

Understanding Worship

LOWER ELEMENTARY LESSON PLAN

Theme: Worship is giving ourselves to God

Scripture: Romans 12:1

Memory Verse: Romans 12:1 - 'Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.'

The Children's Sermon

We are like ships, and when we come to church to worship, we are offering our ships to God. That's what the Scripture means when it says, "Present your bodies as a living sacrifice ... to God which is your spiritual worship." When we come to worship, we also get fuel in our tanks so that we won't just float with the crowd or drift on the waves of popularity. And when we let Jesus be the pilot of our ship, then we'll go in the right direction and we'll make the right decisions that keep us from shipwreck and disaster.

So, worship is offering our ships (ourselves) to God, and we do this when we come here to pray, sing, and listen to God's Word and to the message. And God fills us up!

Prayer: Dear Father, thank you for making it possible for each child to be in worship today. Thank you for the parents, friends, Sunday school teachers, for whoever made it possible for these children to worship in church today. Help all of us to offer everything we have to you, and we ask that you fill us with strength to live pleasing lives to you this week. In the name of Jesus our pilot, we pray, Amen.

Now, let's think more about what it means to "Present Your Bodies as a Living Sacrifice." Imagine your life is like a ship. Your ship has many parts - your thoughts, your actions, your words, and your heart. When we say "Present Your Bodies as a Living Sacrifice," it's like saying, "Here, God, take my ship and all its parts. Help me sail it the way you want."

Just like a ship needs a captain, our lives need Jesus to guide us. Without Him, we might get lost at sea, caught in big storms, or even crash into things. But with Jesus, we know we're headed in the right direction, towards a beautiful, safe harbor.

When we come to church, it's like coming into a safe harbor for a little while. We get to rest, listen to God's words, and get ready for the next part of our journey. It's a time when we can check our ship, make repairs, and make sure we have enough fuel - which is God's love and teachings - to keep going.

Sometimes, it might feel hard to "Present Your Bodies as a Living Sacrifice." Maybe we want to do things our way, or we're scared, or we just forget. That's okay. God knows we're not perfect. He loves us all the time, even when we make mistakes. The important thing is to keep trying, to keep coming back to God, and to keep asking Jesus to be our captain.

Remember, every part of your ship is important. The way you treat your friends, the things you say, the choices you make - they're all parts of your ship that you can offer to God. When you're kind, when you tell the truth, when you choose to do good things, it's like you're sailing your ship right next to Jesus.

And don't forget, you're not sailing alone. Look around you - see all the other ships here? We're all in this journey together, with Jesus leading the way. We can help each other, learn from each other, and encourage each other to keep going, even when it gets tough.

So, next time you're feeling lost or scared, or you're not sure what to do, remember that Jesus is the best captain you could ever have. He knows exactly where you need to go, and He'll help you get there. Just say, "Here's my ship, Jesus. I trust you to lead the way."

Let's pray again: Dear God, thank you for loving us and for guiding our ships. Help us to always remember to "Present Our Bodies as a Living Sacrifice" to you. When we're scared or unsure, help us to remember that Jesus is our captain, and with Him, we'll always find our way. Thank you for our church, our families, and our friends who sail with us. Help us to be kind and helpful to each other, just like Jesus teaches us. Amen.

So, little sailors, as we get ready to leave our safe harbor today, remember to keep your ship sailing close to Jesus. With Him as your captain, you'll always be on the right course. And don't forget to come back to the harbor - our church - to get more fuel, make repairs, and prepare for your next adventure on the sea of life.

Bible Memory Verse

Romans 12:1 - 'Offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.'

You Will Need:

-Construction paper

- Markers or crayons
- Scissors
- Glue
- Stickers or glitter (optional)

Get Ready:

- Gather all the materials on a large table.
- Cut the construction paper into large, heart shapes ahead of time.

Do This:

1. Start by reciting the memory verse together. Discuss what it means to offer ourselves to God and how we can do that every day.
2. Have each child decorate their paper heart with markers, crayons, and stickers or glitter. Encourage them to think of the heart as representing themselves, and the decorations as the things they do to worship God and live for Him.
3. Once everyone is done, go around the room and let each child share their heart and explain how the decorations represent their worship to God. Conclude by praying together, asking God to help you all be 'living sacrifices' every day.

Bible Interactive Experience

You'll Need:

- Large paper or poster board
- Markers or crayons
- Sticky notes
- Bible

Get Ready:

- Write Romans 12:1 at the top of the poster board in large, readable letters.
- Prepare a simple explanation of the verse: "God loves it when we give Him our hearts, our thoughts, and our actions. It's like giving God a special gift because we love Him!"

Do this:

1. **Read Romans 12:1 Together**: Start by reading the verse out loud with the kids. Ask them to listen carefully to understand how we can worship God by giving ourselves to Him.
2. **Discussion**: Ask the children what they think it means to give themselves to God. Examples could include helping others, praying, being kind, and listening to their parents or guardians. Write their answers on sticky notes.
3. **Create a Worship Board**: Have each child pick a sticky note and draw a picture on it that represents the idea written there (e.g., a drawing of helping a friend for kindness). After they finish their drawings, let them come up one by one to stick their notes on the poster board around Romans 12:1.
4. **Reflection and Prayer**: Once all the sticky notes are up, reflect on the colorful board created together. Highlight how each drawing represents a way we can worship God every day. Close with a prayer, asking God to help everyone live out Romans 12:1 by giving themselves to God in their daily actions and thoughts.

Snack Activity: Living Sacrifices Snack Tray

You'll Need:

- A variety of fruits (grapes, apple slices, berries)
- Pretzel sticks

- Cheese cubes
- A large tray or several small plates
- Paper and markers

Get Ready: Gather all your snack items and wash the fruits. Have the tray or plates ready along with paper and markers for each child.

Do this:

1. Talk about Romans 12:1, explaining that just like we prepare our snacks with care, God asks us to give ourselves to Him. This is our true way to worship.
2. Let each child use the fruits, pretzel sticks, and cheese cubes to create their own 'living sacrifice' snack on the tray or plate. They can make a design that represents themselves offering to God what they love or are good at.
3. While they eat, encourage them to draw on the paper what they think worship looks like. It could be singing, praying, helping others, or even making snacks! Explain that worship is not just something we do at church, but it's giving our whole selves to God every day.

Game Activity: God's Living Sacrifice Hop

You'll Need:

- Sidewalk chalk
- A large, open concrete area
- A small bean bag or stone

Get Ready: Draw a large hopscotch grid on the concrete. Instead of numbers, write attributes of worship such as 'Pray', 'Sing', 'Love', 'Give', 'Serve', 'Thank', 'Share', and 'Care' in each square.

Do this:

1. Explain to the children that Romans 12:1 tells us to offer our bodies as a living sacrifice, holy and pleasing to God—this is our true and proper worship. Just like in the game, we can show our worship in many ways.
2. Have each child toss the bean bag or stone to land on one of the squares. Whichever attribute it lands on, they hop on one foot (or two for younger kids) to that square, while saying, 'I worship God by [attribute].' For example, 'I worship God by praying.' They then pick up the bean bag, return to the start, and the next child takes their turn.
3. After everyone has had a turn, gather the children and discuss how each action of worship can be a way to give ourselves to God, just like Romans 12:1 says. Remind them that worship isn't just about singing or praying, but in everything we do, we can give ourselves to God.

Prayer Activity: My Living Sacrifice Prayer Box

You'll Need:

- A small cardboard or wooden box
- Decorating supplies (stickers, markers, glitter, etc.)
- Small slips of paper and a pen

Get Ready: Gather all the materials and set up a comfortable space for the children to sit and work on their prayer boxes.

Do this:

1. Start by explaining Romans 12:1, saying 'God wants us to give ourselves to Him as a way of worship. This means doing our best to live in a way that makes God happy.' Keep it simple and relatable.

2. Tell the children they will make their own 'Living Sacrifice Prayer Box.' They can use the box to offer their promises to God about how they will try to live for Him. Encourage creativity as they decorate their boxes.

3. Once the boxes are decorated, have each child think of one way they can live for God this week. It could be helping a friend, obeying their parents, or saying kind words.

They will write this promise on a slip of paper and put it in their box. Finish with a short prayer, asking God to help each child keep their promise.