off what we have here to the team. Let's say "worship" as loudly as we can and point to our chart. Okay, on 3...1, 2, 3 "WORSHIP".

SAY: Well done team, let's get this off to the Recon Team and find out what they are up to. I'm curious about those cakes.



Mission Uplink 2



YouTube: Play "Worship 101 (S2) Episode 2 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



Mission #2



Supplies Needed

- Bibles
- A copy of the "Take Home Cards" for each recruit (you will need three more copies for each recruit for the Field Mission Project) (See attachment page 9)
- Pencils
- Sticky notes
- Phone to pretend to text





Mission Assignment

SAY: Well team...I don't know about you but I can smell those cakes through our video. We'd better get working or I'm just going to be dreaming about cake instead of working on our mission. Michael gave us a pretty good hint at what we need to do but let's count down from three for the actual details of mission # 2 to appear. 3-2-1. Mission # 2 (reading mission card from satellite uplink) "Use the Bible to find out what it says about worship AND take some time to reflect on how you can worship in your everyday life."

SAY: Michael pointed out an amazing verse in Colossians 3 and actually it's one of our key verses for today. Let's take a look. Everyone look up Colossians 3:16-17.

DO: Give the recruits a chance to look the verse up in their Bibles.

SAY: Follow along as I read it to you.

DO: Read the verses.

SAY: Okay, there's a lot in here. Let's take a look at it. "Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom..." What do you think that means?

DO: Give the recruits a chance to share their ideas (spend time with God, study the Bible, read the Bible then tell others about it with the wisdom of God)

SAY: So to worship is to read the Bible and share it with others. Sounds reasonable. Here is a little card with the verses written out for you. On the back, draw a picture of a Bible, to remind you to worship by reading the Word of God, the Bible.

DO: Give the recruits a moment to draw a Bible.

SAY: Okay, let's move on... "and as you sing psalms, hymns and spiritual songs with gratitude in our hearts to God." What do you think of that one?

DO: Give the recruits a chance to share. (sing songs that will please God and be thankful!)

SAY: I don't think that means you have to sing on key or that you can't play a horn to praise God. I do think it means that we need to thank God and always live a life of thanks. Okay, let's take a moment to draw a picture of a music note and something that you're thankful for on the back of your verse card.

DO: Give the recruits a moment to draw.

SAY: Last but not least it says, "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." Any thoughts on what all that might mean?

DO: Give the recruits a chance to share. (Whatever you say or do be sure to do it remembering Jesus and do it thankfully. That includes doing the dishes, homework, chores, how you talk to your family, etc.)



SAY: Now, finally draw a clock on your card to remind you that whatever you are doing, your task is to keep your attitude pure and focused on Jesus. Okay, let's read our verses once again as a reminder of what it is for us to worship.

DO: Allow the recruits to read the verses together.



Prayer Huddle



YouTube: Play "Worship 101 (S2) Episode 2 (3/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.



Supplies Needed

- Items from Mission Assignment #1 (basketball, book, etc.)
- "Whatever You Do" script for small group leaders (see attachment on pages 10-11)
- Sticky notes
- Pencils

Directions

SAY: Now we are going to spend some time prayerfully looking at what this can mean for our lives. What does it mean to have a proper heart attitude in whatever we do? Earlier you noticed all of the props that we have placed around the room...the basketball, pictures, instrument, etc. Your task right now is to look at each of these items and decide on just one that describes your interests or skills. I know that many of you will want to choose more than one but for now, just choose one. Now, when I say go, I want you to jump over to that item.

DO: Make sure that the items are spread out enough so that recruits don't bump into each other. Ideally, each item would have a group leader with it but barring that possibility, divide the recruits into about four groups (or as many as you can), for prayer huddle. Prepare group leaders to use the provided "Whatever you do" script for leading their group through a prayer and reflection time. Give the groups about 10 minutes for prayer and reflection.

SAY: Let's gather back together now and pray together.

DO: Pray with the recruits that God would give them clarity this week about how to worship Him.

SAY: Now, before we do some more work with these items, let's text this Intel through to the team and get back to find out what is happening with them. Maybe we'll finally see what they've decided about those cakes. Just stay with your group and watch from where you are.





Mission Uplink 3



YouTube: Play "Worship 101 (S2) Episode 2 (4/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



Field Mission Project



Supplies Needed

- Three copies of the "Take Home Cards" for each recruit (See attachment page 9)

Mission Project

SAY: Hmm. That cake sure looked good. Am I talking about cake again? We have work to do. You heard Christie but let's get this right and find out what our 3rd mission is. Drum roll please....Mission # 3 (reading mission card from satellite uplink) "How can we remind ourselves to worship God every day in everything that we do?"

SAY: As we do this, I'd like us to take a little tour around all of the brainstorming you have done today. You have looked at how to worship through sports, reading and so on. But not everyone has had a chance to see all of our amazing ideas. When I say "go" I'd like you to walk around to as many items as you can, particularly ones of interest to you, and read the ideas that are there. Remember that these ideas have been given to people by God. As you walk around, think about whether any of the ideas are ones that you might want to try out this week. You will only have three to five minutes to walk around.

DO: Give the recruits enough time to walk around but if you see their interest waning then cut the time down. Provide partners for those who may not be able to read as well and spread the recruits out.

SAY: Alright, now that you have had a chance to tour, come back and write at the bottom of your key verse card one thing that you are going to do this week to help you worship God.

DO: Give the recruits a chance to write down their idea.

SAY: You've done an amazing job this week but I have one more task for you. I don't know about you but sometimes I find it hard to remember new things. So, I am going to give you three cards that look just like the one you've filled out. Your task when you get home is to put those cards in four places that will remind you that you are to have a great heart attitude of worship in everything you do. Before we go, let's think of a number of great places to put your cards. Raise your hand if you have an idea.



Squad leader if you would rather focus on one worship idea, record the others ideas and share them with the recruits for them to think about during the week.



DO: Let the recruits share their ideas (fridge, computer, bedroom door, bathroom, school book, book bag, television, etc.)

SAY: Now, it was my idea to put cards around the house to remind you to worship. Do you have any ideas of how you might remember to live your life as a worshipper of God? (Pictures: create a picture of one aspect of God's presence with us, to post on a wall in your kitchen, or another common area of your home i.e. a picture of mountains – creation; a picture showing someone turning away from wrong doing; a picture showing a person being sheltered in a storm; a picture of someone kneeling by a bed.)

DO: Give the recruits a brief chance to share their ideas.

SAY: - Recruits, you have been incredible as usual. Remember this week to have an attitude of worship in whatever you think, say and do. Let's read our key verse before we head off, Colossians 3:16-17: "Let the Word of God dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 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."

SAY: Have a terrific week. We'll see you back here again next week.

NOTES



Squad leader if time and circumstance allows you might want to have some cake with your recruits!



Worship: A “heart attitude” of love and communion with God in all we say, think and do. This attitude shows positively in our actions.

Colossians 3:16-17 - “Let the Word of God dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 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.”

How will I worship God this week?

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How will I worship God this week?

Whatever You Do...

SAY: Let's go around the circle and you can tell us why you picked the item that you did. For example you may have picked the cleaning supplies because you like to help others.

DO: Give the recruits a chance to share.

SAY: Okay, now let's use these items to help us focus and pray. We have here a (basketball, horn, journal...). Let's start by lifting our item up to God and asking that He would show us how it, or what it represents can be used to help us worship Him.

DO: Have as many recruits as possible hold up the item or items that you have and repeat the following prayer together. Stop throughout and allow the recruits to repeat the prayer.

SAY: Dear Lord...please take this (basketball, horn, journal...) and show us how we...can use it to best worship You...We want to have loving hearts...pure attitudes...joyful spirits as we live for you...Right now, give us specific ideas...how can we worship with this (basketball, horn, journal...)...Amen

SAY: Okay recruits, we have prayed about how we can use these items to worship God, let's take some time now to think about how we can do that. Earlier today we stuck sticky notes on these items, well we are going to do that again. This time we are going to write or draw ways that we can use these items or what they represent to worship God. For example, if this basketball represents sports to you, how can you worship God through sports? (See the potential list of ideas on the next page)

DO: Give the recruits a few moments to think about what they will write or draw.

SAY: Now that you have an idea or ideas, write them down on the sticky notes and stick them on the item you have chosen.

DO: Give the recruits a chance to write or draw.

SAY: Well done recruits. Now, we will just take a moment to think in general at how we can worship God each day. For example, we can obey Him, read our Bible etc. Can you think of any other ways that you can worship God? (*Look at His wonderful world, trust Him and ask for His help to make decisions each day, pray about the joys and challenges in your life, be thankful always*)

Ideas List

Basketball (sports) – pray before a game that your attitude would be good win or lose; play fairly; treat the other team with respect; no fighting or swearing

Book (reading) – read books that will help you to be a better person; share what you have read with others; read the Bible and seek to do what it says; read prayers and poems about God

Journal (writing/reflecting) – write poems and stories that will help you and others; write poetry, songs, stories to God; write things you are thankful for; encourage others

Instrument (music) – play, sing and listen to music with words that will make you and others better people (listen carefully to the words of the songs you listen to); use songs to tell God how wonderful He is; write songs to encourage others and to tell them about God; think about the example your favourite singers set for you and others

Plant (nature lover) – go for nature walks and thank God for the beautiful world He made; go for walks and pray or sing; treat animals with respect; reduce, reuse and recycle; don't stock up on things you don't need; find a quiet place to rest and enjoy the beauty of our world

Computer (video games/internet etc.) – be sure to use video games, internet sites that you know God would be pleased with; write emails and notes of encouragement to others; research about other countries and how you can pray for people there

Photo of a group (spending time with friends) – treating others the way you would want to be treated; not forming groups that are so tight no one else is allowed to join in; choosing friends who will help you to make good choices; encouraging others; telling others about Jesus

Cleaning supplies (helping/chores) - turn on praise music while cleaning, sing songs instead of grumbling when being asked to clean your room; help do the dishes without being asked; do your homework joyfully; help your family with tasks at home

Art work – draw or take pictures of things that God has created and share them with others; draw pictures that show your love for God; as you listen to songs draw what you feel and think