



## What You Didn't Know Was Worship – Life | 4-2-25

### LARGE GROUP GAME: PBJ Race (National PBJ Day)

One pair per grade/gender group. One partner is blindfolded, and one is not. They must work together to build a PBJ and eat it before the other teams can!

*Our number one goal tonight is for students to **make and talk through their life-giving list.***

### HIGH/LOW/GOD THING (15 minutes)

Depending on group size, you might split into even smaller (shepherding) groups for this. Have each student go around and identify a highlight of their week, a low point from their week and where they have seen God show up in their week. This time is to help them see God around them, to celebrate when something goes well and for them to be supported when they have had a rough week. If you're short on time, let them choose one of those three to share.

### SMALL GROUP DISCUSSION (45 minutes)

#### Life

1. What makes you feel alive? Is it a person? Activity? Place?
2. \*For these next questions, prompt the students that they can go as deep as they feel comfortable sharing:
  - a. What do you consider to be the best part of your part?
  - b. What do you consider to be the worst part of your life?
3. Read 1 Corinthians 10:23-26, 31-33.
  - a. What does it look like to seek the good of others?
  - b. How can you glorify God in your life, besides at church?

#### Life-Giving List

On Sunday, we talked about the life-giving list. The life-giving list is a helpful tool to help us practice delighting in God's gifts to us. It makes us ask and answer the question of, "What are the gifts that God has given me that remind me to worship Him?"

#### 1 CORINTHIANS 10:23-26, 31-33

<sup>23</sup> "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive. <sup>24</sup> No one should seek their own good, but the good of others.

<sup>25</sup> Eat anything sold in the meat market without raising questions of conscience, <sup>26</sup> for, "The earth is the Lord's, and everything in it."

<sup>31</sup> So whether you eat or drink or whatever you do, do it all for the glory of God. <sup>32</sup> Do not cause anyone to stumble, whether Jews, Greeks or the church of God— <sup>33</sup> even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.

We're going to give each student the chance to make their own life-giving list. On the back of the list pages are some instructions and helpful tips for filling it out that students can read or you can read aloud to them. Have your group spread out quietly and take this time seriously as they think about how they can worship God through the gifts He's given them. Give them 15-20 minutes to fill out their list and then bring them back together and talk about the lists as a large group.

Leaders are also more than welcome to fill out their own lists! This has been a very helpful tool for our staff members.

#### PRAY

End your time together by praying. You can choose how your group would like to pray to finish the night! For example, you could do popcorn prayer, pray for the person on your left, have one student pray over the group, have a leader pray, etc.