

# Small Group Lesson

Series: Worship

## Lesson Theme: It's a Lifestyle

### Warming up...

- **Take Attendance**
- High and Lows from this past week

### Going Deeper...

**Read:** Romans 12:1-2

#### 1. Be ready to make daily decisions

**Thought 1:** This passage, which was written by the Apostle Paul, says if we truly want to live a life that pleases and honors God, then we can't live according to the world's standards. We need to be transformed from people who are selfish, who focus on material stuff, and who care too much about pleasing others, into people who are focused on pleasing God. In order to do that, we have to learn to include God in every aspect of our lives through the decisions we make each day.

- Think back over your day today. What are some specific moments when God was a part of your day?
- Is it difficult to think of God as your highest priority during the day? Why or why not?
- What situation from today might you have handled differently if God had been the central focus of your day?
- Why would changes in our thinking lead to changes in our behavior and our lives?
- What are some ways God might transform and change the way we think? What is our part in that process?
- Can doing your homework, practicing your instrument or your athletic skills or your artistic skills, talking with friends, or interacting with family members be a way of worshipping God? Why or why not?
- What are some other examples of ordinary, daily activities or choices that can be ways of worshipping God?

#### 2. Be ready to make daily sacrifices

- What do you think it means to be a "living and holy sacrifice" for God?
- In verse 2, why do you think Paul says Christians shouldn't "copy the behavior and customs of this world"? What are some things happening in your world that a follower of Jesus shouldn't copy?
- If you decide to follow this instruction, what sacrifices might you be required to make? In other words, is there something that you are doing that is "of the world" that you need to sacrifice and give up for God?

**Thought 2:** Worshipping God requires sacrifices. Back in the Old Testament, God's people sacrificed animals. Fortunately, we don't have to do that anymore because of Jesus' sacrifice for our sin on the cross. But we still need to sacrifice things that become obstacles or roadblocks to our relationship with God. It isn't always easy, but it's a step of obedience that opens the door to a deeper, stronger faith. When we give up our way of doing things, we are involved in an act of worship.

### Application...

**Thought 3:** There are so many ways that we can honor God throughout our day. Let's focus on a few ways you can be intentional with how you worship God. These are ways that can help you transform your life from "all about me" to "all about God."

Walk through the following items as a group. Each item has an action step that you and your students can do together as a group.

#### We can worship God by:

##### Knowing God

- Read your Bible: Reading God's Word is an awesome way to grow closer to God and gain an understanding of the life he wants for us.
- Read Ephesians 5:15-20. What does this passage teach you about leading a lifestyle of worship?

##### Loving others

- Put others first: God is pleased when we choose to love other people and when we choose to put our own wants aside and give back to people in need.
- As a group, decide to do something for someone in need. It might be a neighbor who needs help, someone in your congregation that is hurting, or someone in your youth group who could use some encouragement.

##### Waiting on God

- Take time to listen: We have so much noise in our lives. The loudness of our thoughts can take over at times. When that happens, it makes very difficult to listen for God.
- Read Romans 12:2, and then be still and quiet for two minutes, waiting for God to speak to you or reveal something from this verse.

##### Talking to God

- Take time to pray: God wants to hear from us. God wants us to express our thoughts, our needs, and our love for him.
- Take a moment and use the following guide to pray:
  - Thank God for what he has given you
  - Seek forgiveness for any sin in your life
  - Ask God for what you need (not what you want)
  - Surrender yourself to God
- Crying out to God or praising him through song is an incredible way to communicate your love and devotion to God. Together as a group, sing a song to God.

**Thought 4:** God has given us so much. The way we choose to worship him daily can be our expression of gratefulness and love back to him. There is no formula to the way we worship. Worship is not about checking things off of a list. It is about including God in every corner of our life so that we can experience life to the fullest and live the way God intends it to be.

### Pray for each other as a Group