

**cell outlines**

WITHNESS WITH GOD

These Cell Outlines are written by Youth and Children's Ministries. They are available every month from our web site. For more information and other Cell resources, visit [salvationarmy.org.uk/children-and-youth-resources](http://salvationarmy.org.uk/children-and-youth-resources)

# INTRODUCTION

**Creation story. Relationship. With God, with one another, with the Earth.**

Right at the beginning of the Bible we find our mandate for WITHNESS – for connection. And for the remainder of this year we will take that blueprint for God’s created order and dig into what it means for our everyday lives. Lives in which we thrive because we take time to invest in understanding our created purpose.

Essential to every relationship is the connection that comes from being ‘with’. At the moment, those connections look different, but they’re just as important as they’ve always been. This past year and the months ahead have been defined by disruption, and in that disruption the thing we need more than ever is WITHNESS; an unfamiliar but beautiful and helpful word that helps us think about what this essential connection looks like. Although how we do ministry will shift and change shape as the impact of COVID-19 lessens, our need for good and quality connection, for WITHNESS, will not.

This month, we will be exploring WITHNESS with God.

In Session One we look at the **character of God**. Throughout the Bible, God is described as love, but what does that mean for us on a day-to-day basis? In this session, we will dig into 1 John 4:7-12, connect with who God is, connect with what Jesus did for us and connect with others.

Session Two looks at the intimacy of relationship that Jesus had with his Father – his Abba – through **prayer** using Luke 11:1-13. What does this mean for us in our everyday lives, and how can we cultivate that intimacy of prayer with our Father God?

Session Three uses Psalm 1:1-3 to explore the idea that reading the **Bible** is not simply reading, it’s getting together with God in close connection and spending time in his word. This session makes mention of **Inside Out**. If you do not have copies of this resource, **contact** Youth and Children’s Ministries who will send them out for free.

The final session looks at **worship**. It’s in the offering of ourselves that we truly worship God. As we get to know God deeper, the response within us is to offer our lives to him. This truly is a transformative process (Romans 12:1-2).

You will notice that this month’s ‘Witness’ section has been replaced with ‘Withness’. Your group can use this time to connect – with God, with each other and with themselves.

Any text in italics represents notes for the leader. It gives more context around the Scripture/activity. You may choose to share verbatim, summarise it or not share at all.

If you decide to run a physical (socially distanced) meeting, you will need to complete a **risk assessment** form. We also recommend you read the **guidance document** provided by Safe Mission. Please consult your corps officer or DHQ for further info.

# 1 JOHN 4:7-12 – CHARACTER OF GOD

Throughout the Bible, God is described as love. But what does that mean for us on a day-to-day basis? In today's session, we will dig into 1 John 4:7-12, connect with who God is, connect with what Jesus did for us and connect with others.

## WELCOME

### Guess the Celebrity

Give each member of the group a celebrity name from the list below (or come up with your own) and ask them to keep it to themselves. Write the names on cards in advance and hand them out to the group members. If you are meeting virtually, ask them to choose a well-known celebrity.

Ask the group to write three words to describe their celebrity.

- |                   |                         |                   |
|-------------------|-------------------------|-------------------|
| 1. Boris Johnson  | 5. Marcus Rashford      | 9. Olivia Coleman |
| 2. Michelle Obama | 6. Duchess of Cambridge | 10. Kamala Harris |
| 3. Piers Morgan   | 7. Idris Elba           |                   |
| 4. Jamie Oliver   | 8. Holly Willoughby     |                   |

Each group member then takes a turn to read out their three words and see if the others can guess the celebrity correctly.

Discuss the following questions:

- 🗨️ What aspects of the celebrity did the words focus on? Appearance, skills, achievements?
- 🗨️ How would the words change if you were describing the celebrity's character?

### Additional activity

Discuss the following questions:

- 🗨️ What three words would you use to describe yourself?
- 🗨️ How would the words change if you focused on describing your character?

## WORD

*Before digging into God's word, it's always important to pray and ask him for guidance and understanding.*

Pray with the group.

*Our Bible reading this week is taken from 1 John. Although the author of this letter is not known for certain, scholars present a strong case that 1 John 1-3 was written by the Apostle John who was staying in Ephesus. Around the time this letter was written, the Church was going through a period of division. There were fall-outs about behaviour, disagreements about theology, and some were even questioning if Jesus Christ was the Son of God. Breakaway groups caused confusion with their preaching, and this letter was sent to help address the problem.*

Read 1 John 4:7-12 as a group.

Discuss the following:

- 🗨️ What message do you think John wanted to get across to the divided Church?
- 🗨️ Some of the Church members had started to question their faith. How was John trying to reconnect them with God?

Summarise your discussion with the following:

John encourages the Church to:

1. connect with who God is – 1 John 4:7-8
2. connect with what God did through Jesus – 1 John 4:9-10
3. connect with others – 1 John 4:11-12

Sometimes it's helpful to look at Scripture verses in a range of translations. Today we will focus on *The Voice* translation as we explore these verses and discover different ways to connect with God.

**1. Connect with who God is**

<sup>7</sup> My loved ones, let us devote ourselves to loving one another. Love comes straight from God, and everyone who loves is born of God and truly knows God. <sup>8</sup> Anyone who does not love does not know God, because God is love.

— 1 John 4:7-8 (VOICE)

- 🗨️ What do we learn about God's character from these verses?
- 🗨️ What picture comes into your mind when you imagine God as the source of all the love in the world?

**2. Connect with what God did through Jesus**

<sup>9</sup> Because of this, the love of God is a reality among us: God sent His only Son into the world so that we could find true life through Him. <sup>10</sup> This is the embodiment of true love: not that we have loved God first, but that He loved us and sent His unique Son on a special mission to become an atoning sacrifice for our sins.

— 1 John 4:9-10 (VOICE)

*The Salvation Army Handbook of Doctrine* describes atonement like this:

“ Through the Cross, God overcame the separation caused by sin. Once and for all, Jesus' death and resurrection opened the way for humanity to be reconciled to a loving God. This reconciliation is called the Atonement, literally making at one, or 'at-one-ment'.

*The Salvation Army Handbook of Doctrine 2013 p127*

- 🗨️ Does this description of atonement help you to understand what it means? If so, how?
- 🗨️ Why do you think John wanted to remind the Church about their 'at-one-ment' with God?
- 🗨️ How do you think it helped those who were struggling with doubt within the Church?

This message isn't just for the believers who read John's letter years ago; it's for us as well.

- 🗨️ What does it mean to you that God loves you so much that he sent his Son to die for you?

**3. Connect with others**

<sup>11</sup> So, my loved ones, if God loved us so sacrificially, surely we should love one another. <sup>12</sup> No one has ever seen God with human eyes; but if we love one another, God truly lives in us. Consequently God's love has accomplished its mission among us.

— 1 John 4:11-12 (VOICE)

- 🗨️ According to these verses, how is God's love shown throughout the world?
- 🗨️ What role do we play in ensuring others experience the love of God and have the opportunity to connect with him?

SESSION ONE

The central theme running through our Cell meetings this year is the word 'witness'. A dictionary definition of the term is:

**Witness: the state or fact of being close to or connected with someone or something; close association or proximity.**

How does 1 John 4:7-12 help us to connect with:

- 🗨️ who God is?
- 🗨️ what God did through Jesus?
- 🗨️ others?

**Additional activity**

Watch Agape Love by the Bible Project (4mins 48secs) – <https://www.youtube.com/watch?v=slyevQ1LW7A>

“ ‘Which is the most important, loving God or loving your neighbour? Jesus’ answer is, “Yes.” To ask the question means you don’t get his point. For Jesus they’re two sides of the same coin. Your love for God will be expressed by your love for people and vice versa. They’re inseparable.’

Agape Love, The Bible Project

- 🗨️ What is your response to this quote from the Bible Project clip?
- 🗨️ What does the clip teach us about God’s love?

**WORSHIP**

Ask the group to look at Hannah Dunnett’s Perfect Love picture. This can be accessed on the Hannah Dunnett online shop: <https://www.benandhannahdunnett.com/shop/stationery/notebooks/perfect-love-notebook/> or on Google Images.

In her picture, Hannah has captured different words and phrases linked to God’s love. Take time to read through them. If you are on the online shop, you can use the zoom feature to focus on each one.

- 🗨️ Which words and phrases stand out for you?
- 🗨️ Which words and phrases help you connect with God?

**Additional activity**

Listen to ‘Oh the Deep, Deep Love of Jesus’, by Audrey Assad and reflect on all you have discovered about God’s character – <https://www.youtube.com/watch?v=1vUhwjydk8A>

**WITNESS**

The aim of John’s words was to help the Church connect with God and understand his character. Over the next week explore the Bible verses below and bring your thoughts to the next Bible study. You could have a go at your own Hannah Dunnett style picture to share your ideas.

**Connect with who God is**

Psalm 86:15                  Zephaniah 3:17                  1 John 3:1

**Connect with what he has done for you**

John 3:16                  Galatians 2:20                  Romans 5:8

**Connect with others**

John 13:34-35                  Philippians 2:3-4                  Ephesians 4:2

**Additional activity**

**Which is the most important, loving God or loving your neighbour? Jesus' answer is, 'Yes.'**

**Agape Love - Bible Project**

Think of a practical way that you can show God's love for others this week and then have a go at making it a reality.

# LUKE 11:1-13 – PRAYER

One way that we can connect with God is through prayer. Today we will look at how Jesus taught his disciples to pray and the importance of prayer in developing intimacy with our Father God.

## WELCOME

### Guess the Gift

Choose a selection of random objects and wrap them up like gifts. See if the group can guess the item. Make sure there are some items that wouldn't be considered great gifts, like a pack of tissues.

### Additional activity

**Ask the group:** If you could only choose one gift from the list, which of the following would you like to receive? Explain why you chose the gift.

- \* A signed football shirt from your favourite team
- \* A coffee catch-up with a person of your choice (yes, they can be famous)
- \* Seven nights in the holiday destination of your choice
- \* Theatre tickets to the show with backstage passes to meet the cast
- \* A place on a float at a Disney parade
- \* A position as the mascot at the sporting event of your choosing

## WORD



*Before we look into God's word it is important that we spend time in prayer. Today's session is all about the prayer Jesus taught his disciples, so let's start with the Lord's Prayer.*

 The Lord's Prayer (55secs) <https://www.youtube.com/watch?v=rgN0s2xmCuM>


*In the clip, people from different social and cultural backgrounds share the words of the Lord's Prayer. Some face challenging circumstances, and some are dealing with issues raised in the prayer, like forgiveness. It's a reminder to us all that this prayer is just as relevant today as when it was first taught by Jesus more than two thousand years ago.*

*The prayer starts with a simple word that many of us use daily, either with a family member or in prayer to God: 'Father'.*

We are so used to referring to God as our Heavenly Father that we might not recognise how significant this would have been for the disciples. Across the Old Testament, God is referred to as Father just 15 times, and none of those references concerned prayer.

-  What do you think went through the disciples' minds when they heard Jesus start the prayer with 'Father'?
-  How do you think it began to change their relationship with God?

Not everyone has a close relationship with their father, and some earthly dads don't always respond in the way that we want them to. God is our Heavenly Father, and as we discovered in the last session, God is love. He is our loving Heavenly Father, and it's in this context that we will read our Scripture for today.

 Read Luke 11:1-13 as a group.

The phrase 'Hallowed be your name' isn't within the everyday language we use.

-  How do the following translations of this line help us to understand what it means for us today?

**'Father, may your name be kept holy.' NLT**

**'Father, reveal who you are.'** MSG

**'Our heavenly Father, may the glory of your name be the centre on which our life turns.'** TPT

Before we dive into asking for our daily bread, requesting forgiveness or help to dodge temptation, Jesus prompts us to remember who we're praying to. God wants a relationship with us as our Heavenly Father.

### Additional activity

Jesus continues to teach the disciples about prayer by sharing a parable about an annoying neighbour.

**Say to the group:** Imagine you and everyone you live with are fast asleep. As the clock strikes midnight, there is a knock on the door. You climb out of bed, open the window and spot your mate from next door stood on the driveway. You can hear the rest of the house waking up and can tell that your parents are getting annoyed. You ask what your friend wants at this time of night and can't believe their response.

**'My mate has come round, and their phone has gone flat. You've got the same charger as him, so can I borrow it?'**

You tell them to go away as it's far too late and everyone is asleep. They won't leave. They keep knocking on the door and shouting up to the window. At this point, everyone is awake, so you stomp downstairs, open the front door and hand them the charger.

- 🗨️ How would you feel in this situation?
- 🗨️ What do you think Jesus was trying to teach the disciples through this parable?
- 🗨️ Do you think any of the characters in this parable represents God? If so, which one?

*Jesus is not saying that we follow a grumpy God that needs nagging to the point where he will give us what we need. He's saying completely the opposite. If a grumpy neighbour is willing to share some bread in the middle of the night, then imagine how much more a loving Heavenly Father is willing to give to his children whom he cares for.*

*Matthew 6:8 says that 'your Father knows what you need before you ask him,' and yet our Bible reading today invites us to keep asking. If God already knows, then what is the point of praying?*

*God wants a relationship with us and he delights in spending time with us. Leave the group to reflect on the following quote:*

**“ ‘Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the one who hears it and not in the one who says it, our prayers do make a difference.’**

**Max Lucado**

## WORSHIP

The Salvation Army is currently in 131 countries across the world. We are also part of the wider Church community that spans the globe. As we meet today, Christians across the world are praying the Lord's Prayer. They may be gathered together as a group or quietly whispering the words as individual prayer. They may speak the same language as us or use one of the 6,500 languages spoken throughout the world.

As you watch the clip, sharing the Lord's Prayer in many different languages, remember that every single one of those prayers is prayed to the same Heavenly Father.

- 📺 The Lord's Prayer in different languages: <https://www.youtube.com/watch?v=gbsPF4xvDps>

### Additional activity

We've spent time today thinking about our relationship with God as our Heavenly Father and the way that Christians across the globe share the same prayer that Jesus taught his disciples. As you listen to the song 'Whole World in His Hands' by Christy Nockels, spend some time praying for Christians from other cultures than your own.

Whole World in His Hands – Christy Nockels (4mins 05secs)

<https://www.youtube.com/watch?v=ySD4B7CRxjw>



## WITNESS

Last session you were encouraged to explore Bible verses helping us to:

- Connect with who God is
- Connect with what Jesus did for us
- Connect with others

💬 What did you discover about the character of God as you read these verses?

*We are privileged to call the God who rejoices over us with singing (Zephaniah 3:17) and sent his one and only Son to die for us (John 3:16), our Heavenly Father. Throughout this week, we can connect with God the Father and the rest of the global Christian community through the Lord's Prayer.*

The 24-7 prayer website encourages Christians worldwide to pray the Lord's Prayer every day. Here's an extract from their website.

'People across the globe set their alarms for midday. Wherever they are, whatever they're doing, they commit to pause and pray this famous and ancient prayer.

Sometimes when your alarm goes off it's inconvenient. In many ways that's the whole point; we want our busyness to be rudely and regularly interrupted by a reminder of our deepest priorities.

As part of Jewish tradition Jesus would have paused at least three times a day to pray to his Father in Heaven. A rhythm like this can put you in some interesting situations. When that alarm goes off in a work meeting or in the middle of class lesson, saying the prayer becomes a challenge.

Try praying the Lord's Prayer every day for a month and see how the themes and words grow in depth and meaning.'

Visit the 24-7 prayer website to discover more and try praying the Lord's prayer every day until your group meets together again. <https://www.24-7prayer.com/lordsprayer>

### Additional activity

In today's session we've watched the Lord's Prayer presented in different ways. Here's one more.

📺 Lord's Prayer – British Sign Language  
<https://www.youtube.com/watch?v=5INr-nOEmyE>

God connects with all his children no matter what language they speak or what challenges they face.

\* In what ways could you connect with someone this week to meet them where they are and share God's love?

## PSALM 1:1-3 – BIBLE READING

Psalm 1 tells us that those who meditate on God's word will be blessed, but what does Christian meditation look like? How does it help us to connect with God? Today we will be discovering new ways to meditate on God's word and connect with him in a deeper way.

### WELCOME

#### Walk, Stand, Sit

Read a statement from the selection below and ask the group to:

**Walk** (on the spot) if they agree with it.

**Stand** if they are not sure.

**Sit** if they don't agree with it.

After each statement, discuss their reasons for walking, standing or sitting.

1. Summer is the best season of the year
2. Pixar films are better than Disney films
3. University should be free for everyone
4. Social media is a good thing for society
5. Dogs make better companions than cats
6. Everyone should go vegan
7. Zoos should be banned
8. Learning a second language in school is important

#### Additional activity

📺 Watch the video Walk. Stand. Sit. Psalm 1:1-3 (2mins 37secs).

<https://www.youtube.com/watch?v=HvL5aqdjHVA>

This video comes with a warning that you will never get the song out of your head!

### WORD

📖 Read Psalm 1:1-3 as a group.

Today's Scripture is part of a collection of wisdom Psalms and focuses on the importance of God's word. When 'the law' is mentioned, this is not just about the ten commandments; it refers to the whole of God's word.

The first section of these verses may focus on the negative, but they give us tips on what to avoid if we want to connect with God.

#### 'Blessed is the one who does not walk in step with the wicked'

💬 What kind of trouble do we get ourselves into when we walk with those who give poor advice and make choices that are not in line with what God wants for us?

#### Blessed is the one who does not 'stand in the way that sinners take'

💬 If we start walking with those who are far from God, how easy does it become for us to stand with them and make similar choices?

#### Blessed is the one who does not 'sit in the company of mockers'

At first we started walking, then standing, and finally we sit with ideas and beliefs that are in conflict with God's will for our lives.

SESSION THREE

💬 How does this impact our connection with God?

These verses show us how easy it is for our minds to wander down an unhelpful pathway. First we walk, then we stand, and finally we sit and join others in their poor choices. These verses are not suggesting that we shouldn't spend time with those who are not Christians, but they do challenge us to consider who is influencing whom. Instead of delighting in the opinion of others, Psalm 1 encourages us to delight in God's word, meditating on it day and night.

💬 What image comes to mind when you think of someone meditating?

*When it comes to meditation, we often imagine a person sat crossed-legged in a tranquil place, quietly chanting. We tend to get this picture of meditation from Eastern traditions, but this is not the kind of meditation mentioned in Psalm 1.*

*Eastern meditation encourages us to empty our minds and connect with the world around us. Christian meditation enables us to fill our minds with Scripture and connect with God. The focus of these two types of meditations is very different.*

Give each member of the group a copy of the Meditation Sheet that accompanies the following clip.

📺 Watch the 'Tips for Scripture Meditation' clip (7min 8sec)  
<https://www.youtube.com/watch?v=KPEsWN29wng>

- 💬 What did you discover about Christian meditation in this clip?
- 💬 Did you find the meditation strategy explained in the clip useful? If so, why?
- 💬 Before meditating on God's word, how could you create a calm atmosphere?

Suggestions may include:

- \* turning off all devices
- \* finding a quiet place to meditate
- \* lighting a candle
- \* playing calming music

### Additional activity

An alternative Christian meditation method is suggested on p49 of the 'Inside Out' book published by the Bible Society and The Salvation Army:

<https://www.salvationarmy.org.uk/resources/discipleship-resources/inside-out>

Read through the page together and discuss this meditation method.

1. Position yourself in a comfortable, quiet **place** where you won't be distracted (or fall asleep!).
2. Spend a minute or two focusing on your **breathing**, allowing your mind to concentrate.
3. **Pray**: ask God to be with you and speak to you through your meditation.
4. **Read** the Scripture slowly and thoughtfully, several times. (Reading aloud, or even writing out the words, may help you to stay focused.) Each time you read it, emphasise a different word.
5. Allow your thoughts to be drawn to a specific word, phrase or sentence and follow that train of thought. Listen for God's voice in your thoughts. You might **notice** something that you have never seen before, or experience an emotion such as peace, happiness or amazement.
6. **Pray** about what you are thinking or feeling. If your mind wanders off, don't worry, just start again.

## WORSHIP

Take some time to be quiet as a group and meditate on God's love. Listen to the Scripture lullaby 'God so Loved,' based on John 3:16. This is another way for the group to meditate on God's word during the week as there are many Scripture lullabies available to listen to online.

📺 'God so Loved': Scripture Lullaby (5mins 21secs)  
<https://www.youtube.com/watch?v=03I96fPb-HQ>

### SESSION THREE

#### Additional activity

Psalm 1 says that we are blessed when we delight in God's word.

🗨️ What Bible verse do you delight in?

Explain why this Bible verse is so special to you.

#### WITNESS

Give each group member a copy of the 'Witness Tree' handout.

In the first session of this series we discovered more about the character of God and explored Scripture verses that helped us to connect with who God is, connect with what he has done for us through Jesus, and connect with others. We are going to use the same Scripture verses to practise meditating on God's word.

Over the coming week, using everything you have learned today, commit to meditating on Scripture every day. Use the method described in the 'Tips for Scripture Meditation' clip to focus on the different verses on the 'Witness Tree' handout. Once you have completed a verse you can colour it in and write a response in the leaf next to it. After you have explored all the verses you can share what you have discovered in the response section at the bottom of the handout.

#### Additional

Revisit the 'Inside Out' method of meditation outline in the Inside Out book and discuss how this could be used alongside the 'Witness Tree' handout.

# CHRISTIAN MEDITATION

## Verse for today

Read it, write it, draw it, sing it, pray it, question it  
and connect with it

## TO DO

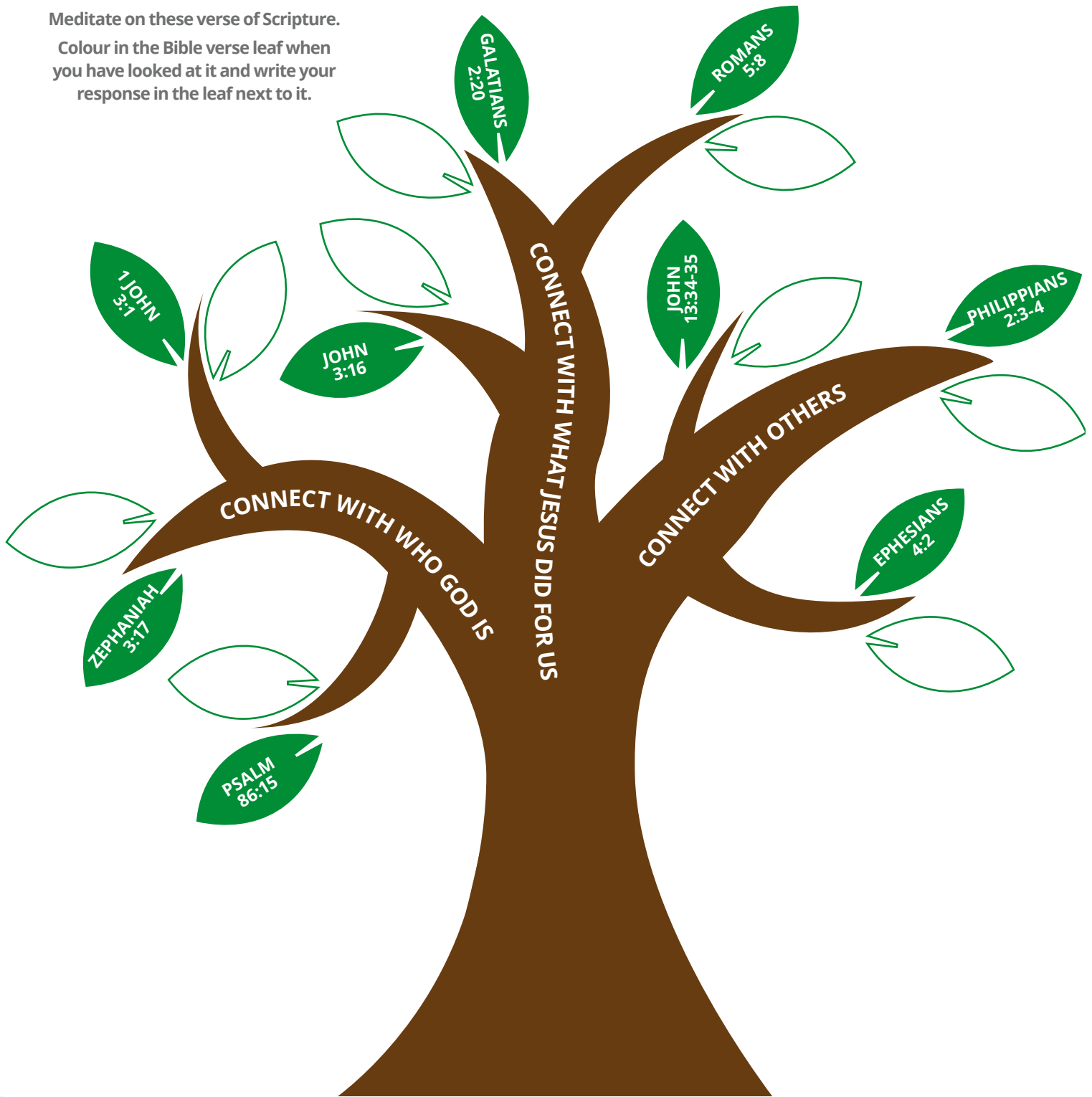
## APPLICATION

In what ways can you put what you have discovered into practice?

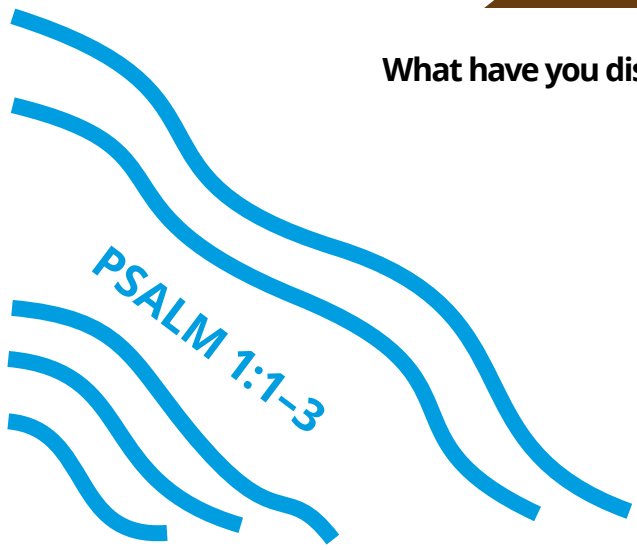
# WITNESS TREE

Meditate on these verse of Scripture.

Colour in the Bible verse leaf when you have looked at it and write your response in the leaf next to it.



What have you discovered as you have meditated on God's word?



## ROMANS 12:1-2 – WORSHIP

Today's session focuses on Paul's letter to the church in Rome. He shares with us what worship really means. It's in the offering of ourselves that we truly worship God. As we get to know God deeper, the response within us is to offer our lives to him.

### WELCOME

#### Superfan

As the group leader, share your own superfan story.

- 🗣️ Whose poster did you have on your wall when you were growing up?
- 🗣️ Who would you most like to meet, either now or when you were younger?
- 🗣️ Have you ever met the person you are/were a fan of?
- 🗣️ How did/would you react?
- 🗣️ How do you think famous people react when they meet their heroes?
- 📺 Watch the clip of Kelly Clarkson meeting Meryl Streep on the red carpet: <https://www.youtube.com/watch?v=6BQKGK4SIKw>

Discuss with the group:

- 🗣️ Who are you a huge fan of?
- 🗣️ How do you think you would react if you met them in real life?
- 🗣️ What is one question you would ask?

#### Additional activity

Discuss the following:

- 🗣️ Who is your biggest fan?
- 🗣️ Who loves you, encourages you and is your own personal cheer-leader?
- 🗣️ How does that person show you how fab they think you are?

### WORD

Share a prayer with the group and then read Romans 12:1-2.

**<sup>12</sup> So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognise what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.**

— Romans 12:1-2 (*The Message Paraphrase*)

We're going to break these verses into smaller parts and discuss what they mean for us in our everyday lives.

**'So here's what I want you to do, God helping you: Take your everyday, ordinary life – your sleeping, eating, going-to-work, and walking-around life – and place it before God as an offering.'**

SESSION FOUR

As a group, using a large sheet of paper and pens or the whiteboard function on Zoom, compile a list of all the everyday activities that you take part in during the week. Romans 12:1-2 encourages us to turn every one of those activities into an offering to God.

- What do you think that looks like in reality?
- How does this quote from Rick Warren help you to understand how each part of our day can be an act of worship?

**“ ‘Work becomes worship when you dedicate it to God and perform it with an awareness of His presence.’**

**Rick Warren**

**‘Embracing what God does for you is the best thing you can do for him. Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out.’**

- What does life look like when Christians are too ‘well-adjusted’ to our culture?
- What do you think Francis Chan means when he says, ‘Something is wrong when our lives make sense to unbelievers’?

Take a moment to stop and think about what God has done for you. Share your response with the rest of the group.

During these four sessions we have discovered more of God’s character, dived into the Lord’s Prayer and meditated on God’s word.

- What practical ways have you learned to fix your attention on God during these sessions?
- Which ones will you continue to use when these sessions are over?

**‘Readily recognise what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.’**

- What are some of the ways we might be tempted to be dragged down to the level of immaturity on show in the culture around us?
- What does that look like at school, work, our church or when we’re using social media?

Romans 12:1-2 gives us guidance on how to live a life of worship to God. When we live this way, God is able to bring out the best in us and we remain closely connected to him.

**Additional activity**

As we have discovered today, worship isn’t just about music. It involves every aspect of our lives. However, music does play an important role in the worshipping church. Have a look at this promotional clip for the BA (Hons) Theology, Music and Worship course for the London School of Theology.

- What stands out for you as these musical worship leaders share their views on worship?

What is Worship? clip (3min 16secs)  
[https://www.youtube.com/watch?v=HtTWoytx3\\_0](https://www.youtube.com/watch?v=HtTWoytx3_0)

**WORSHIP**

Share and discuss the following quotes about worship.

**“ ‘Worship is an act of war against the enemy of our hearts.’**

**- Holley Gerth**



“ ‘Worship is simply giving God his breath back.’

– Louie Giglio

“ ‘If you’re not worshipping God on Monday, the way you did the day before, perhaps you’re not worshipping him at all.’

– AW Tozer

“ ‘Worship has been misunderstood as something that arises from a feeling which “comes upon you”, but it is vital that we understand that it is rooted in a conscious act of will, to serve and obey the Lord Jesus Christ.’

– Graham Kendrick

“ ‘The highest form of worship is the worship of unselfish Christian service.’

– Billy Graham

Based on reading these quotes and all you have discovered from today’s session, write a sentence that describes what worship means for you.

### Additional activity

📺 Christians have worshipped God through songs for thousands of years. Listen to the ‘Evolution of Worship’ clip (8:17 min) and see how many songs you know.

<https://www.youtube.com/watch?v=2SaBhN2idbM>

- c.560 ‘Be Thou my Vision’
- 1225 ‘All Creatures of our God and King’
- 1529 ‘A Mighty Fortress is our God’
- 1668 ‘Praise to the Lord, the Almighty’
- 1779 ‘Amazing Grace’
- 1863 ‘The Solid Rock’
- 1922 ‘Turn your Eyes upon Jesus’
- 1939 ‘Victory in Jesus’
- 1952 ‘Burdens are Lifted at Calvary’
- 1969 ‘Pass it on’
- 1978 ‘Soon and Very Soon’
- 1988 ‘Our God is an Awesome God’
- 1993 ‘Shout to the Lord’
- 1998 ‘I’m Trading my Sorrows’
- 2000 ‘God of Wonders’
- 2004 ‘Revelation Song’
- 2010 ‘One Thing Remains’
- 2012 ‘Oceans’
- 2014 ‘Good, Good Father’
- 2015 ‘The Lion and the Lamb’
- 2017 ‘Do it Again’

## WITNESS

The Message paraphrase of Romans 12:1-2 highlights that we live a life of worship with God helping us. Reflect on what you have discovered about the everyday nature of worship and think about what you will be doing over the coming week.

- Where do you need help to avoid blending in with the culture around you?
- What would help you to fix your attention on God?
- In what areas do your thought patterns need to be transformed?

Write a prayer asking God to help you in all these areas and to live a life that is an offering of worship to him.

### Additional activity

Choose a song from the 'Evolution of Worship' video clip. Take time to listen to the whole song and read through the lyrics.

- What do you discover about worship through this song?