

SESSION 1: THINGS TO TRY TO DEVELOP OUR WONDER & CURIOSITY AROUND WORSHIP

-- Lois Siemens *Walking In Worship* March 22-23, 2019

1. Come 10 minutes early and sit in your pew. Don't talk, look up, down, under, notice what is there, what isn't. Take note of colours, symbols, items. Next week come 10 minutes early and sit in someone else's pew until they arrive. Don't talk, look. What did you notice?

2. We normally bow our heads, close our eyes and fold our hands for prayer in worship. Try opening your hands, closing one and opening the other, lifting them. Experiment with other ways to hold your hands or body during prayer. How does this deepen your experience of prayer. What did you notice?

3. Write a prayer only using questions. (*inspired by page 65 Every Day Worship*) What did you notice?

4. Take time to do a Prayer Walk in and around the church. Use two simplest prayers: Thank you, Help, I'm sorry. What happened in this space that you are grateful for and what happened here that needs God's help. (*inspired by page 41, Every Day Worship*) What did you notice?

5. On a huge sheet of paper, draw an outline of your sanctuary. Include all the furniture pieces.

- Map out who sits where.
- Add the symbols which are present, and those you can think of that are stored away. What do they mean and what they say about who you are as a congregation?

- What questions do you have about the sanctuary? Who built it? Who maintains it? What did you notice?

6. On Sunday morning

- notice who gets to speak and who doesn't.
- Try to figure out who is working behind the scenes - turning on lights/heat/sound/library/diapers/child care/snow removal/visuals....etc
- Imagine the skills that worship leaders/musicians/visual artists/others involved in the service are bringing and what it took (time, lessons, finances... etc) to get them to the place where they can offer these skills. What part of that helps you say, "Wow."
- Which part of the worship resonates with you most consistently?
- During the service take note of what you hear, smell, taste, touch, see. Which senses are missing and how can we incorporate more of them? What did you notice?

7. Break the script. "We feel most comfortable when things are certain, but we feel most alive when they are not." (The Power of Moments, p86)

8. What are songs that have helped you worship or feel close to God? Which songs have hindered you? (*inspired by page 53, Every Day Worship*) What did you notice?

9. Rewrite a psalm using your personal experience. What did you notice?

10. Look for all the names for God in the Psalms. Choose one and use it exclusively for a month. What did you notice?

SESSION 1: THINGS TO TRY TO DEVELOP OUR WONDER & CURIOSITY AROUND WORSHIP

-- Lois Siemens *Walking In Worship* March 22-23, 2019

1. Come 10 minutes early and sit in your pew. Don't talk, look up, down, under, notice what is there, what isn't. Take note of colours, symbols, items. Next week come 10 minutes early and sit in someone else's pew until they arrive. Don't talk, look. What did you notice?

2. We normally bow our heads, close our eyes and fold our hands for prayer in worship. Try opening your hands, closing one and opening the other, lifting them. Experiment with other ways to hold your hands or body during prayer. How does this deepen your experience of prayer. What did you notice?

3. Write a prayer only using questions. (*inspired by page 65 Every Day Worship*) What did you notice?

4. Take time to do a Prayer Walk in and around the church. Use two simplest prayers: Thank you, Help, I'm sorry. What happened in this space that you are grateful for and what happened here that needs God's help. (*inspired by page 41, Every Day Worship*) What did you notice?

5. On a huge sheet of paper, draw an outline of your sanctuary. Include all the furniture pieces.

- Map out who sits where.
- Add the symbols which are present, and those you can think of that are stored away. What do they mean and what they say about who you are as a congregation?

- What questions do you have about the sanctuary? Who built it? Who maintains it? What did you notice?

6. On Sunday morning

- notice who gets to speak and who doesn't.
- Try to figure out who is working behind the scenes - turning on lights/heat/sound/library/diapers/child care/snow removal/visuals....etc
- Imagine the skills that worship leaders/musicians/visual artists/others involved in the service are bringing and what it took (time, lessons, finances... etc) to get them to the place where they can offer these skills. What part of that helps you say, "Wow."
- Which part of the worship resonates with you most consistently?
- During the service take note of what you hear, smell, taste, touch, see. Which senses are missing and how can we incorporate more of them? What did you notice?

7. Break the script. "We feel most comfortable when things are certain, but we feel most alive when they are not." (The Power of Moments, p86)

8. What are songs that have helped you worship or feel close to God? Which songs have hindered you? (*inspired by page 53, Every Day Worship*) What did you notice?

9. Rewrite a psalm using your personal experience. What did you notice?

10. Look for all the names for God in the Psalms. Choose one and use it exclusively for a month. What did you notice?