



PARENT GUIDE

LESSON TEN: WORSHIP

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LESSON TEN: WORSHIP

OBJECTIVE: To help families understand the importance of worship and what living a life of worship looks like.

FOCUS ON FOLLOWING JESUS

Jesus deserves our worship and setting our eyes on him helps us live like him. Jesus taught us to worship with our whole lives through the way we serve and love.

([Luke 4:8](#) “Jesus answered, “It is written, ‘Worship the Lord your God. He is the only one you should serve.’”)

GRIP ON THE GOSPEL

Worshipping God is made possible by salvation by faith in Jesus Christ. Through this salvation we gain access to worship in spirit and truth, and worship is an outpouring of gratitude and love for the God who justifies, sanctifies and glorifies us.

([John 4:23](#) “But a new time is coming. In fact, it is already here. True worshipers will worship the Father in the Spirit and in truth. They are the kind of worshipers the Father is looking for.”)

WHAT DO I DO?

- Read the [For Parents](#) article. Spend a few minutes thinking and praying.
- Read over the [Discipleship Lesson](#) and decide when you will do it with your family.
- Gather your family, a Bible and any supplies listed on the lesson sheet. Use the script provided to teach a [Discipleship Lesson](#) to your family, adapting as needed.
- Use the 5 mini-lessons as [Daily Bible Time](#) prompts through the week.
- Select one or more [Discipleship Activities](#) to incorporate into your week.



FOR PARENTS

What enemy are you facing in your life today?

I'm hopeful you have no physical battle to attend (although sometimes tidying up can *feel* like a never-ending war!) but I'm certain you could name a few problems in your life. We all have enemies, and the noise of their weapons can often drown out our praise to God. Self-doubt, worry, fear, anger, hate, hopelessness, loneliness, regret...your list will look different than mine, but the enemies are real. Carrying these monsters and their voices with us on Sunday morning means it can be difficult to give our attention and heart to God in worship. Sometimes the act of worship (identifying God's greatness and speaking or singing it) can be a sacrifice. Sometimes our heart's just not in it. We do it because we know we should, or because we know intellectually that God is worthy. We wished we felt more worshipful or maybe that we'd had a full night sleep.

I'm in this place more often than I'd like to admit. But something that God has been teaching me lately (maybe you learned this lesson long ago) is that the cure to this illness comes in doing a very simple but very difficult thing. The way to fight these enemies inside me is not to give them the attention they demand, but rather to give my attention to God instead. Worship has a way of silencing enemies.

This is not to say of course that our motivation for worship should be ourselves. Worship is NEVER about us. But does it change us? Absolutely. God doesn't demand that we have our 'stuff' together and have slain all our dragons before we come to him. He just asks us to come, to trust, to submit, to adore him and watch as the enemies flee.

Psalm 8:2 tells us that God has ordained that babies and young children will praise Him – for what purpose? To silence and slay enemies. What an incredible image! Our own children were born to praise Jesus, to dance around and sing "Hallelujah!". Not just because we find it awfully cute, or because God commands it, or because it fills up the Sunday school time or because it prepares them to worship when they are older and they can do it properly. No – what our children do when they praise God now has some *real effect* in the spiritual realm, and on the enemies in life. There it is again: worship silences enemies.

But what enemies? How could the little voice that comes out of our mouth silence anything? Consider one of your biggest enemies – for me, it would be fear. What would happen to that enemy if you reminded yourself of the truths of who God is? Something happens in my heart when I affirm that God is in control, that God is good and that God loves me. Worshipping God for things I know to be true directs my attention to God, not my own heart and mind. Fear can't seem to occupy the same place as these truths. I have nothing to fear, because my God is great, and I am his. It is a lie that my own fears keep me from worshipping God – it is precisely what God will use to defeat my fear. I must choose to worship anyway.

When we count Jesus to be more valuable than anything the world has to offer, *that* is worship. It changes the way we relate to other people (and how much energy we give to pleasing them), the effort we put into gaining material goods, what we spend our days doing, how anxious or afraid or vulnerable we feel. When we tell God that His plan and timing is greater than our own, maybe the traffic doesn't bother us quite the same, or the person who makes us angry, because they are what's in the way of us being truly happy, can be forgiven.



Worship changes us in countless ways. In beholding God in all his glory, we become aware of how small we are, and how unimportant our own agenda can be. Seeing the greatness of God shows us areas of sin in our life that are hard to see when comparing our life to other people, but light up like a neon sign when compared to Jesus's perfection. In praising him, God draws near to us and we are brought into his very presence. Worship makes us no longer alone, it sets us free, it puts our heart's desires in the right order and it invites the Holy Spirit to fix us in all the broken places. Only God can do these things.

The first verses of Romans 12 tell us that we should consider our bodies as living, moving, breathing sacrifices to God. Something we have given over to his use because he is worthy. This is described as 'true and right worship' or 'spiritual service' depending on your preferred translation. The essence is that this is the kind of worship God is looking for. But what happens in verse 2? It almost seems like a topic change, but the writer of Romans is famous for circling around an idea before he gets to his point. This verse has everything to do with the one before. In giving our lives as living sacrifices to God, we no longer are shaped, molded or formed by what we see around us in the world. We are no longer running away from the enemies inside us, trying to hide ourselves from God and those around us. No – we are transformed, our mind is changed, we know God's will, we become what we were always meant to be. How did this change occur? *By choosing to worship.*

When you worship with your church, your family or all alone, you are letting go of fighting the battle against your own sinfulness and selfishness and inviting God to fight it for you. You are putting your eyes on the better goal. You are reminding yourself, I am weak but God is strong, I am sinful but God is merciful, I am in a storm but God is in control, I am sick but God is my healer, I am inadequate but God can strengthen me to do all things, I have a burden but my God gives me rest.

This can be one of the most powerful things you do as a Christian, and as a parent. When we teach our children to worship, we teach them that THEY are not the center of the universe, but we also free them to know that it isn't up to them to silence every enemy. They are loved by a great God. Those enemies are given a home in our heart when we worship ourselves; they flee in the presence of true worship of God.

So turn up the radio on your commute, sing a song while you fold the laundry, remind yourself of who it is who loves you when worry or anger start to take over. Practice being a worshipper even when you feel like giving in, giving up and going home. Watch as God defeats every enemy as our worship pours out – even from the lips of little babies.

Consider these Questions:

1. When do you feel most worshipful?
2. How do you build worship into your life on the days and hours you DON'T naturally feel like worshipping?
3. What 'enemies' in your life do you struggle against and how could worship help?
4. What do you want to thank and praise God for right now?



DISCIPLESHIP LESSON

Instructions:

- Read or teach the text using your own words
- *Text in italics is a note to the adult leading*
- This icon  indicates a question you should ask
- This icon  tells you there is a Bible verse to read
- **Text inside a grey box is a tip or idea for you!**
- **Text inside this box is a short activity or task**

The lesson should take about **45 minutes** to complete.

Supplies Needed:

- **Bible**
- A piece of paper and drawing materials for each person in the family
- A magnifying glass (If you don't have one, use a smartphone that can take a picture and then enlarge.)
- "God Words" and "Us Words" from the lesson, printed very tiny on two different sheets of paper

WHAT IS WORSHIP?

Gather your family for the family Discipleship Lesson. Remind your family that this is something exciting to do together, to look at the Bible and Jesus and learn what it means to be a disciple!

Last week we talked about God's amazing family, his team here on earth – the Church! One of the purposes of the church – the goals – is worship. That's what we're going to explore today!



What is worship?



For instance, French fries are awesome because they are crispy, salty, go great with gravy and cheese, they are a nutritious vegetable? etc.

Younger children can partner with an older child or parent for this.

Just like we learned that Church is more than just the building we're in – it's the whole group of God's people everywhere and always! – worship is like that too. It is more than just singing songs to God! Lots more!

Start off with a short activity.

I want us to remember that we're all pretty great at noticing super awesome things. When we figure out that something is awesome, we want to tell other people about this awesome thing too! We get excited about it! We love it! We become a FAN! Each person in your family should think of one SPORT or



FOOD or HOBBY they think is awesome. Draw a picture of it and think of as many reasons as possible why it is awesome. Let them present their awesome things to everyone else.

See? All of you are experts at recognizing what is awesome about something! It's kind of inside us, isn't it? When we see someone do something athletic or do a stunt, we say WOW! Or when we notice someone has a really great singing voice or they can run really fast, we notice. We feel inside us like these things deserve attention.



What gets your attention? (What do you like to watch on YouTube, or go see people do? What talent do you admire?)

Those things do deserve attention! God made us so that we are creative and our bodies can do amazing things – people challenging themselves and achieving is something to celebrate! We love to cheer at sports games and clap along to musicians. Our achievements help others too and bring joy and even help to others. As a family we try to celebrate one another and our achievements!

That is an important thing to remember as we talk about our big topic today – worship! We had some great answers earlier about what worship is. But if we're going to be families that follow Jesus, part of Jesus' team – then we need to know what worship is. Jesus taught us that we should worship God!

**Worship is everything we do that is paying attention to how great God is!
Worship is putting God in first place because he deserves it!**

Interesting – we didn't use the words singing, music or church in our definition did we? See – worship is bigger and more important than just the time at church where we sing songs and get to move around. The Bible has lots to say about worship – in fact one book of the Bible is a songbook that people used long ago to sing songs to God when they worshipped! So if we were to go to the Bible to find out more about worship, we would see verses like these:



You can make a definition together as a family, especially if you had great answers from your kids! It should include some aspects of this definition.



Psalm 29:2

Matthew 4:10

Romans 12:1



What do you think it means to offer up our bodies to God? *(take answers – everything we do can be worship to God, not just saying that we love Jesus with our mouth but by how we treat people too!)*



Who does the Bible say we should worship?

We know from the Bible that worship isn't just singing. It is what we do with our heart and mind and body. It doesn't just happen in a church building, it happens all the time. But you might still be wondering – what is it?

Let's try a demonstration:

When we were talking about food and activities that were awesome and that we loved, we used some pretty great words to describe them. Words are how we can tell people about what we think and feel about something.

Take a magnifying glass. Can you read the words about God? Can you read the words about Us? Write one of the words about God really big on another piece of paper! When you are looking at a tiny word with a magnifying glass, it's hard to see anything else but that word. And no one else can look through it with us. But when we write the word big, others can see it too!

People like to think about themselves, but compared to God we're not very great! When we think just about ourselves we fill our heart and mind with things that aren't that great, just ordinary. This is worshipping ourselves.

Worshipping is a bit like writing something so big that everyone can see it, looking at something with a magnifying glass so it becomes bigger, focusing and paying attention to something!

Really simply, we are worshipping what we pay attention to. We are saying it is 'worthy' (or is awesome).

- **Worship is knowing something about God and saying that it's true.**



*Ahead of time:
Write the title "GOD WORDS" on a piece of paper. Then print very, very tiny the words 'loving', 'wise', 'strong' and 'good'. Write the title "Us Words" on another paper. Very, very tiny under this print or type the words 'selfish', 'foolish', 'weak' and 'mean'.*

Have bigger paper on hand and a marker/crayon.

For younger children or non-readers, just playing with a magnifying glass to look at their hand or each other will do in place of this object lesson activity.



- **Worship is being grateful that God made us, loves us and helps us and singing songs about it.**
- **Worship is something that happens in our hearts, and then goes out through our words and actions.**
- **Worship is giving God the credit when something awesome happens.**
- **Worship is choosing to spend our time focused on God instead of other things.**

Think about when you as a family pay attention to God! I bet there are ways you do this already. As a family take a few minutes to talk about what kinds of things you do to worship God!

Make a list together.

There are awesome things that happen when we pay attention to God!

Our troubles and worries seem much smaller, the people who bug us seem much less annoying, we don't get as frustrated because things don't go our way. We also see areas of our life that are different than God wants them to be. When we look at God, and how loving he is, we can see how we can be loving too.

When we magnify God, our mind has good things in it, not just things that frustrate us. When we praise God, even when things go wrong, we are showing God that we trust him and have faith in him.

In the Bible there are many times when people had troubles, but they looked at God instead of their troubles. They knew that God was who they should worship and pay attention to. They were saying, 'God is big! God is important!' instead of, 'My troubles are big! My bad situation is important!' Those people were watching for how God would save them and help them, because they were worshipping God with their whole life. These Bible verses are things that they said to others after going through these difficulties.



Ephesians 5:20

Philippians 4:6



In order to ALWAYS give thanks to God, where does our attention have to be? On God, or on ourselves?



Paying attention to God is one of the ways he helps us to become more like Jesus. It sometimes looks like singing, but at other times it might be praying, reading the Bible or giving thanks to God instead of worrying! Sometimes it means instead of taking the credit for something ourselves, we give it to God – we remind people that it is God who gives us our strength and abilities. There are LOTS of ways to make God great, and put him in the first most important place in our lives.

This week we're going to talk more about how we can worship God together as a family, and what it means to worship in many areas of our lives.



What are some things you want to worship or thank God for right now?

Close by praying together that God would help your family to be disciples by worshiping God.



DAILY BIBLE TIME

Take a few minutes each day this week to spend some time together reading from God’s Word and discussing it together. Questions and verses are provided for you below. Use the Bible version your children are used to. NIV is a good one for very young children. With young children, choose just a few questions to ask.

1	<p><u>Psalm 139:4</u> <u>1 John 3:20</u></p> <p><u>Matthew 15:8</u></p>	<p>What are some things we can do to worship God? What if I made up a song and sang it to you about how much I love to wash dishes (or pick another unloved chore!). Does it make it true just because I sing about it? (No!) God knows when we sing songs and don’t mean them.</p> <p>Jesus talked about a sad thing – when people pretended they loved him. What does it mean that the people’s hearts were far from God? What might they have put in first place in their life? When we worship, we are singing to God – we are singing “God this is true” or “I want to believe these things or know you this way”. Is God happier with someone who sings with a beautiful singing voice or someone who really means what they are singing about? What should we do and think about if we want to really worship God?</p>
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2	<p><u>Colossians 3:17</u></p> <p><u>Exodus 35:30-35</u> <i>(read or summarize)</i></p>	<p>What are some ways other than singing that people can worship God? Can we worship God when we build or make something? How? Do you think Bezalel and Oholiab were worshipping God when they made beautiful things for God’s worship building? How could an artist worship God by making a painting? How could a writer worship God in a story they were telling? (Do you know of any books that worship God? Who wrote them? Why might they have written them?) What is something you like to make or do that you could use to worship God?</p>
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3	<p><u>Psalm 149:3</u> <u>1 Corinthians 10:31</u></p>	<p>What are some ways, other than singing or making things, that we can worship God? Can we worship God when we play sports, dance or do athletic things? How? What does ‘the glory of God’ mean? How can we do things for the glory of God? (Or so God looks big and great?) When we accept praise for something that we’ve worked hard for – a first place ribbon or a good grade in school that’s good! It is right to receive that recognition. But when we believe that we earned that all on our own, we steal worship from God. God gave us our bodies, our minds and our abilities. What is some way you have seen someone give glory back to God? Next time someone compliments you, how can you give glory to God?</p>
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4	<u>Psalm 86:11</u>	<p>Why do you think the author of this Psalm wrote this?</p> <p>Do you think this writer had an easy time depending on God, or having a heart that only wants to worship God? Or was it difficult sometimes to do?</p> <p>What makes it difficult to always put God in his first place, that he deserves?</p> <p>If people watched your life, what would they think is in first place in your life? Why?</p>
5	<u>Psalm 100:1-2</u>	<p>What is your favourite worship song? Why do you like it?</p> <p>Spend a few moments as a family worshipping God together. Sing a few worship songs or pray, telling God all the things you as a family are thankful to him for.</p> <p>What is God showing you about himself lately? What would you like to worship God for? What is the best thing about God?</p> <p>In the Bible, worshipping God is connected with gladness, joy, dancing and happiness!</p> <p>Why might it make us happy to worship God?</p> <p>Why does God ask that we worship him? What changes about us when we do?</p> <p>Worship changes us to be more like Jesus, worship trains us to see God's goodness and know what is good, worship helps others know who God really is, worship trains us to focus on the goodness and greatness of God, not ourselves, and celebrate that!</p>



DISCIPLESHIP ACTIVITIES

Use any of the following activities to extend the learning and disciple your child in everyday life.

- **Pray Together:** When you pray this week, be worshipful in your prayers and magnifying all that God is and what he has done.
- **Memorize:** Psalm 86:11 together as a family. Talk about this verse in daily life.
- **Missions:** Listen to worship songs sung in different languages. Talk about the different ways people get together to worship God, or that giving your time to serve people and share the gospel with them is a way to show how GREAT God is; it is an act of service and worship. Read missionary praise reports or prayer letters, and worship God for what he is doing around the globe.
- **Daily Life:**
 - Make baked apples. Core the apples, fill them with raisins, cinnamon, brown sugar and butter. Bake at 350°F until soft. Notice how what's inside spills out into the outside, and changes the flavour of the whole apple. When we worship God, it should come from inside us, and change us.
 - Set a time to worship God together as a family. Take turns announcing things that are great about God, singing songs to God and moving around as a family. Choose the songs ahead of time together. Talk about how a worship leader at church might select songs for worship time, talk about what they would like to say thank you to God for (his power, he is good, he loves us, he saved us) and select songs that express those things.
 - Learn a simple hymn or worship song together as a family by heart, so that you can all sing it anytime you want to worship God, or want to remind yourselves who God is.
 - How do athletes and artists give thanks to God? Talk about Christians who have many different jobs and how they worship God through their work. Watch a video together of athletes giving glory to God. <https://www.youtube.com/watch?v=CnSYWHwSYos> (10 Professional Athletes standing up for Jesus – I Play for Him)