



SHORTS

Short 5-8-minute discipleship lessons designed to fit into your weekly curriculum.

WORSHIP

DISCIPLESHIP
PATHWAY

WORSHIP

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LESSON 1 - RAISE AND PRAISE

Continue your time of worship by encouraging children to raise their hands and speak praises to God out loud.

LESSON 2 - GROUP PRAYER

Continue your time of worship by encouraging children to pray together in groups.

LESSON 3 - WAIT IN SILENCE

Continue your time of worship by encouraging children to pause and wait on God in silence.

LESSON 4 - KNEEL DOWN

Continue your time of worship by encouraging children to kneel before God as a sign of reverence and respect.

LESSON 5 - PRAY OVER KIDS/ADULTS

Continue your time of worship by encouraging children and adults to come forward who need prayer. Kids can extend their hand toward those who need prayer or place their hands on the person's shoulders.

LESSON 6 - WORSHIP THROUGH SCRIPTURE

Continue your time of worship by encouraging children to read Scripture together that exalts God.

LESSON 7 - TIME LISTENING

Continue your time of worship by encouraging children to spend time listening for what God wants to say to them.

LESSON 8 - INTERACTIVE WORSHIP

Continue your time of worship by leading children through an interactive worship response.

LESSON 9 - HOLY SPIRIT BAPTISM

Continue your time of worship by providing an opportunity for children to use their prayer language.

LESSON 10 - PRAYER & PROMISE

Continue your time of worship by encouraging children with promises from God's Word.

WEEK 1

RAISE AND PRAISE

Items Needed: Team flag or scarf to wave (optional)

SCRIPTURE

Lift your hands toward the sanctuary, and praise the LORD. – *Psalm 134:2*

In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy.
– *1 Timothy 2:8*

SAY

Have you ever been to a high school football game or watched a team sport on TV? The fans love their team so much that they can't contain their excitement when they score a goal or get a touchdown. Often the fans shout chants or sing songs about the players. They might even raise their hands in the air to celebrate.

Optional: Start by waving flag or scarf to explain sports fans.

If people will celebrate like that for ordinary people, how much more praise should we give to God! He is far greater than any other, and He is worthy of our praise! Praise and worship is not just about singing; it is about telling God how thankful we are for who He is and all He has done for us. In the Bible, people raised their hands in the air to worship God. Let's raise our hands as a sign of our praise. We are going to praise God together as we declare things that are true about Him. I'll say a phrase, and you will repeat it as praise to God.

God, You are good! (*Kids repeat*)

You are faithful! (*Kids repeat*)

You are holy! (*Kids repeat*)

There is no one like You (*Kids repeat*)

Tip: It may take time for kids to get comfortable praising in their own words. It's important that they hear leaders praise out loud in their own words.

PRAY

God, we lift our hands and we lift our voice to praise You today! You are worthy of all our praise. The Bible says when people praise You, You are in their midst. Thank You for being close to us today. Amen.

Now let's spend 20 seconds praising God with our own words. All you have to do is tell God how much He means to you.



WEEK 2

GROUP PRAYER

Items Needed: Several books

SCRIPTURE

“I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather together as my followers, I am there among them”. – *Matthew 18:19–20*

SAY

Does anyone want to be my volunteer? (*Pick 2 or 3 children*) All you have to do is hold this book above your head on the flat palm of your hands. Do the books feel heavy? (*Allow response*) Sometimes life can be a bit like this, because we are all dealing with our own challenges and difficulties. We like to keep those burdens to ourselves, but over time they can become more overwhelming.

*Ask the kids holding the books if it's getting more difficult.
Consider giving them additional books to hold if they suggest it's easy.*

On our own, the challenges of life can become unbearable. But when we tackle those challenges with others, they become much easier to carry! It can still be difficult, but it's still much easier than doing it alone.

*Combine the pile of books and have the children work together to hold the books above their head.
Ask the kids if it's easier working together and then allow them to stop.*

We don't need to go through life alone! The Church is your family. It is full of people who can help you carry your burdens. You can always ask other Christians to pray for you in times of need. The Bible says that when we agree and pray together, God is present and He will respond to our request.

Let's get together in groups and spend a few minutes praying for each other.

Tip: Have a leader in each group of kids to help facilitate the time of prayer.

PRAY

God, thank You that we are not alone. Thank You for being present among us. Help us to depend on You and those around us in our times of need. Amen.



WEEK 3

WAIT IN SILENCE

SCRIPTURE

Be still in the presence of the LORD, and wait patiently for him to act. – *Psalm 37:7*

Let all that I am wait quietly before God, for my hope is in him. – *Psalm 62:5*

SAY

Have you ever tried to focus in a room full of distractions? Maybe you were doing your homework with the TV on, or you could hear your brothers and sisters playing in the same room. It can be really challenging to keep your focus!

When we praise and worship, God should be our focus! There are times when we should praise and worship with shouting and loud music. In these moments we are letting God know how much He means to us. But there are also times when we need to quiet the music and pause our speaking. In these moments of silence, we refocus on God and become aware that He is present among us.

In 1 Kings 19, Elijah had fled to the wilderness. He went to Mount Sinai, the mountain of God, and he had these amazing experiences in nature. First there was a strong wind, but God wasn't in the wind. Then there was a mighty earthquake, but God wasn't in the earthquake. Then there was a fire, but God wasn't in the fire. Lastly, there was silence, and God was a still small voice in the silence.

It is easier to become aware that God is with us in the silence. God is present and He wants to speak to us, if we are willing to listen to Him. Let's take one minute to be silent.

Start by closing your eyes. Then you can put your hands out in front of you like you are about to receive a gift. Next, take a deep breath and clear your mind from any distractions. Finally, as you wait in silence, take time to think about Jesus.

Tip: Lead kids through each step one at a time to help them settle and focus. Speak gently to help them focus.

PRAY

God, thank You for being present among us! Help us to remove the distractions more often, so we can become more aware of Your presence in our lives. Amen.



WEEK 4

KNEEL DOWN

Items Needed: Toy crown (optional)

SCRIPTURE

For the LORD Most High is awesome. He is the great King of all the earth. – *Psalm 47:2*

Come, let us worship and bow down. Let us kneel before the LORD our maker. – *Psalm 95:6*

SAY

Some countries around the world, like England, still have a king and queen. These royal families are treated with special respect by their citizens because of their positions. People have so much respect for them that they often follow very specific rules. For example, in England, if you are meeting the king, you aren't supposed to turn your back on the king. You aren't supposed to speak to the king unless he first speaks to you. When you meet the king, you are supposed to bow or curtsy, or you might even kneel down. This is a sign that you are submitting to them.

Optional: You may want to act this out by putting the crown on one of the leaders.

Did you know that God is described as the King of kings and the Lord of lords? That means God is greater than any king or queen. We are citizens in God's kingdom. He is our King. When we praise and worship God, we should remember we are coming into the presence of our King. This is why people sometimes kneel down when they worship. Let's kneel down together.

Lead kids to kneel down together.

We kneel to remember that God is our King. It is a sign of deep respect. We also do this to show God that we submit our life to Him. This is what worship is all about: recognizing who God is and responding to Him by giving Him our life. Kneeling down on the floor reminds us that God is King and we should always be willing to submit to Him.

PRAY

God, You are the King of kings and the Lord of lords. As we kneel, we submit to You. May You become the most important focus in our lives. Amen.



WEEK 5

PRAY OVER KIDS/ADULTS

SCRIPTURE

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. – *Philippians 4:6*

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most. – *Hebrews 4:16*

SAY

Imagine if you found yourself in the presence of the president of the United States— one of the most powerful people in the entire world. The president can send aid to those in need and pardon people from their prison sentence. The president is in a great position to help those in need. But if we called the White House today, do you think the president would answer the phone? Most of us don't have easy access to the president, but we do have access to Someone who is so much greater!

When we worship God, we believe that God is present among us. We are in the presence of One who is infinitely more powerful than the president of the United States. The Bible tells us that we should enter God's presence with boldness. This means we can bring our requests before God without fear or worry. God is able to help us and He wants to help us!

God is present among us. We are going to pray together for those who need God's help. If you have a request you want to bring to God, then raise your hand. (*Allow kids to respond.*) If you are standing by someone with their hand raised, your role is to put your hand on their shoulder and pray for them.

Tip: You may want to bring all those with requests together. Then the rest of the kids and leaders can gather around them to pray. Consider asking a few kids to lead in prayer out loud.

PRAY

God, You are our help in times of trouble. We know You are able to do more than we could ask, think, or imagine. Thank You for hearing our prayers and responding to them. We ask that You help all those who have a need here today. Amen.



WEEK 6

WORSHIP THROUGH SCRIPTURE

SAY

Did you know that the Bible is full of other people's praise and worship to God? The Book of Psalms is a book full of the songs King David and Israel sang to God. One of the easiest ways for us to worship God is through recalling the Scriptures of the Bible. When we don't know the words to say, the Bible can help us!

We are going to worship God by reading some verses from Psalm 136. I'm going to read the first part of these verses and when I pause, you will respond by saying the same line each time. The line is, "His faithful love endures forever." Whose love do you think endures forever? (*Group response*) That's right! God's faithful love endures forever!

SCRIPTURE

Give thanks to the LORD, for he is good! ***His faithful love endures forever.***

Give thanks to the God of gods. ***His faithful love endures forever.***

Give thanks to the Lord of lords. ***His faithful love endures forever.***

Give thanks to him who alone does mighty miracles. ***His faithful love endures forever.***

Give thanks to him who made the heavens so skillfully. ***His faithful love endures forever.***

Now let's switch our roles! You will say the first part of the line and all the leaders will respond by declaring, "His faithful love endures forever."

He remembered us in our weakness. ***His faithful love endures forever.***

He saved us from our enemies. ***His faithful love endures forever.***

He gives food to every living thing. ***His faithful love endures forever.***

Give thanks to the God of heaven. ***His faithful love endures forever.***

PRAY

God, we give thanks for all You have done for us! We praise You and we give thanks for Your faithful, unending love. Amen.



WEEK 7

TIME LISTENING

SCRIPTURE

I listen carefully to what God the LORD is saying, for he speaks peace to his faithful people. But let them not return to their foolish ways. – *Psalms 85:8*

“My sheep listen to my voice; I know them, and they follow me.” – *John 10:27*

SAY

The brain is an amazing part of your body. One of the things the brain does is it helps you understand and interpret the things you hear. God designed the brain so that we can recognize the sounds we hear often! When you hear your parents call your name, you can usually recognize it's them!

The more you listen to someone's voice, the more likely you are to recognize their voice. It can be the same with God! There are several times in the Bible where God speaks to people and, at first, they don't recognize God is speaking to them. It can take time for us to get familiar with God's voice.

God can speak to us in lots of ways! Some people have heard God speak in an audible voice. Others feel God speaks to them through reading the Bible. Often people sense God speaking to their heart. If we want to hear God speak, we have to practice listening for His voice. Practicing helps us begin to recognize His voice.

Let's take a few minutes to wait on God and ask Him to speak to us. We are going to ask God to show us what is something He wants us to do. Close your eyes and make sure you are sitting in a comfortable way. Clear your mind from distractions and focus on God. Let's spend 30 seconds focusing on who God is and reminding ourselves that God is near to us. Lastly, you have to be aware of how God might be leading you.

Optional: It can be helpful for them to write down what they have heard. It's important to affirm and encourage kids. It can be worthwhile having a few children share what they heard.

PRAY

God, thank You for leading and guiding us! You are the Lord of our lives, and we want to listen and obey when You speak to us. Amen.



WEEK 8

INTERACTIVE WORSHIP

Items Needed: Whiteboard, dry-erase markers, large white paper, white and colored crayons

SCRIPTURE

Taste and see that the LORD is good. Oh, the joys of those who take refuge in him! – *Psalm 34:8*

SAY

When you meet someone for the first time, you don't usually know anything about them. But after your first meeting, you might learn something new. Then, every time you meet again, you continue to learn new things about them. Over time, you get a fuller picture of who they are!

Optional: Use a large, white piece of paper with a picture drawn with white crayon. Take a different color crayon, color over the white to reveal the full drawing.

It can be the same with God! The more time we spend in God's presence, the more we get to know who He is. Over time, we get a fuller picture of who God is! At different times, we might describe God in different ways based upon the situations we are going through.

Optional: Insert a short story about a time God revealed a different part of His character to you through a situation He helped you through.

Let's spend 20 seconds thinking about one word you would use to describe who God is. Think about who God has revealed himself to be through your life. Then let's take a moment to write the word down on the paper/whiteboard at the front.

On the whiteboard, allow kids time to write their word or phrase to describe who God is.

Many of us will have written down a different word to describe who God is. We can learn from other people's understanding of who God is. Do you remember the word you wrote down? (Group response) Great! Next, I'm going to say "God is . . ." and one at a time you will be able to say your word out loud for everyone to hear. Are you ready? God is . . .

Begin by having leaders share their word and then encourage kids to say their word.

PRAY

God, there are so many words we could use to describe You! Thank You for revealing Yourself to us today. Help us to draw closer to You. Amen.



WEEK 9

HOLY SPIRIT BAPTISM

SCRIPTURE

For if you have the ability to speak in tongues, you will be talking only to God, since people won't be able to understand you. You will be speaking by the power of the Spirit, but it will all be mysterious. – 1 Corinthians 14:2

SAY

Have you ever been in a place where everyone else spoke a different language? Or have you watched a TV show that you didn't understand without the subtitles? It's almost impossible to understand what people are saying. Imagine if you and your friends had a secret language that your teacher didn't understand. You would be able to tell your friends everything without anyone knowing.

The Bible tells us that when we are filled with the power of the Holy Spirit, God gives us our very own language. Put your hand up if you have your own prayer language. (*Allow kids to respond.*) That's awesome! The best part about it is that when we use this prayer language, only God can understand what we are saying. It's like having a private conversation with Him. God wants us to use our prayer language regularly.

There are 3 reasons why we should use this prayer language regularly:

1. Our prayer language builds us up.
2. Our prayer language helps us when we don't know what to pray.
3. Our prayer language helps us to pray for everything God wants (God's will to be done).

God wants us all to have this prayer language! If you haven't received it yet, we can ask God to fill us with the power of the Holy Spirit. But if you already have a prayer language, let's take 30 seconds to practice using that language together!

Tip: Encourage kids and leaders to speak their prayer language out loud. If kids respond well, then you could encourage them to do another 30 seconds.

PRAY

God, thank You for the gift of the Holy Spirit. Help us to remember that we can pray in our prayer language anywhere and anytime. Amen.



WEEK 10

PRAYER & PROMISE

Items Needed: Whiteboard or large paper, markers and small slips of paper for each child

SCRIPTURE

For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" ascends to God for his glory. – *2 Corinthians 1:20*

SAY

Have you ever made a pinky promise with someone? Or maybe you made a deal with someone and you did a spit-handshake to confirm it. Unfortunately, no matter how serious the promise is, people often let us down and break their promises.

But God is perfect and His promises never fail! Throughout the Bible, God made many promises. He said He will never leave us. He told us that He is fighting for us. He told us that all things will work together for good. There are so many promises we can trust in!

Whenever you are facing difficult situations, you can hold tight to God's promises to help pull you through! No matter what happens in life, God's promises are true, and they won't let you down.

We have a whiteboard with a question written on it, "Which of God's promises are you holding onto?" Take time to grab a marker and write down one of God's promises that is meaningful to you.

Help kids find Scriptures of promise to write out and/or print out slips of paper with Scriptures of God's promises for those who may be unfamiliar with them. Some promises are listed here.

Joshua 1:9

Psalms 34:18

Jeremiah 29:11

2 Corinthians 12:9

Galatians 6:9

Philippians 1:6

PRAY

God, we thank You that we can trust in Your promises! When life gets difficult, remind us of these promises. Amen.



