

100%

LEADER GUIDE

Unit 8: 100%

Lesson 1: Worship Through Singing

OVERVIEW

UNIT OVERVIEW

Lesson 1: Worship Through Singing

DISCIPLINE: Worship through singing

KEY VERSES: Psalm 69:30; 1 Chronicles 16:23; Psalm 100

Lesson 3: Worship in Everything

DISCIPLINE: Worship through everything

KEY VERSES: Romans 11:35-12:2; 1 Corinthians 10:31

Lesson 2: Worship with Hands and Hearts

DISCIPLINE: Worship through creating

KEY VERSES: Matthew 5:48; John 4:21-24; 1 Samuel 16:7

Lesson 4: Worship Through Rest

DISCIPLINE: Worship through rest

KEY VERSES: Luke 10:38-42; Psalm 46:10; Psalm 23

LESSON 1 OVERVIEW

Preteens will worship God through singing.

However, it's not always easy to get them there.

Imagine offering something incredibly valuable to a tough 6th grader—a video game console, a dream trip, or millions of V-bucks—on one condition: he must sing a song with all his heart. He'd likely sing loudly, even in front of his friends, to show how much it matters to him.

This series is designed to guide preteens to worship God sincerely through song, emphasizing that God's infinite glory is worthy of this kind of wholehearted worship. Each lesson focuses on a specific mode of worship, with today's focus on singing and understanding that God is worthy of our best.

LESSON 1 LEADER DEVO

Read: Psalm 69:30

Reflect on how you worshipped as a preteen.

Did you attend church? Did you sing with enthusiasm, or did you shy away? Were you aware of God's greatness? How did you feel about worship back then?

Now, consider how you worship today.

How has your understanding and practice of worship evolved? What helped you grow?

Take a moment to worship God now—sing your favorite worship song or read a praising psalm. Reflect on how it makes you feel and how God might feel.

What could change in your life if you sincerely worshipped God for just five minutes each day?



SCHEDULE

Lesson 1: Worship Through Singing

100%



01 WARM-UP

10 min

Preteens will play an Opening Game and get a brief overview of today's lesson topic.

Today's Opening Game: The Perfect Game



02 M.A.P.

10 min

Preteens will read through a passage of Scripture on their own. They'll consider what stands out to them from the passage and why it stands out to them. They'll also be given time to talk with God about the passage.

Today's Passage: Psalm 100



03 DISCOVER

15 min

Preteens will learn about spiritual disciplines that will help them draw closer to God. They'll discover the Biblical basis for these disciplines, the purpose and benefit of these disciplines, and the reasons why Christians have practiced these discipline throughout history.

Today's Discovery: Why do Christians sing and make music?



04 QUEST

15 min

Preteens will move into action as they practice different ways that they can grow in their own personal relationship with Jesus.

Today's Quest: Worship through singing



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10 min



NOTE: Highlighted words indicate supplies to prepare. These are also listed in the ADMIN GUIDE.

[Slide 01 100%]

[Slide 02 The Perfect Game]

[AUDIO 01 Opening Game]

Today we're starting a brand new series called "100%," and we're going to start with a little game. I need a volunteer. *(Choose a volunteer.)*

For this game, I'm going to ask you some questions and if you get 100% of them correct, you'll get what's in this prize box. However, if you miss a question, my assistant here will shoot you with a super soaking squirt gun and you'll be out. Are you ready?

(Ask questions from the 100% Questions Sheet until they miss one. If you'd like to make up your own questions, that's fine. Just be sure you have at least one or two questions that there is no way your preteens will know. Have a few more than you need ready just in case your volunteer is a genius phenomenon. The point is for them not to get 100%.)

(Once the player has missed a question and gets soaked, thank him/her for playing and tell him/her to have a seat! If you have time, have a second, third, or even more people try to get 100% on the questions. You could start with question #1 each time.)

[Slide 03 100%]

Nobody got 100% on that game! It's pretty amazing to think about, because I only had 9 questions on this paper and nobody could get 100%. Think about all the facts there are to know in the universe. It's hard to imagine that anybody could know 100% of everything there is to know.

I'm going to show you what's in the prize box in just a moment. For now, I want to give a small prize to everybody who played for trying the game and being such good sports when you got shot with the water gun.

Imagine getting 100% on everything you do. I mean everything! Not only that, imagine that you got a 100% as a human being. Imagine that EVERYTHING you do and EVERYTHING you are is so incredibly perfect and wonderful, you get 100% every moment of your life. *(Pause for a moment.)*





As much as you may want this, it's not possible for any of the preteens or leaders in this room. You can try and try really, really hard, but it's just not going to happen for any of us. You just can't get 100% every second of your life. If you did get 100% all the time, you would truly deserve what's in this prize box. Let me show you. *(Open the box and hold up the name tag that says, "Hello, my name is: Perfect King and Ruler of the Universe.")*

None of us get to have this name tag. However, there is one who does get a 100% every single second of his existence. Who is that? (GOD!) We are not like him. Check out this verse, which compares us to God.

[Slide 04 Romans 3:23b]

(Read Romans 3:23b from the slide.) That word "glory" is a word you have probably heard before. Glory means "greatness." This verse says that none of us is as great as God. None of us deserves a 100% on every thought and action. All of us fall short of God's glory. God, however, is absolutely perfect! He is different than us. He is HOLY. He is 100% awesome, 100% of the time.

[Slide 05 God 100% Awesome]

God deserves a 100% at all times because he is perfect at all times. BUT, God doesn't need any kind of grade from you or me in order to be this awesome. Even if I don't see it, and even if you don't see it, God is still worthy of a 100%. All the time! Because God is perfect.

However, something awesome happens when we see that God deserves 100%. When we see God's awesomeness and enjoy his awesomeness; when we feel it in our hearts and think about it in our minds; when we do something with our bodies that shows God that he deserves a 100%. That's called worship.

[Slide 06 Worship]

We're going to talk a lot about worship this month. The series we're starting today is called 100%, and it's all about what worship is and different ways that we can worship God. Let's see today's way of worshipping.

[VIDEO 01 MODE Music and Singing]

[Slide 07 MODE - Music and Singing]

Great! Today, we're going to discover some things about worshipping through music. Then we're going to practice what we're learning.



**[Slide 08 MAP]**

Before we talk more about worship, we're going to spend a little time reading God's word for ourselves. It's M.A.P. time.

Since we're talking about worship through music and song today, there's a place in the Bible that we're going to turn. It's called the book of Psalms.

[Slide 09 Psalms = Songs]

Psalms actually means "songs." The Bible is 66 different books all put together, and one of these books is the book of Psalms. Psalms is an interesting book of the Bible because it's full of songs that people have written about God and to God.

If you brought your own Bible, you can turn to Psalms right now. In most Bibles, it's pretty easy to find Psalms because if you open to the center of your Bible, you'll probably be in Psalms or right next to it in Proverbs.

For those of you who didn't bring a Bible, I want to encourage you to bring a Bible next week. For today, we'll give you a piece of paper with one of the Psalms on it.

Check out this video, and then you'll each have an opportunity to go through the three steps on your own. If you didn't bring a Bible today, raise your hand after the video, and a leader will bring around a sheet of paper with the psalm that we're reading written on it.

[VIDEO 02 Mr 100 Percent MAP 1]**[Slide 10 Psalm 100 MAP]****[AUDIO 02 MAP Time]**

(After the video/instructions, hand out MAP Cards to preteens who didn't bring a Bible. Also, give each preteen a pen/pencil (if they don't already have one from the "Spot the Difference" game) and a highlighter.

Give preteens time to complete M.A.P. as explained in the video. When it looks like most preteens are done, you can have preteens describe what they highlighted and wrote in their Bibles – or on the M.A.P. Cards– either in Small Groups or with the whole group.)



**[Slide 11 Moldy Cheese Unicorn]**

Let's say I was selling this moldy cheese unicorn statue for \$1,000,000. The price tag says "\$1,000,000," but is it worth that much? What do you think? *(Take responses. Some preteens may say that it's worth that much. Roll with it.)*

The moldy cheese unicorn statue is not worth \$1,000,000 to me even if somebody is willing to pay it. It's not the price tag or what people are willing to pay that makes something worth something.

Think about God's value for a minute. What if everybody in the whole world thought that God was worth nothing? What if nobody in the whole world wanted to give God anything? Would that mean that God was worth nothing? *(Take responses.)*

No. It doesn't. God is worth everything even if people don't want to give him anything. God deserves a 100% from us every moment of every day, no matter what anybody else is actually giving him.

Let me read Psalm 100 to you. This Psalm, written by David, was the one we read during MAP time. Listen to hear what God is worth, according to David. *(Read Psalm 100 from the slides or from your Bible.)*

[Slide 12-16 Psalm 100]

There is no one like God. No one. There is nothing in this universe that comes even close to the value of God. What is God worth? He is worth 100%.

[Slide 17 God is worth 100%]

He's worth everything I have. He's worthy of the highest praise that I could possibly give.

While we play some music, sit silently and think of an answer to this question: What's so great about God? After a few moments of thinking, I'm going to call on you to share your answers, so think about it: What's so great about God?

[Slide 18 What's so great about God?]**[AUDIO 03 Thinking Music]**

(Play AUDIO03 Thinking Music as preteens sit silently to consider this question. Then after a few moments, allow the music to continue and read 1 Chronicles 16:23-31 from your Bible. Fade out the music when you close your Bible. Then continue.)





What's so great about God? We've looked at some of David's answers to that question in the Bible, but what's your answer? What's so great about God?

(Take preteens' answers and write them with a large marker on the large "God 100%" poster. If no preteens jump in to answer, have a leader or two start off the discussion by giving reasons why God is worth 100%. After you take a few preteens' answers, you could add one of two of your own answers as well.)

God is so good! He's worthy of our worship! During this series, we're going to use this as our definition of worship. Stand up and read it with me.

[Slide 19 Worship is]

We see God's awesomeness. We enjoy his awesomeness. We feel it in our hearts. We think about it in our minds. We do something with our bodies that shows him that he deserves 100%. That's worship. You can have a seat.

When I look at the things we wrote on this poster and really think about and enjoy these things, I want to worship God. I see God's awesomeness. I enjoy his awesomeness. I feel it in my heart. I think about it in my mind. I do something with my body that shows him that he deserves 100%. One thing I can do with my body is to sing.

1 Chronicles 16:23 is a command from the Bible.

[Slide 20 1 Chronicles 16:23a]

All you people of the earth, sing to the Lord.

When we're having a time of worshipping through singing in [name of ministry], it doesn't matter if you like singing or not. Worship isn't about you enjoying singing. It's about enjoying and valuing God.

When we sing in church, the way you sing says something about you and what you think God is worth.

Leader Tip: The following examples can be done live or by showing the preteen worshipping in VIDEO 03 and VIDEO 04.

What if I were to "worship" God like this?

(Show VIDEO 03 Worship Example 1, OR follow these instructions: Cross your arms and huddle up your body as if you're being very timid. If possible, lean against a wall. Put your chin down and sing, very quietly and unclearly, the words to a worship song like "I love you, Lord; And I lift my voice; To worship you; Oh my soul rejoice.")



**[Slide 21 What does your worship say]**

If I were to sing like this, am I giving God what he's worth? (NO.) Am I thinking about God's awesomeness and feeling it in my heart? (NO.) No, I'm probably thinking about something else, like myself. I'm probably focusing on how much I don't like to sing in front of other people or "What will everybody think of me?"

Giving that kind of worship to God is like a teacher giving you an F on a test that you did perfectly, not missing one problem. What grade do you deserve on a test like that? *(Pause for response.)* Right! God deserves 100% from us in the way we worship, too, because he's done everything perfectly.

Let's look at another example and see what you think this kind of worship says.

(Show VIDEO 04 Worship Example 2, OR follow these instructions: Worship in a way that is obviously meant to draw attention to you and your singing abilities. Even add in some over-the-top vocal tricks if possible, like a run.)

[Slide 22 What does your worship say]

If I were to sing like this, am I giving God what he's worth? (NO.) Am I thinking about God's awesomeness and feeling it in my heart? (NO.) Probably not. What would I be saying if I sang like that example? *(Possible answers: How awesome of a singer I am. How great I am, and how much I want others to notice me.)*

Both ways of singing aren't really giving God what he's worth. They aren't really worshipping him.

You might be embarrassed to sing, but you'll only feel that way if you're focused on yourself or the people around you.

If you are focused on God's awesomeness and what he deserves, you'll sing a joyful song to God and you won't even be focused on whether you're embarrassed or not. The question is not: "Am I embarrassed to sing?" or "How good of a singer am I?" The questions during worship are: "Is God worth it? Is God worth 100% from me?"

And the answer is... (YES!) When preteens like you take their focus off of themselves and focus on God, the result is joyful songs. The result is true worship. This is the sound of preteens in a church group just like ours. This is what it sounds like when preteens worship.

[AUDIO 04 Set a Fire Clip]

I'm glad to hear those preteens giving God what he's worth, but now it's our turn. It's time for us to show God what he's worth.



**[Slide 23 Quest | Worship Through Singing]**

Each week during the 100% series, we'll have a chance to practice what we're learning about worship during this time in our service called "Quest." Today's Quest is to worship through singing.

Let's take everything we learned and practice it. Let's worship God. Remember to focus on him during this time. Make these moments a chance for you to show God what he's worth.

God is worth 100%. Let's give him what he's worth.

Part 1 – Sing a FAMILIAR SLOW WORSHIP SONG

As we're singing, focus on God. If your mind starts to drift off of God, notice that it's drifting and then put it back on him. To bring your mind and heart back to God, you might think about the words of the song or you might look at this 100% poster board up here.

(Choose a song that's familiar for your group and play it. Encourage preteens that even though this is a song that they've probably heard before, today is a chance for them to worship in a new way. Today is a chance to show God, through their singing, what he is worth to them. You might INVITE them to kneel or raise hands if they feel it would be appropriate to do so. When leading worship, there can be a fine line between inviting/encouraging and commanding/manipulating. As much as you are able, err on the side of simply inviting.)

Part 2 – Sing a NEW SONG

The song we just sang didn't always exist. It was written by somebody at some point in history. People like David, Mary and Moses wrote songs that we read in the Bible. The song we just sang was written by somebody named [name of artist].

We can do the same thing. Right now we're going to write and worship God with a new song. This is something we're told to do in the Bible. Look at Psalm 96:1 with me.

[Slide 24 Psalm 96:1]

(Read the verse.) To help you with writing a new song, we're going to split into small groups. With your group, you'll take one of the sentences from the 100% poster board up here and turn it into a simple song. You could just repeat the sentence over and over, or if your group wants, you could start with a sentence from the poster board and then write more. You could also take more than one sentence from the 100% board. OR if your group wants to write a different sentence about God's worth for the song, you could do that, too.





Once your group has decided on the sentence or sentences for your song, use pens and write the words on a blank sheet of paper.

After you have the words, it's time to think about the melody of the song.

You could make it a repeat-after-me song, OR you can take a song, like "Twinkle Twinkle Little Star," and rewrite the words.

Work as a group to come up with a way to sing the song all together.

This is the most important thing though: This is not a performance. This is not about how clever and awesome a song your group can write. This is about God's awesomeness. As your group is putting a new song together, stay focused on worshipping God.

You're only going to have [5] minutes in your Small Groups, so keep the song simple. Keep it focused on God. Get going and give God the 100% that he deserves.

[Slide 25 Small Group]

[AUDIO 05 Dismissal 2]

Leader Tip: Let groups work to create a new worship song. It's not necessary that the groups sing it in front of each other afterward, but if time allows for it, this is an option. The danger here is that it turns into a "talent show" of sorts. Emphasize that this is about worshipping God and focusing on HIS worth. Conclude the service by bringing everybody together and singing one last song together.

[Slide 26 100%]



100%

ADMIN GUIDE

Unit 8: 100%

Lesson 1: Worship Through Singing

SUPPLIES

Lesson 1: Worship Through Singing

100%



01 WARM-UP

10 min

- Small prizes for participants
- Box of some kind, *on display as the "prize box"*
- **Name Tag**, placed inside of the prize box
- **100% Question Sheet**
- Large squirt gun, filled with water
- Preselected leader to shoot the water gun during the game



02 M.A.P.

10 min

- Highlighters for each preteen
- Pens for each preteen
- **MAP Card** for each preteen (*copy on cardstock*)

NOTE: Within the leader guide, supplies are **highlighted** so you can understand how they'll be used and prepare accordingly.



03 DISCOVER

15 min

- Bible, *marked at 1 Chronicles 16:23-31 and Psalm 100*
- God 100% Poster. Create this by writing "God deserves 100%" on the top of a poster board. *Post the poster board in your teaching space.*
- Large marker to write on the God 100% Poster

NOTE: Supplies on this page that are written in a **bold font** can be found in the *Printables* Section.



04 QUEST

15 min

- Blank Paper
- Pens



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PRINTABLES

Lesson 1: Worship Through Singing

100%



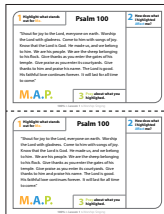
100% Question Sheet



Name Tag

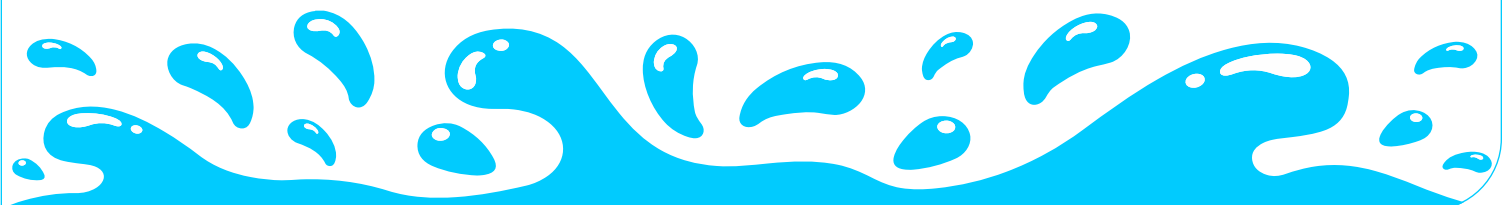


MAP Card (Psalm 100)



THE PERFECT GAME

1. Before Mt. Everest was discovered, what was the highest mountain in the world? (Mt. Everest - just because it hadn't been discovered yet doesn't mean it wasn't the highest.)
2. How much dirt is there in a hole that measures 2 feet by 3 feet by 4 feet? (None. It is a hole.)
3. Time for a word problem. Ready? Sam is a butcher from Boise, Idaho. He is 5 feet 10 inches tall and wears a size 13 shoe. What does he weigh? (He weighs meat.)
4. How many of each kind of animal did Moses bring on his ark? (None. Moses didn't build an ark. Noah did.)
5. What continent has the fewest flowering plants? (Antarctica)
6. What is the world's largest island? (Greenland)
7. What is the world's longest river? (The Amazon)
8. How many countries are in Africa? (54)
9. What day of the week and time was I born? (Answers vary)



Hello
my name is

PERFECT KING
AND RULER
OF THE UNIVERSE

1 Highlight what stands out for Me.	Psalm 100	2 How does what I highlighted Affect me?
<p>“Shout for joy to the Lord, everyone on earth. Worship the Lord with gladness. Come to him with songs of joy. Know that the Lord is God. He made us, and we belong to him. We are his people. We are the sheep belonging to his flock. Give thanks as you enter the gates of his temple. Give praise as you enter its courtyards. Give thanks to him and praise his name. The Lord is good. His faithful love continues forever. It will last for all time to come.”</p>		
M.A.P.	3 Pray about what you highlighted.	

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1 Highlight what stands out for Me.	Psalm 100	2 How does what I highlighted Affect me?
<p>“Shout for joy to the Lord, everyone on earth. Worship the Lord with gladness. Come to him with songs of joy. Know that the Lord is God. He made us, and we belong to him. We are his people. We are the sheep belonging to his flock. Give thanks as you enter the gates of his temple. Give praise as you enter its courtyards. Give thanks to him and praise his name. The Lord is good. His faithful love continues forever. It will last for all time to come.”</p>		
M.A.P.	3 Pray about what you highlighted.	

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