



The "Jesus Journey" Week 2: Worshipper

A Weekly Parent And Family Guide
To Help Understand And Apply
Traits Of A Disciple

Throughout the next several weeks, the Bel Air UMC family is on a Journey: "The Jesus Journey." As we journey together during this time, families are encouraged to use this special devotional and activity guide to help all members of your family grow in their faith and understanding of God's Word and what it means to be a Disciple of Jesus Christ. There are five specifically created activities and devotionals to use at your convenience during the week.

There are 7 traits, each week you will be introduced to a new one in worship and we ask that as you go throughout your week, you make time as a family to explore what it means to be a Disciple and how you can grow in your walk with the Lord. You've been invited on this special journey, take your first step on the path to an exciting adventure along with your family!

Created For Families By
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All Scripture quoted is from the New International Version unless noted otherwise.

DISCIPLESHIP TRAIT: WORSHIPPER

"A worshipper responds to God through acts of praise, thanksgiving and devotion."

FAMILY DEVOTIONAL 1

Scripture: Hebrews 10:25a *"Let us not give up meeting together as some are in the habit of doing..."*

Thought For The Day: There are many times in a week when we gather with others. What makes worship different from any of those other times of "gathering?"

Discussion: Habits can be good or bad. Talk about a habit each person has and whether it is good or bad. "Worship" or coming together with believers on Sunday, can become a "habit" but a good one. The bad thing about habits is that we do them without thinking. As a family talk about worship as a "good" habit and why your family is committed to doing it each week.

Family Prayer: Dear God, thank you that we can come together with other believers and focus our attention on you. Help each of us to see this is something important in our weekly routine and make it a "good habit" to be kept. Amen.

Activity: Make a "good habit" of meeting together as a family this week to share worship and share God's Word. Take out your family weekly calendar and make a date for each day this week!

FAMILY DEVOTIONAL 2

Scripture: Exodus 20:8 *"Remember the Sabbath day by keeping it holy."*

Thought For The Day: From the beginning, God designed "the Sabbath" for a day of worship and reflection of God.

Discussion: Today, set aside all other agendas and use the "Sabbath" to truly talk about and experience God together as a family. Be conscious of God's presence in all you do, and where you go. Make God the center of your discussions and what you read. Talk about what it means to make God the center of your day as opposed to a "portion" of your day. Talk about what it would mean if you put aside all work on the Sabbath.

Family Prayer: Dear God, thank you for your providing a day in our week to worship and reflect upon you. Help us to take the Sabbath seriously and focus all we say and do on you. Amen.

Activity: Have a family quiet time by each member taking at least 30 minutes alone reading Scripture, Bible story books and praying. Following the 30 minutes, come back together and talk about your experience. How did it feel? What did you learn?

FAMILY DEVOTIONAL 3

Scripture: 2 Corinthians 3:18 “...we are being changed to be like him...” (Int’l. Children’s Bible)

Thought For The Day: As we grow in our faith, through worship, our likeness is being changed to reflect the person of Jesus Christ.

Discussion: Ask children, “where do we worship?” and note that most will name a specific place, such as the “church” or “sanctuary”. Yes, that is true, talk about worship as a way of life with your family. We worship God wherever we are. Talk about what worship would look like for your family in your home. Talk about what worship might look like if you were camping. Talk about what worship might look like if you are alone. As we worship, wherever that may be, our lives are changed to look like Jesus.

Family Prayer: Dear God, “now is the time to worship!” Help me to worship you wherever I am, whatever I am doing, so that I can grow to be more like you! Amen.

Activity: Create a “worship center” in your home to include items that help you make that a special place to meet God as a family. Now, celebrate a time of family worship, include prayers, Scripture, music and a special message.

FAMILY DEVOTIONAL 4

Scripture: Psalm 34:3 “Glorify the Lord with me; let us exalt his name together.”

Thought For The Day: Worship is both a noun (person, place, thing or idea) and a verb (active). Which is it for each of your family members when you sit in the Sanctuary on Sunday?

Discussion: Talk about what it means to worship God. Share different worship experiences, perhaps a service of silence, a contemporary service, a service with chanting. How do those services differ from the one you attended on Sunday? The worshippers in each situation react differently to parts of the service. Talk about ways to praise God such as with our voices, our minds, our hands. How do you worship God in different ways?

Family Prayer: Dear God, help me to remember that worship is more than a word, it is an action. Help me to grow in my ways of worshipping you. Amen.

Activity: Take out your Sunday bulletin and talk about the different parts of a service. Help the children understand what the different words mean and what “actions” take place at different parts of the worship service.

FAMILY DEVOTIONAL 5

Scripture: Psalm 95:6 “Come, let us bow down in worship, let us kneel before the Lord our Maker.”

Thought For The Day: Bowing and kneeling show awe and respect. When was the last time you did either of those two actions when coming into the presence of someone special?

Discussion: It is expected when meeting the Queen, a bow or curtsy would be an appropriate greeting. Talk about why that is proper. Talk about why we “bow our heads” when we pray. Read Psalm 95:7a and talk about why it would be proper to kneel and bow before God according to that verse. Talk about worship as a time to “meet with God.”

Family Prayer: (Get Down On Your Knees) Dear God, you are awesome. We bow before you today to show how much we love and respect you. Help us to worship you with our whole selves, heart, mind and body. Amen.

Activity: Have a little fun on your knees by creating an obstacle course with chairs, toys, whatever is available then take turns “running the race” on your knees. See who can make it through the course with the best time!

SOMETHING TO THINK ABOUT

Why not consider attending a service of worship that is different from what you usually attend. Perhaps, 11:00 if you’re a 9:20 person, or 9:20 if you’re an 11:00 worshipper.

Consider 6:07 for a truly awesome and active worship service or 7:00 at Mt. Carmel Chapel...8:00 on Sunday morning is a great time to experience worship in a more reserved and quiet manner. Give them all a try!