**Theme: Worship**

**Goal:** Learn about worship.

**Objective:** Identify one way you can begin to practice true worship in your daily life.

**Ice breaker:** Tell us your name and your favorite celebrity or an embarrassing story from church.

**Activity 1:** ***Saint Story***

Read the following story before discussion, and talk to your group about some of the highlights of the teachings of *St. John of Kronstadt*:

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

Ask the following questions and help facilitate a discussion:

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

**Activity 2: Article and Reflection**

Read the following article:

<https://www.goarch.org/-/worship> or <http://orthodoxinfo.com/praxis/beautyofthyhouse.aspx>

Ask the following questions and help facilitate a discussion:

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

**Activity 3: Scripture *Reading***

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 sepulchre. 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.”

**Debrief:**

* 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 and Commitment*

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

**Closing Prayer:**

Glory be to You who showed the light. 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. Blessed are You, O Lord. Teach me Your statutes. 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. Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3) Glory to the Father and the Son and the Holy Spirit. Both now and ever and to the ages of ages. Amen. Holy Immortal, have mercy on us. Holy God, Holy Mighty, Holy Immortal, have mercy on us.