



[13-18s]  
experience the challenge



## The importance of worship

13-18s can work through the activities alone or with support from an adult.

Often when people think 'salt' they think 'pepper'; when people think 'fish' they think 'chips' and... when people think 'worship' they think 'songs' - but worship is so much more than that! When we think of worship as our response to what we value most, we can see that it expresses itself in so many ways, as David shows us in the Psalms:

'I'm thanking you, God, from a full heart, I'm writing the book on your wonders. I'm whistling, laughing, and jumping for joy; I'm singing your song, High God.'

Psalm 9:1-2 (*The Message*).

Why not unpack this some more as you work through the following activities.

### *Worship: Unplugged*

- Either on your own, with your GB group or a group of friends come up with a definition for what they think worship is.
- Flick through some magazines and ask the question 'What are the things that society worships?'
- Reflect on how our actions often show what we worship. Challenge one another to think individually about what our actions point to. How can they point to and praise Jesus?



### *Worship: At the heart*

- A few years back Matt Redman (a well-known Christian worship leader – for more see [www.mattredman.com](http://www.mattredman.com)) and his church were struggling with the question as to what 'authentic worship' looked like. What exactly is at the heart of worship?
- In response to this Matt wrote the song *The Heart of Worship*. Listen to this song – available via Matt's website and/or via YouTube: [http://www.youtube.com/watch?v=aIX\\_ev2OILA](http://www.youtube.com/watch?v=aIX_ev2OILA).
- Reflect on the lyrics, either on your own, with your GB group or a group of friends; how can they help us to understand and engage in worship?

### *Worship: Live*

With worship being about our response to God's love, we need to be focused upon Him in all that we do.

Watch the following video clip and reflect on your own worship <https://www.youtube.com/watch?v=ZJp98hoqy5I>

Spend some time in prayer, asking God to help you to focus on Him, so that all of your life worships and points to the great things that He has done.

### *Connect*

Create a visual representation (e.g. posters and/or photographs) of the song *The Heart of Worship* to share with others.