



Life of Worship

Part 1: Get-Up!

Matthew 22:37-38 NIV

“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the greatest commandment.”

FAMILY DISCUSSION

- What stood out to you the most from the message?
- What’s one thing you learned?
- Look at today’s big question. Why do you think everyone worships something—or why do you think some people don’t worship anything at all?
- Read Matthew 22:37-38. This Bible verse is what worshipping God is all about. Which is harder for you to do: worship God with your heart and soul or worship God with your mind? (Hint: Heart and soul have more to do with your emotions toward God. Mind has more to do with your thoughts about God and following Him.)
- How can you worship God with your whole heart, soul, and mind? What would that look like in your life at home, school, playing sports, practicing music lessons, or whatever else you do?
- How could your attitude toward others and yourself change when you worship God with everything you have?
- Pray together. Pray that your students would begin to understand that worshipping God isn’t something they do once a week at church. Pray they would begin to use their entire life as an act of worship.



Use the ideas below as needed to help you think of some ways you like to worship God—and see who else does, too. Remember: you don't have to be perfect at these!

- I can play an instrument to worship God.
- I can work with young children to teach them how to worship God.
- I care for animals to worship God.
- I like to sing to God.
- I like to dance for God.
- I like to spend time quietly praying.
- I like to get out in nature to spend time with God and feel close to Him.
- I like talking about God with my friends.
- I encourage others to live for God and love Him.
- I like to take good care of the planet God made for us.
- I would love to go to a new country to tell others about God.
- I love to read my Bible to learn about God.
- I love to write about God in my journal.
- I work hard to honor God when I play sports.
- I try to worship God by working hard at my schoolwork—even when it's really hard.
- I obey my parents or leaders with a good attitude to worship God.
- I forgive others quickly to worship God.

