

Worship

Pages U-1 through U-4
Fireside Catholic Youth Bible - NEXT

Song: We Praise You

CD 2, Track 11

Words and Music by: David Haas

FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible – NEXT, FCYB Music CDs, CD player and the words to the song for the Opening Prayer, paper, pens/pencils and a dictionary for the “What is Worship” Large Group Discussion, notebook for journaling, print out of questions for the Closing Prayer.

Setting the Stage

As teens are gathering, pass out slips of paper with the words of the song “*We Praise You*” by David Haas typed on it. After teens are settled, introduce the theme of the session: Giving Praise to God.

Opening Prayer (5 minutes)

Listen and sing along with the song “*We Praise You*” by David Haas. CD 2, Track 11 of the FCYB Music CDs.

Large Group Discussion – “What is Worship” (15 minutes)

Give each teen a piece of paper and pen/pencil. Ask them to write down the first word or phrase that comes to their mind when you say the word “worship.” Have teens share their answers. Discuss what the word “worship” means both as a noun and as a verb. Consult the dictionary if necessary.

Lead the teens to think outside of the box and see that anything they do that brings pleasure and glory to God is an act of worship. Help them to see that worship is not for their benefit. (I didn’t get anything out of Mass.) Ask them, “What is the purpose of worship?” (Answer: *To give glory to God.*) Emphasize that everything we do is an act of worship if we do it to bring honor and glory to God.

Lead into a discussion of the Mass. To transition, ask the question:

There is one act of worship that we do as Catholics, that is the most perfect form of worship. What is it?” (Answer: *Participating in the Celebration of the Eucharist.*)

Why do we say that the Mass is the most perfect form of worship?
(Answer: *Because during the Mass we unite ourselves to Christ’s sacrifice on Calvary which was the supreme act of worship of all history.*)

What does the priest say at the end of the Eucharistic prayer?
(Answer: *Through Him, with Him, and in Him all glory and honor is yours almighty Father.*)

What is our response? (Answer: *Amen, which means “I believe.”*)

What does “Through Him, with Him, and in Him all glory and honor is yours almighty Father” mean? (Answer: *It means that we glorify and worship God most fully through celebrating the sacrifice of Christ in the Mass.*)

Large Group Discussion – “Why is the Mass a Sacrifice?” (10 minutes)

Ask the teens:

Why do we call the Mass a sacrifice?

Read the Roots of our Faith article on page U-3 in the **Fireside Catholic Youth Bible – NEXT** as the answer to this question. Discuss the teens’ answers to any other questions about the Mass.

Large Group Activity – “Liturgical Baseball” (20 minutes)

Use the Terms of the Mass section on pages V-9 to V-12 in the **Fireside Catholic Youth Bible – NEXT** to develop a “Liturgical Baseball Game.” In your meeting area, create a home plate, first, second, and third base. Divide the teens into two teams. One of the teens comes to home plate. The pitcher asks a question. (It works best if the pitcher is an adult leader and not a member of the opposing team.) If the hitter gets it right he/she advances to first. If he/she is wrong an out is recorded. Proceed until the team has three outs. If a question is especially difficult, the pitcher can award a double, triple or a homerun for the correct answer. Play for a pre-determined number of innings.

Closing Prayer (10 minutes)

Ask the teens to prayerfully reflect (and/or journal) on their choice of one of the following questions:

If I thought of worship as everything I do that brings God pleasure, how would I approach my day-to-day tasks and responsibilities differently?

What is my attitude about going to Mass? Do I do it out of obligation? Or, habit?

How could thinking about Mass as the perfect way of giving honor and glory to God change my attitude about Mass?

After a few minutes, conclude by proclaiming together Luke 4:8

Jesus said to him in reply, “It is written, ‘You shall worship the Lord, your God, and him alone shall you serve.’”

Bed Thinks

When you go to bed tonight, ask yourself . . .

How can I worship God tomorrow in my actions?

(Type this message on a small piece of paper and give to each teen as they leave.)

Worship

Pages U-5 through U-8
Fireside Catholic Youth Bible - NEXT

Song: We Praise You

Words and Music by: David Haas

CD 2, Track 11
FCYB Music CDs

Materials Needed

Fireside Catholic Youth Bible – NEXT, FCYB Music CDs, CD player, the appropriate number of slips of paper and corresponding sacks of items to conduct the Introductory Game, a markerboard or chalkboard to list all the examples of how to become more actively involved at Mass for the In My Example Large Group Discussion.

Setting the Stage

No special arrangements are needed to set the stage for this session plan.

Opening Prayer (5 minutes)

Pray antiphonally one of the “Psalms of Praise” from the Book of Psalms in the **Fireside Catholic Youth Bible – NEXT**. Divide the teens up into two groups and have them alternate the parts of these Psalms marked in Roman numerals. (Possible Psalms to choose from could include: #33, #95, #96, #98.)

Introductory Game – “The Characteristics of God” (15 minutes)

Divide the group into teams of no more than 10. Give each team a list of “Characteristics of God” cut into individual strips of paper and a sack with objects that correspond with each of these characteristics.

A ring: faithful	A watch: eternal
A wooden block or lego piece: creator	A pair of glasses: omniscient
A silk flower: beauty	A map: omnipresent
A hand weight: strength	A pillow: peaceful
An eraser: forgiver	A newspaper: communicator
A candle: light	A bottle of water: life-giver

At the signal to start, each team tries to match the object that is pulled out of the sack with the “Characteristics of God” that are written on the pieces of paper. The first team to complete this task with the most accuracy wins. To make the game more active turn it into a relay game by placing the sacks of objects and the slips of paper at the opposite ends of the room.

What Jesus Said and In My Example

Large Group Discussion – “Defining Worship” (10 minutes)

Proclaim John 4:23 and read the What Jesus Said article that begins at the bottom of page U-5 in the **Fireside Catholic Youth Bible – NEXT**. Then, discuss the teens’ answers these questions:

How do you worship God?

What does it mean to worship in spirit? . . . in truth?

Does worship only take place in Mass? Where does worship begin?

What does this mean to you?

Would you agree with these statements?

Our purpose in life is to worship God.

The Mass is the most perfect form of worship.

After the discussion, begin reading of the In My Example article at the bottom of page U-7 in the **Fireside Catholic Youth Bible - NEXT**. Pause after the third paragraph and have the teens brainstorm examples of how to become more actively involved in Mass. Record these answers on the markerboard or chalkboard as they are suggested. After a discussion of these suggestions, finish reading this article.

What Jesus Did

Large Group Discussion (10 Minutes)

Proclaim Matthew 4:10 and read the What Jesus Did article on page U-5 in the **Fireside Catholic Youth Bible – NEXT**. Then, discuss the teens' answers to these questions:

How do you define “worship?”

Who are some people you think society seems to worship?

What does this “hero worship” look like?

Who is Jesus talking to in this Scripture?

Why would the devil want to tempt us to worship other humans?

Think about the words from our game that described God. Do you know anyone who has all these qualities?

Putting My Faith Into Action

Small Group Discussion – (10 minutes)

Divide the teens into groups of two or three to discuss the To Make or Break and Tips for Talking entries on pages U-6 and U-7 in the **Fireside Catholic Youth Bible – NEXT**.

Make - Share one way that you would like to develop the habit of worshipping God in private.

Break - Share one way you are going to try to be more actively involved at Mass.

Tips for Talking - Role-play this scenario.

Closing Prayer

A Disciple's Prayer about Worship

Dearest Jesus, help me to think of worship as everything I do that brings God pleasure and praise.

Help me to see worship not as an obligation but as an opportunity to honor and glorify You.

Forgive me for my sins when I have fallen short of prayerful worship of You.

In Your name I pray, Amen.

Mindful in the Morning

When you wake up in the morning, before you get out of bed . . .

Ask Jesus to give you greater focus at Mass this week.

(Type this message on a small piece of paper and give to each teen as they leave.)