

# The Worship Section

Welcome    **Worship**    Word    Witness

## How to lead the worship section

The idea of the worship section is to give Jesus his rightful place at the centre of the Life Group. Worship lifts our eyes to God and allows him to fill our hearts with joy and praise. The worship section isn't meant to be a second bible study, or a mini church service. It is a short time in which members and newcomers can encounter God. A good worship activity may well lead to moments of real wonder and awe.

As the leader your job is to think about the atmosphere (music and lighting can make a big difference) and set a worshipful tone. It's important to explain clearly how the activity will work *beforehand* so that people feel relaxed and able to concentrate. If your activity involves prayer, you may want to take a lead with the first prayer and give a clear signal when the prayer time is over. This section should normally be about 10 minutes long.

## Worship Ideas

### *Playing a CD / tape:*

- Choose a worship song on CD, print out the words and let people read them as the song plays. Then close with a few prayers of thanks.
- Choose a worship song on CD and think of something appropriate for people to hold / look at while it is playing (for example, a candle, a stone, a feather, a flower, a cross, a bible verse, a poster). Then close with a few prayers of thanks or some silence.
- Simply pick a song that means something to you and play it to the group, explaining why it is important.
- You can use music as a background to any of the worship activities suggested here
- You could simply use some silence, too...

### *Singing and reading:*

- Simply sing one or two well known songs or hymns together (with or without accompaniment)
- Sing along with a worship CD (having it nice and loud can help!). Some are specially designed for this (for example, New Wine Acoustic Worship; 'No Organist, No Problem!')
- Read a psalm together or use some simple liturgy

### *Prayers of Praise:*

- Simply invite people to pray prayers of worship and thanks to God – without asking for anything! Perhaps introduce this with a short Bible reading about praise (e.g. from the Psalms)
- Begin with a time of quiet to think of things to be thankful for (or write them down) then turn these into prayers

### *Using the Bible:*

- Pick an inspiring Bible verse or passage (avoid complicated passages!). Read it out twice to the group, have a minute of silence then ask people to share what strikes them from the passage. End by turning some of these thoughts into prayer.
- Let people leaf through the Psalms and read out verses of praise that strike them (perhaps also have music playing in the background)

- Ask people to share a favorite verse from the bible (and maybe a *brief* reason why). Then respond with prayers of thanks.
- Read a passage in praise of God and give people something appropriate to look at or feel (e.g. a pot for God as the Potter)
- Spend some time in silence reflecting on a Christian quote or Bible verse.
- Allocate verses of a psalm or famous prayer to each person in the group to rewrite in their own words. Then put the rewritten prayer back together by reading people's contributions all the way through (you could read it through a couple of times to allow the words to sink in)

#### *Confession:*

- Take some time in silence to confess sins and then join together in a set prayer
- Read 1 John 1:8-9 or some of Psalm 51
- Have a time for quiet confession then act out forgiveness by: writing down then burning sins (or shredding them!), or by pouring water over people's hands

#### *Thanksgiving & Testimony:*

- Give people space to share something God has done for them, taught them or helped them with in recent weeks
- Ask people to share a bit about how they became a Christian (not for *too* long!). Then end with a few prayers of thanks
- Ask people to say 'one thing I love about God', then turn these into prayers
- Pray together about one aspect of God's character (His faithfulness, love, mercy, grace, &c.).

#### *Creative / Active:*

- Pick a psalm of praise, or part of a psalm (for example, Psalm 96, 100 or 103). Have it read out then ask people to put the psalm in their own words or write their own mini-psalm. End with people reading out bits of what they've written.
- Ask people to draw or write something they'd like to offer to God on a piece of paper. Then share these or put them in a bowl or burn them!
- Write things to thank God for on Post-It notes, then stick them somewhere, for instance, in a cross shape
- Read a poem of praise that you have found (or written!), or read the words to a song or hymn you love
- Give out writing paper, put some music on, and encourage group members to write a letter to God (even a love letter!)
- Ask people to create a picture or sculpture which expresses praise to God or reminds them of a Bible verse – you could use paints, felt tips, clay or blu tac!
- Get a candle. Turn the lights in the room off and then strike a match, light the candle and brainstorm what it means that Jesus is the light of the world. Then light some more candles from the main one. Pray that you will each be a light
- Choose a psalm i.e. 103. Read it aloud and then ask the Life Group to imagine they are going on a desert island and they are only to take a verse or a few words of the Psalm with them for the rest of their lives. Write it down on a piece of paper and place on the floor in the centre of the room. Take some time out (perhaps with background music) to look at all the contributions. When everyone is finished, thank God for all those things on the paper.
- Go through the alphabet from A to Z and ask the group to come up with an attribute of God to fit each letter (Clue: X can stand for Xenophilic – God loves strangers!). Or try the same with things for which we can thank God.
- Go into the garden and spend ten minutes individually contemplating a weed or a flower or a leaf that you find there. People could bring back the object they selected and talk about it.

Or lie on the ground gazing up at the sky, talking to God in silence and praising him for creation.

- Read Revelation 4:11. Spend time individually writing out a declaration of Jesus' worthiness. Then read them out with others praying short prayers inspired by what has been written.
- Modernise an old hymn (or re-write some old liturgy).
- Wash each others feet!
- Put a selection of objects on a table (e.g., a ruler, Bible, lamp, belt, candle, money, etc). Everyone should pick one and say how it reminds them of God. Then pray. (the same activity could work with a selection of pictures or photos)
- Print some pictures of Jesus (e.g., from the internet) – pass them round and ask people to jot down responses by the side of the pictures, then draw these thoughts together in prayer
- Give each group member a sticky label and ask them to write on it a reason they have for NOT praising God today. Spend a little time with eyes closed reflecting on this reason – is it a good one? Then open your eyes, rip off the label and throw it in the bin. Give out a second label or piece of paper – this time write on it a reason to praise God and then pray through these together
- Give each person a gift box and some pieces of paper. Everyone should write on the paper some of God's gifts to us and then put them in the box. End with a time of thanks and then take the boxes home.
- Get everyone to do the washing up together. Then read Prov 16:3 and Col 3:16-17, 23 and discuss 'what is worship'!