

More Than a Name

Module: WHAT IS WORSHIP?

Lesson 1: WHAT IS WORSHIP REALLY?

Objectives:

- Students will define what the word “worship” actually means
- Students will understand that worship involves every part of them

Materials needed:

- Bibles
- Poster Board or White Board
- Markers
- A small piece of paper for each person
- pens

Minds On

Play a game called “Confessions”. Have everyone sit in a circle and give them a piece of paper. Ask them to write down one thing that they shamefully confess to obsessing over. For example, it could be loving “Justin Bieber”, or “soccer”. Collect all the papers in a hat, and then have one volunteer stand in the middle of the circle. Remove his or her chair so there is one less seat than people playing. Have that person grab one paper from the hat and read it out loud.

As the item is read, anyone in the room who shares that confession must stand up and change seats with someone else who is standing. For example, if the paper read “hockey,” anyone who likes really likes hockey would have to stand and change seats. The last person without a seat stays in the circle and reads the next one. If only one person stands, that person is automatically in the middle.

Say something like: All of us have a tendency to obsess over certain things. We are drawn to some things more than others, and we can actually end up spending a lot of time and energy pursuing them.

Ask your students what this might look like using some of the examples that were read out in the game. *Ask questions like, “What does someone who is obsessed with hockey do? How can you tell that someone really likes Justin Bieber? What might you do to express your devotion or commitment?”*

Action

Say something like: Much of what we have talked about tonight can be described using the word “worship.”

Have students brainstorm around the question, “What is Worship?” This can be done as individuals or in groups. Give the students 5 minutes to write down their thoughts or discuss as

a group recording their answers, and then invite them to share their thoughts with the larger group.

If they record their answers, hold on to them so they can be referred to in lesson 3.

Read the definition of *worship* from the Merriam-Webster online Dictionary

- 1) a person of importance — used as a title for various officials (as magistrates and some mayors)
- 2) reverence offered a divine being or supernatural power
 - a. also an act of expressing such reverence
- 3) a form of religious practice with its creed and ritual
- 4) extravagant respect or admiration for or devotion to an object of esteem

Discuss the definitions, taking the time to focus on words that are unfamiliar or complex, such as “reverence”, “offering” and “sacrifice.” You may also want to include definitions from other sources or bring in a variety of dictionaries and have students look up the word. If appropriate for your group, they could also use their phones or other devices to search the internet for definitions.

Have someone read Romans 12:1 and begin a discussion about what it means for our bodies to be living sacrifices to God. Begin by having students think briefly to themselves, and then invite them to share their thoughts with a partner. Following this, have the pairs share their insights with the larger group.

In order to help push the discussion further, use the following list of body parts ask how that particular part can be a “living sacrificed” to God. Have them think about both successes and failures in using that part to worship God.

Eyes- *Are you worshipping God with your eyes and all that you see and watch? What are we offering to God when we see things that are inappropriate?*

Ears- *Are you worshiping God with what you listen to? How does what you hear around affect your relationship with God? Does it help it or hurt it?*

Heart- *Are you worshiping God with what you carry in your heart, your emotions and feelings, or do you struggle with bitterness or anger or jealousy?*

Hands – *Are the things that you do an act of worship to God? Do you participate in activities that you know you shouldn't?*

Mouth- *Are the things that you say an act of worship to God? Are there words that you use or ways that you speak to others that are not healthy or good?*

Feet- *Are the places that your feet take you pleasing to God? Do you get yourself in situations that are inappropriate or harmful to you or to others?*

The goal is to get students thinking about how we need to honour and show our respect and love for God with every aspect of our being...all of the things that He has given to us!

Consolidate/ Debrief

Remind your students that every aspect of their life is a part of worship to God. This should make us more conscientious everyday of the words that come out of our mouths, the choices that we make, and the feelings that we allow to grow in our hearts.

Give students a chance to pinpoint a particular aspect of their lives where they are having difficulty worshiping God and invite them to pray about it. Challenge them to focus on that aspect of their lives throughout the week and strive to worship God in new ways and with every opportunity.