



## Switch on: the real life of 10-14s

This session will help 10-14s explore what worship is and to think about the ways in which they can worship God.



### Rewind: What does the Bible say?

Luke Ch.4:8 says “Jesus answered, ‘It is written: “Worship the Lord your God and serve Him only”’.”



### Play: Get involved

Worship is an important part of our Christian life and helps us to show God how important He is to us.

Ask your 10-14 what they think are the different ways to worship?

They may think of songs, prayer, liturgy (written words), Bible readings, film clips, and their own actions.

Explore together what it means to do each of these; how do they help them to worship God; are there any that they find difficult?

Ask your 10-14 to come up with a creative way of showing God how important He is to them. They could write a song or a prayer or think of a simple act of kindness.



### Fast forward: Community prayers

Why not try laying out a map of your town or village on the floor and asking your 10-14 to place sticky notes on the people and places they'd like to pray for? These can be places with current issues or any other people and places that your 10-14 has specific concerns for.

Say this prayer together:

Help me Lord to learn to be with you, to discover who you are.

Give me courage Lord to go with you into the life around me,

And wherever you lead: being like you, speaking you, Touching people's lives with you, radiating you.

Give me confidence to come back to you Lord Jesus with my joys and concerns, successes and failures.

That I might hear you and know you, Teach me to rest in you.



### Pause: Listen and focus

Get your 10-14 to listen to this worship song – Here I am to Worship – on YouTube <https://www.youtube.com/watch?v=j5sID2aSKKY>

Spend some time in silence and focus their mind on God.



### Switch off: Connect

Get your 10-14 to come up with a creative prayer idea that you can share with their GB/other club leaders for when they return to face-to-face meetings.