

Summer Worship Guide

Discovery Community Church



This guide belongs to:

Discovery Families,

This summer, we will explore nine approaches to worship* by completing weekly activities that help us practice the worship focus for that week. Some may feel more natural for you than others. That is okay! In fact, be encouraged to be thinking about how God has uniquely designed you to connect with Him!

I hope the concept of "worship" becomes more meaningful, layered, and personal for you this summer as we learn together how to more deeply love the Lord our God with all of our heart, soul, mind and strength and love our neighbor as ourselves.

In partnership with you and your family,

Kirstin Stave

Kids and Family Ministry Director

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. 'Love your neighbor as yourself.'" -Mark 12:30-31 (NIV)

*The content for this guide is based on "Sacred Pathways" by Gary Thomas.



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Week 1: Senses

Loving God Through the Senses

Mind: Choose one Bible character to be in scripture. Some suggestions: Exodus 3:1-2 (Moses), Matthew 26:17-30 (Jesus), Luke 1:26-38 (Mary). Journal who you were, what it was like, and why you chose that character.

Heart: Think about things that make you feel safe, comfortable, and loved and think about how to make others feel that way. How does this reflect God's love? Write out Psalm 55:22 and Psalm 4:8.

Soul: Listen to three worship songs. Which one helps you feel more connected to God?

Strength: Try praying in different positions: standing, sitting, kneeling, laying down. Which make it easiest to focus on God?

Neighbor: Using chalk, draw on the sidewalk encouraging pictures with encouraging messages.

Week 1 Journal



Mind



Soul



Neighbor



Heart



Strength



Week 2: Naturalist

Loving God Out of Doors

Mind: Take a nature walk. Find 5 different animals and/or insects. Identify them by writing their name or draw their picture. Why do you think God may have created this animal or insect?

Heart: Go outside and collect leaves, pinecones, sticks, and other things of nature. Create a sculpture using these items. If possible, take a picture to send.

Soul: Reflect on the four elements (air, water, earth, fire) and thinking about which one reminds you most of the presence of God? Read how God reveals himself to Elijah in 1 Kings 19:11-13.

Strength: Take a walk or hike. Focus on listening to and smelling the air. Look around, try to notice something new about your surroundings.

Neighbor: Wearing gloves or using a grabber, pick up trash at a local park or around your neighborhood. How does it feel to know you helped clean up the nature God created?

Week 2 Journal

Mind

Soul

Neighbor

Heart

Strength



Week 3: Ascetics

Loving God in Solidarity and Simplicity

Mind: Read Matthew 5:1-11 and Matthew 5:43-48. Journal what it means to you. How can you live this out in your life?

Heart: Practice silence. Spend 5 minutes in complete silence. Begin by asking God to speak to you, then just sit or lay in silence. How does it feel to do that? "Be Still and Know that I am God." - Psalm 46:10

Soul: Sit still and quietly by a body of water for 5 minutes. What did you hear? Can you identify some of the sounds?

Strength: Sometimes it's easier to draw close to God when we don't have so much clutter in our lives. Clean or organize an area of your room. Remove the things that you don't need or want. How does it feel?

Neighbor: Allow a family member to choose an activity for the two of you to do together. Write or draw about it. Was it hard to let them choose? Was it fun? Would you rather have chosen?

Week 3 Journal



Mind



Soul



Neighbor



Heart



Strength



Week 4: Service

Loving God by Serving Others

Mind: Read Luke 10:25-37. Who are the key characters in the story? What do they do? Discuss with a friend or parent what we can learn from Jesus's parable?

Heart: Adopt a neighbor to leave little gifts or cards on their doorstep daily for 5 days. Pray for them as you draw, write, or make their cards. If you have a chance to, ask them how you can be praying for them.

Soul: Make cards of encouragement with your friends and/or family for those in a nursing home or home care. Be sure to sign your first name.

Strength: Talk to your family about a volunteer project you can be involved in. Love Tacoma will be August 30th. What project can your family sign up for?

Neighbor: Ask your family about sponsoring a child in another country. What chores can you do to offset the cost? Discovery is involved in supporting various organizations that offer child sponsorship, such as Eternal Anchor and Serve the Children.

Week 4 Journal



Mind



Soul



Neighbor



Heart



Strength



"Be Still & Know That I am God..."
Psalm 46:10

Take 5 minutes to be still each week and just listen to God. Use the spaces provided below to write out what God said to you or draw out what He showed you.



Week 5: Enthusiast

Loving God with Mystery and Celebration

Mind: Go outside and look underneath rocks, sticks, leaves or any other things it's okay for you to look under. What bugs or other things do you see? Write or draw what they are.

Heart: Read Psalm 104. Write key words that stick out to you. Write a poem or paint/draw a picture as a form of worship to God.

Soul: Make a video singing/dancing to "Undignified" by David Crowder or another worship song. Share it with us on Disco Kids Facebook Group with your parent's permission.

Strength: It's time to get physical! What talent of strength has God given you that really gets your heart pumping? Can you do pushups or run fast? Maybe gymnastics or cheer? Maybe even skateboarding or hiking? Share a picture of you getting physical!

Neighbor: Collect rocks to paint. Paint with designs or pictures, then write "Jesus Rocks" on the bottom. Hide them in a park or in your neighborhood.

Week 5 Journal



Mind



Soul



Neighbor



Heart



Strength



Week 6: Activist

Loving God Through Confrontation

Mind: Read Matthew 7:2-4. What does Jesus challenge us to do before confronting someone?

Journal about what God calls us to in James 1:27 and Matthew 25:35-36?

Heart: What can you do that would please the heart of God, but might be hard for you?

Maybe go all day without arguing or talking back? Maybe pull weeds from the garden or do the dishes? Maybe forgive someone?

Soul: Pastor Jon always removes his shoes where he preaches. He does this because he says it's Holy Ground. Create a space to be Holy Ground where you and your family either watch services, pray, or read God's Word.

Strength: Take a prayer walk through your neighborhood. Journal what you can ask God to do for your neighborhood.

Neighbor: Write out Revelation 7:9 and Matthew 6:9-10. How is heaven described? What can we understand about God's design for the church? Go deeper, learn something new about the civil rights movement/Tacoma history.

Week 6 Journal

Mind

Soul

Neighbor

Heart

Strength



Week 7: Contemplative

Loving God Through Adoration

Mind: Make a poster with words and images that come to mind when you think of God. Find a Psalm in the Bible to help you list ways to describe God.

Heart: What do you think is the most beautiful thing God created? Take a picture of it, draw it, paint it or write about it.

Soul: Close your eyes to meditate on or act out your love for the Lord by listening to the worship song "I Can Only Imagine" by Mercy Me.

Strength: Look up/find passages describing God's strength/physical presence. Some suggestions: Nehemiah 8:10, Isaiah 41:10, Exodus 15:2, Psalm 46:1-3, Isaiah 40:29, Philippians 4:13.

Neighbor: Showing devotion to the Lord, practice hidden acts of kindness to others. Journal: what you did and how it made you feel to do it. How did it feel to not take the credit?

Week 7 Journal



Mind



Soul



Neighbor



Heart



Strength



Week 8: Intellectuals

Loving God with the Mind

Mind: Read your Bible everyday for 7 days. In your journal, write about what you've learned.

Heart: Every night when you go to bed, think of three things to be thankful to God for. Every morning when you wake up, think of three things you will do to serve God that day.

Soul: Read Acts 1:8. What does it mean to you? Do you feel the Holy Spirit inside you wanting you to grow closer to God and to be a witness as Jesus was? Journal your thoughts.

Strength: Jesus walked all around spreading God's Word. Take a hike and think about how it was for Jesus to walk from town to town. Be sure to notice what it looks like around you.

Neighbor: Identify a world problem you would like to learn more about. Have your parents help you identify a resource to read/learn more. Pray together that God's will would be done on earth as it is in heaven. Draw or write about an idea that you have to solve one problem in the world. It could be about world hunger, racism, pollution, or any other thing on your heart.

Week 8 Journal



Mind



Soul



Neighbor



Heart



Strength



Week 9: Traditionalists

Loving God Through Ritual and Symbols

Mind: Read Joshua 4. Then, collect 12 stones. Thinking of how they used the stones as a reminder of God's faithfulness to them, set or stack your stones in a way you like.

Heart: Memorize Mark 12:30-31. What does this verse mean to you?

Soul: Read John 3:5, Mark 16:16, and Colossians 2:12. In your words, journal what baptism means. Are you baptized? Do you want to be baptized? Do you have questions you want answered about baptism?

Strength: Take this week to practice a new way of worship such as praying on your knees or in a bowed position or with your hands raised. Did this change the way you encountered God? If so, how?

Neighbor: Ask your parents about making a meal for the family. As you prepare the meal, thank God for the food and ask Him to bless the food and those who will eat it. Think about those who may not have food available. Pray for them.

Week 9 Journal



Mind



Soul



Neighbor



Heart



Strength



Acknowledgements:

A BIG thank you to Kelly Swaleson and Carly Dryden for your work on creating this guide!

References and Further Reading:

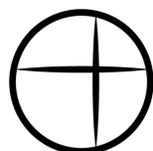
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Learn more about "Sacred Pathways", by Gary Thomas:

<http://www.garythomas.com/free-resources/study-guides/>

Take a "Sacred Pathways" assessment:

<https://groupleaders.org/spiritual-pathways-assessment>



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