



Young
Adults

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Worship (April 2020)



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LEARNING SESSION

APRIL 2020

Finding Christ Through Worship

GOAL:

To learn about worship

OBJECTIVE:

To identify one way you can begin to practice
true worship in your daily life

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
OCF RESOURCES 2019-20

SUPPLIES NEEDED:

1. projector and laptop
2. blank paper for each participant
3. pen for each participant

Saint Story Source: <https://stnektariosroc.org/2014/10/st-john-kronstadt-divine-liturgy/>

Article Source: <https://www.goarch.org/-/worship>

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, allow us “to offer ourselves as a living sacrifice,” one that is, “holy and acceptable to God for this is Your true and proper worship.” Allow us “not conform to the pattern of this world, but be transformed by the renewal of our minds.” So that we may be able to “test and prove what is God’s will, His good, pleasing and perfect will.”

Amen.

ICE BREAKER

10 minutes

Tell us your name, and your favorite celebrity or an embarrassing story from church.

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.

ACTIVITY 1: SAINT STORY

10 minutes

Read the following story before discussion, and talk to your group about some of the highlights of the life of Saint John of Kronstadt:

<https://stnektariosroc.org/2014/10/st-john-kronstadt-divine-liturgy/>

Ask the following questions, facilitating a discussion:

- What stood out to you?
- What connection does sainthood have with worship?
- What role does preparation have in worship?
- What mindset does St. John consider necessary for proper worship?

ACTIVITY 2: ARTICLE

10 minutes

Read one of the following articles:

<https://www.goarch.org/-/worship>

or

<http://orthodoxinfo.com/praxis/beautyofthyhouse.aspx>

Ask participants the following question and facilitate a discussion:

- What is true worship in the Church?
- What is your current relationship to worship?
- What is our role in worship?
- How are we called to truly worship?

LEARNING SESSION:
OCF RESOURCES 2019-20

ACTIVITY 3: SCRIPTURE

10 minutes

Have participants read the following verses:

Matthew 28:1-10

“Now after the sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the sepulcher. 2 And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. 3 His appearance was like lightning, and his raiment white as snow. 4 And for fear of him the guards trembled and became like dead men. 5 But the angel said to the women, “Do not be afraid; for I know that you seek Jesus who was crucified. 6 He is not here; for he has risen, as he said. Come, see the place where he lay. 7 Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. Lo, I have told you.” 8 So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples. 9 And behold, Jesus met them and said, “Hail!” And they came up and took hold of his feet and worshiped him. 10 Then Jesus said to them, “Do not be afraid; go and tell my brethren to go to Galilee, and there they will see me.”

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Ask the following questions and **facilitate a discussion**:

- How does this relate to worship?
- Why did the women go to the tomb?
- What did the women do when they came to the awareness that Christ was with them?
- How can we come to this awareness each Sunday in Church?

Conclusion: wrap-up & commitment

5 minutes

Go around the circle and ask the group to name one way to incorporate worship into the life of a college student.

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Glory in the highest to God. His peace is on earth, His good pleasure in mankind. We praise You, we bless You, we worship You, we glorify You, we give thanks to You for Your great glory. Lord King, heavenly God, Father, Ruler over all; Lord, only-begotten Son, Jesus Christ; and You, O Holy Spirit. Lord God, Lamb of God, Son of the Father, who take away the sin of the world, have mercy on us, You who take away the sins of the world. Accept our supplication, You who sit at the right hand of the Father, and have mercy on us. For You alone are holy, You alone are Lord, Jesus Christ, to the glory of God the Father. Amen. Every day I will bless You, and Your name will I praise to eternity, and to the ages of ages. Vouchsafe, O Lord, this day, that we be kept without sin. Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name to the ages. Amen. Let Your mercy be on us, O Lord, as we have set our hope on You. Blessed are You, O Lord, teach me Your statutes. Lord, You have been our refuge from generation to generation. I said: Lord, have mercy on me. Heal my soul, for I have sinned against You. Lord, I have fled to You. Teach me to do Your will, for You are my God. For with You is the fountain of life; in Your light we shall see light. Continue Your mercy to those who know You.

Amen.