

# **I Dare You**

## **Module: Spiritual Disciplines**

### **Lesson 2: Worship**

#### **Objectives:**

Students will

- recognize worship as more than just music
- Discuss ways in which we worship both publicly and privately

#### **Materials Needed**

- ☐ Bibles
- ☐ Dictionaries or on-line access
- ☐ Copies of the handout “Worship”, pens or pencils

## **Minds On**

Before beginning this lesson have the youth play a game such as “4 on the Couch” to get them interacting with each other. For brief description surf to:

[http://www.youthpastor.com/Games/index.cfm/Four\\_on\\_a\\_couch\\_245.htm](http://www.youthpastor.com/Games/index.cfm/Four_on_a_couch_245.htm)

Say something like: To begin our series on spiritual disciplines, there is no better place to start than with a discipline that will never end. The discipline of worship is unique in that it has no conclusion. Revelation 4:8 is a picture of the eternal worship around the throne of God. Worship is also the foundation for all other disciplines.

But, what is worship? In John 4:23-24 Jesus states that the time has come “when the true worshippers will give worship to the Father.” What is true worship? Worship is a term that is often used in our churches to refer to the songs that we sing. That is just not an adequate picture of “true” worship.

## **Action**

First, it is important to properly define worship. In many circles this word has been reduced to mean music. So, divide your youth into groups of two or three (this is a great opportunity to mix up youth so that they are working with people they don’t usually talk to). Have the groups use dictionaries or the internet to come up with definitions of the word worship. Give them 5 – 7 minutes to work on this. When they are done, have the groups come together and as a large group come up with a working definition of worship.

Say something like: Worship is both an attitude and an action. In fact, the Greek and Hebrew words translated into English as worship are equally translated into English as to bow down. Thus, worship is an action of the body and an attitude of the heart.

Dividing your youth into groups of 2 or 3 and have them work through the Handout. The object of this is for the students to identify actions and attitudes associated with true worship based upon selected scripture passages.

## **Consolidate/Debrief**

Gather your group together. Have a member of each group share their findings. Say something like: Worship is both an action and an attitude. There are things we do to worship the Lord but there is also a state of heart that must exist. Worship takes place on both a public and a private level.

Have your large group talk about ways that we worship the Lord in public and in private. It is important to clearly identify the Bible as our key foundation of worship. It is God's revelation of himself to us and is to be used both privately and publicly as our source for worship. Have students think through the many ways we can worship God.

Once you have developed a list, take a moment to point out to students that although simple tasks such as doing your chores are acts of worship in obedience to God, they never take the place of the direct worship of God! Have students take a moment to individually reflect on the list and choose one method of worshipping God that they will focus on until you meet again as a group.

Use this opportunity to introduce the remaining disciplines that will be covered. Talk about how worship is the foundation for all other disciplines. We do them as part of our public and private worship.

Close in prayer.