

WORSHIP

GOAL: *To encourage parents to consider how they can create space at home to hear from god and worship him.*

Preparation:

- Bibles
- Poster paper and pens
- Coloured paper or post-it notes
- Whiteboard
- Worship resources (see *Extra Resources* on website)

Morning tea: (10 min)

Start with morning tea so parents have time to connect with each other. Introduce any new parents. Ask a connect question to encourage conversation, such as ‘what is your favourite worship song?’

Alternatively you could allow some time for this at the end of your session.

Explain it: Why do we run these sessions for parents? (5 min)

Take a few minutes to reinforce to your parents the importance of their role in passing on faith to their children. Sell the vision by saying something like, ‘You are the biggest influence in your children’s lives and the church wants to partner with you to help make the most of these formational years. Today is about helping you and resourcing you so you can go home and easily incorporate worship into your everyday life.’

Explain it: What is worship, and how can we do this at home? (15 min)

Group activity: Place Bibles, poster paper, felt pens and coloured paper or post-its on tables. Display the following two questions and activities on powerpoint slides or large posters.

1. What is worship?

It is very easy to think that worship is just singing, and that it is something we just do at church on a Sunday morning but this morning I want to encourage you to think about worship as being so much more than that.

Look up these verses together: Romans 12:1, Colossians 3:17

What do you think worship is? Discuss as a group and write your ideas on your poster paper...

Ask families to share their ideas which you can write on a whiteboard.

2. How can we worship God?

On your tables are pieces of coloured paper - write on them different ways we can worship God.

Invite children to come and stick their ideas onto a board at the front of the room.

Explanation: Quote from Rick Warren

Read this out, either from a powerpoint slide or print it as a poster.

“Worship is not part of your life; it is your life...

This is the secret to a lifestyle of worship—doing everything as if you were doing it for Jesus.”

Rick Warren

Do you have a lifestyle of Worship?

Say something like: ‘What a challenging definition of worship! Is everything I do, done as if I were doing it for Jesus—driving my kids here there and everywhere? Hanging out the washing? Homework? No, I can’t say it is! What I can do, is start to consider how I can build into our day, times to pause and think and talk about God. And I want to give you time to start to do that today.’

Inspire them: Share some stories (10 min)

Ask someone to come and share what this looks like for them and their family.

Ask the families present to share any good ideas or experiences they have had.

Write any suggestions on the whiteboard and send to the group afterwards.

Have some ideas ready to share as well such as:

Everyday questions to share around the dinner table—How have we/you seen God today? What do we have to thank God for today?

Practice and make it: Create and take home some resources (20 min)

Activity: Make some resources to encourage a lifestyle of worship in our homes.

Have several activities set up at stations around the room. Families can use the remainder of their time making something they can take home. Choose options they can begin to use in the session and continue using at home. Explain the options and give copies of the instructions for them to take away.

There are some suggested activities below which were taken from [Homefront](#) magazines.

Worship Journals

Exercise books, scissors, glue, pens and pictures for families to decorate the covers. This can become a place to record prayers, blessings or ways they saw God in their day.

Story stones

Flat garden stones, pens or paints. Families can decorate them by drawing key moments in their life, which tell part of their story and how God has been a part of it. This can be added to at home, whenever a new part of the family’s story unfolds.

Pots

Small terracotta pots, stickers to decorate them and popsicle sticks to put in the pot. Write an attribute of God on each stick. These can be used as a reminder of what God is like and can prompt us to praise him. They can be added to at home as the family learns more about God's character—or used as a prayer/praise prompt.

Drawing station

Paper, pens and copies of Psalm 8. Encourage families to read the Psalm together and respond by drawing and doodling. See [Praying in Color](#) for more ideas similar to this.

Depending on your available time and budget, you could send families home with resources for making each option.