

Sunday morning
teaching plan

Date:
28/12/25

TITLE:	Worship
THEME:	Christian Foundations
AIM:	Think about what worship is and how we can achieve it regularly and in different ways.

BACKGROUND AND CONTEXT

Worship is:

Keeping his commands. John 14:21

To be directed at God alone Matthew 4:10

Beyond singing but is an attitude that should encompass our whole lives Romans 12:1

Singing Psalm 95:1-2

Giving Him your time. Your first and your best.

- *Matthew 6:21* — “Where your treasure is, there your heart will be also.”
- *Colossians 3:2* — “Set your minds on things above, not on earthly things.”

WARM UP

Hide the item. Items could include: Bible, Headphones, Candle, Notebook, Cross, Water bottle, Phone, Pen. Remove one and they have to guess which one has gone.

Teaching point: How do we notice when things are missing? Do we notice when we are missing time with Jesus? What disappears from your life when you are too busy?

MAIN TEACHING

Wise Worship

Matthew 2:1-12 about the Magi (wise men) visiting Jesus as a baby with gifts.

These gifts and what they symbolise as gifts of worship, linking it with how we worship now.

In 3 groups discuss why specifically they might have brought this gift to worship Jesus, or what it might now symbolise without them fully realising it at the time.

Gold – The very most precious and expensive metal. Giving Jesus the very best. Only Kings owned things made of gold – Jesus was to be a King and is worthy of the very best we offer in worship and heart devotion.

Frankincense – an aromatic perfumed resin from certain trees. Healing properties and used in incense in temples – as the smoke and fragrance rise and fill the temple, it symbolises worship rising to God. Jesus is to be a healer – but also is worthy of worship.

Myrrh - It was mixed into the oil that was used to anoint prophets who heard from God and spoke His truth to people. Myrrh is also used as a spice to prepare bodies for burial. Bringing this signifies Jesus as a prophet, but even from these early days as a baby already links him with his death.

In summary – we learn from these gifts that worship is

- Costly
- Jesus is worth our very best
- Jesus is worshipped as He is a King
- Jesus is a healer and worthy of worship, just as God was worshipped in the temple with incense, Jesus is also God and worthy
- Jesus speaks God's truth (as He IS God)
- Right from the start, Jesus came to die for the world
- Discuss the difference this makes to our worship now.

The Point: This is one example of worship in the Bible. The Magi coming to give their best to Jesus. Worship isn't just about gifts but in this case it is.

True Worship

Consider what we spend our time and efforts doing? Jesus asks for our true worship.

Watch the video about what true worship is.

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

Romans 12:1-2 the message version.

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 recognize 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.

Write down on sticky notes all the things that worship is.

Split the sticky notes amongst the groups.

Answer the following questions in discussion as a group about each sticky note

1. How does doing this worship God?
2. Is this an everyday or once-a-week activity? If once-a-week, could it be an everyday worship option?
3. Has anyone worshipped in this way and found it helpful? How does it change your perspective upon God or the day you are in?

Teaching Point: True worship is a lifestyle and response to who God is to us and all He has done. There are lots of ways to worship.

Worship Walk

Go out for a walk and worship! We will allow God to speak to us and praise Him for what we see.

Look out for things in His creation, people we might come across, things that we hear. It is going to be a quiet reflective time not a time for a chatting.

Pray before going asking the Holy Spirit to come and meet us as we are out. Set your mind on Giving thanks and looking around at world through God's eyes. Allow the Holy Spirit to speak with you. Silently ask Him, 'Show me God'. Explain God might talk to them in this time.

Could watch this first to get ready:

<https://youtu.be/5lIVfkY5q54>

On return discuss the experience together. Was it helpful? What inspired you to worship? What did you notice about or hear from God?

Teaching Point: God inspires our worship through our everyday experience as well as through His word and prophetic word. This may be unfamiliar or new to some, but a powerful way to worship is to get outside and to let God speak with us, and us with God.

TAKEAWAY

What's it worth. Give him your time.

<https://www.youtube.com/watch?v=8w0ZWXcyu4Y>

Look out for things this week that cause you to want to say how great they are (nature, people's talents, someone who shows you kindness).

Listen to this worship song during the week and use it to help you focus on God. Try to remove other distractions and just think about who God is through the lyrics of the song. How does this make you feel?

Try a different way of worshipping this week. Perhaps listen to a worship song while walking to school, spend some time creating a picture or collage of thanks to God.

When you find something a big challenge this week (a school lesson, a disagreement with someone, or a physical challenge) specifically choose to respond with worship. See how this changes your perceptions of the difficulty

EXTRA INFORMATION