# Activity: Worship

Teaching Goal: The Bible teaches many ways to respect, praise, and worship God.

Scripture: Genesis 17:3 & 17:17 Abram fell facedown...Abraham fell facedown.

Matthew 15:25 The woman came and knelt before him, "Lord, help me!" she said.

Ezra 9:5 ...fell on my knees with my hands spread out to the Lord.

Psalm 63:4 I will praise you as long as I live, and in your name I will lift up my hands.

Psalm 119:120 I stand in awe of your laws.

Song of Solomon 2:3 (allegory of God and Israel) I delight to sit in his shade.

Materials: For activity 2, you'll need either several favorite worship songs to play OR if you are a musical family you'll need musical instruments. Note: If you family is particularly art-oriented, you may also want to explore creating art as part of worship.

I. Play theme song
II. Pray
III. Review last lesson
IV. Lesson and Discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. ACTIVITY: **There are many ways to position your body when praising God. In the Bible, we read about people who stand, sit, kneel, raise their hands, kneel while holding their hands out palms up and even those who lie facedown on the ground.** With older children you may ask for volunteers to read the scriptures listed above.

**Have you ever praised God in any of the following positions? Standing** Listen; **Sitting** Listen; **Kneeling** Listen; **Raised Hands** Listen; **Kneeling while holding hands out palms up** Listen; **Lying facedown on the ground** Listen. Adults, be prepared to share your experiences. Point out if you have never seen one of the positions listed.

B. **To help us remember all the different positions we can use to praise God, we're going to play a special game. It's like "Simon Says" but instead we will**

**say "The Bible says." If I say, "The Bible says, kneel." Then you kneel. If I just say, "Kneel." Then you don't change position.** Continue to give examples and explain the game until everyone understands.

ACTIVITY #2: With older children, skip the "Simon Says" game. Instead, engage in a time of worship together. Encourage children to try different worship positions. Your worship time can be as short or long as is comfortable for your family. Include singing, praying, even other artistic expression such as painting, poetry writing, or dancing.

Play the game several times.

V. Memorize

**Kneel, stand, raise my hand,**
**Praise God—Yes I can!**

VI. Close in Prayer

Use the prayer position with which you are least familiar. For example, you may have everyone lay facedown on the ground as you close in prayer. Use the different positions during prayer over the next week.

VII. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.