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The cover features a collage of images: a blue-tinted stained glass window, a close-up of hands playing a guitar, and a woman singing with her hand raised. The text is overlaid on these images.

JOURNAL

# SUNDAY MORNING LIVE

How & Why  
We Worship

JANE VOGEL MARY SYTSMA



# SUNDAY MORNING LIVE

How & Why  
We Worship

  
**FAITH  
ALIVE**  
Christian Resources



Grand Rapids, Michigan

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*Sunday Morning Live: How and Why We Worship.* Church school material for high school students copublished by Faith Alive Christian Resources and the Calvin Institute of Christian Worship.

Faith Alive Christian Resources published by CRC Publications.

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ISBN 1-56212-842-6

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# SESSION 1

## WILL YOU COME WHEN YOU'RE CALLED? (CALL TO WORSHIP)





## PUT YOURSELF IN THE STORY

### Hebrews 3:1, 7-12

*Therefore, holy brothers, who share in the heavenly calling, fix your thoughts on Jesus, the apostle and high priest whom we confess. . . .*

*So, as the Holy Spirit says:*

*“Today, if you hear his voice,  
do not harden your hearts  
as you did in the rebellion,  
during the time of testing in the desert,  
where your fathers tested and tried me  
and for forty years saw what I did.  
That is why I was angry with that generation,  
and I said, ‘Their hearts are always going astray,  
and they have not known my ways.’  
So I declared an oath in my anger,  
‘They shall never enter my rest.’ ”\**

*See to it, brothers, that none of you has a sinful,  
unbelieving heart that turns away from the living God.*

\*In the Bible, *rest* doesn't mean sitting around doing nothing. To Israel, God's rest meant the Promised Land of Israel. The book of Hebrews shows that for us *rest* means enjoying unity with God.



**Psalm 95** (from The Message)

*Come, let's shout praises to God,  
raise the roof for the Rock who saved us!  
Let's march into his presence singing praises,  
lifting the rafters with our hymns!*

*And why? Because God is the best,  
High King over all the gods.  
In one hand he holds deep caves and caverns,  
in the other hand grasps the high mountains.  
He made Ocean—he owns it!  
His hands sculpted Earth!*

*So come, let us worship: bow before him,  
on your knees before GOD, who made us!  
Oh yes, he's our God,  
and we're the people he pastures, the flock he feeds.*

*Drop everything and listen, listen as he speaks:  
"Don't turn a deaf ear as in the Bitter Uprising,  
as on the day of the Wilderness Test,  
when your ancestors turned and put me to the test.  
For forty years they watched me at work among them,  
as over and over they tried my patience.  
And I was provoked—oh, was I provoked!  
'Can't they keep their minds on God for five minutes?  
Do they simply refuse to walk down my road?'  
Exasperated, I exploded,  
'They'll never get where they're headed,  
never be able to sit down and rest.' " \**



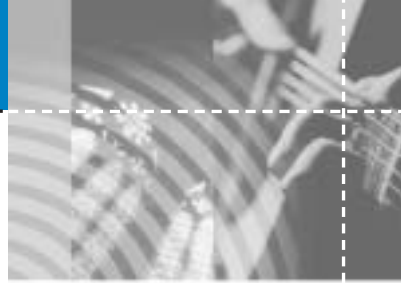


# WHINING IN THE WILDERNESS, POUTING IN THE PEW

- Cross out every negative thing in Hebrews and Psalm 95 that Israel did.
- Write a crossed-out phrase that stands out as a danger you might fall into when you worship with God's people (in church, chapel, youth gatherings, and so on).
- Write down how you do that (for example, your mind wanders during prayer) and also jot down your thoughts about it.

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## Worship Challenge: Join the Journey



- In Hebrews 3 and Psalm 95, circle God's ideas about how we should worship.
- Write down at least one phrase that you can take as your personal challenge for the next time you worship with others.
- If it's something you already do, write about how this attitude or action helps you respond to God. If it's something you don't often do, write about what difference this attitude or action could make.

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