



Quarter 3 — Lesson 31



Year 3—Quarter 3: Worship

Enter the Worship Zone

David's Example

In the Bible, King David was known as a man after God's own heart. He was a man of worship, surrender and praising God with his whole life.

When we seek to be closer to God, not for what He can do for us or give us, but because He is amazing, and He desires for His people to spend time with Him, the Holy Spirit helps us.

Explain: You and I are going to run into a lot of things in our lives much worse than having tummy

aches and skinned elbows, and our moms will not always be there to comfort us. But the Holy Spirit will be. He will always make us less sad when we're hurting. When it seems like we're facing the worst struggles of our lives, the Holy Spirit is always right there to comfort us!

Apply: You can also be a boy/girl after God's own heart. The secret is to worship with your whole heart each day, in each choice, in each word, in each action. You choose to either let your light shine bright or dim.

Power Point

Our worship puts God first.

Worship Zone

(Play worship music) **Say:** Try listening to the music with your eyes closed so you can concentrate and not be bothered by those around you. Raise your hands to symbolize you saying, "You can have all of me, Holy Spirit. I am not holding anything back."

Next, try praying, but not asking God for anything. The only thing you will say is how wonderful He is, powerful, loving, amazing, spectacular, that He's the creator of the universe, and so on.

(Let your kids spend a few minutes in this worship zone)

Then ask: How did you feel, or what did you experience in the Lord's presence? We are not used to simply worshiping Him without beginning to tell Him our problems and asking for help.



MEMORY VERSE

"Clap your hands,
all you nations;
shout to God with
cries of joy."
- Psalm 47:1



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Small Group Discussion

What is Worship?

Ask the kids what they think worship means.

Listen to their responses and address any misconceptions.

Explain that worship is saying “thank you” and “I love you” to God, not just singing in church. It’s a way to show God how much we appreciate Him and all He’s done for us.

Give each child a printed copy of Psalm 100. Ask them to work together to come up with their own worship expressions. (See the list below)

More Worship Activity Ideas:

- **Worship Walk:** Inspired by Ps. 100:2, take a walk outside and give thanks for nature.

- **Praise Stations:** Set up various stations around your classroom with different ways to worship, such as: Singing, dancing, drawing, praying.
- **Worship Bingo:** Create bingo cards with different worship-related activities, such as “sing a hymn,” “pray silently,” or “give thanks for a blessing.” As the children participate in these activities, they mark the corresponding squares. When they get five in a row, they win! This game helps them engage with different aspects of worship.
- **Heart of Worship:** Brainstorm ways they can worship God throughout their daily lives, such as singing in the car, praying before meals, or giving thanks for nature.

Express Worship

Introduce the concept that worship can take many forms. Share the following list with the kids:

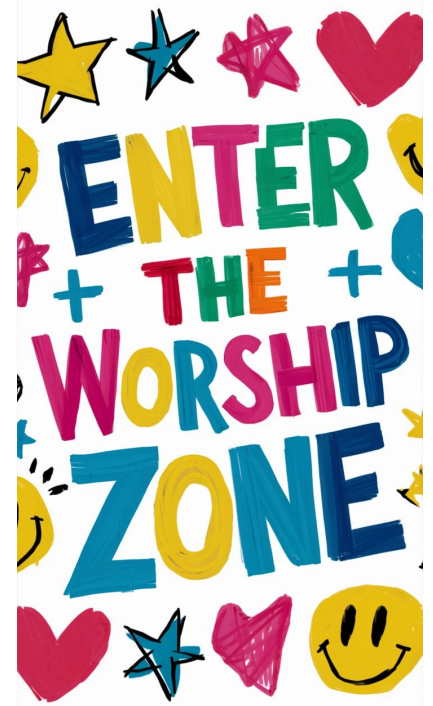
- Singing
- Reading the Bible
- Praying
- Clapping hands
- Dancing
- Worshiping alone
- Corporate worship (with others)
- Giving thanks throughout the day

Encourage the kids to share their own experiences with worship and how they like to express it.

Entering into Worship

Explain that entering into worship means **preparing our hearts to focus on God and express our gratitude and love to Him.** Suggest the following ways to enter into worship:

- Take a deep breath and quiet your mind.
- Look at a picture of Jesus or a cross.
- Think about something you’re thankful for.
- Sing a praise song together (optional)
- Share a prayer or a thank you to God.



Take-Home

Year 3, Lesson 31 — Enter the Worship Zone

Summary

Bible Passage:

Psalm 100

Main Point:

We can enter into worship throughout our daily lives, not just during church services.

Discuss:

Q: What was King David known for?

A: Being a man after God's own heart.

Q: Name two ways we can praise.

A: Clap, sing, dance, bow, raise hands, move, shout, kneel

Explore the Bible

Read: Psalm 100. Emphasize verses 2 and 4, which say “Worship the Lord with gladness; come before him with joyful songs” and “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

Discuss how these verses show us that worship is a joyful and thankful response to God.

Encourage your child to share their own experiences with worship and how they like to express it.

Worship Journal

Provide your child with a journal with blank pages. Explain to them that your family will be writing (or drawing) in their “Worship Journal” after each lesson.

- What does this lesson teach me about worshipping God?
- How has the Holy Spirit been helping me this week?
- Are there any commands in the Bible passages we read for me to obey? How are they for God's glory and my good?
- Are there any promises in these passages to remember? How do they help me trust and love God?
- How have I experienced worshipping God this week?

Apply and Pray

Remind your child that worship is a way to show God how much we love and appreciate Him. Encourage them to enter into worship throughout their day, not just during church services.

Pray: Dear Holy Spirit,

Please help me learn to worship You with all my heart. Teach me to sing, pray, and listen to Your word with joy and love. Guide me to understand and feel Your presence every day.

Amen.