

# BUILD IT UP





# Group Time Guide

**Supplies Needed: Worship Music CD**

## 1. Introductions

**Circle Up:** Have Kid-Os sit down in a circle as quickly as they can and give you a “thumbs up” when they are ready to listen. Encourage each Kid-O to say their name.

## 2. Discussion Questions

- Where did Paul and Silas worship God? (In jail.)
- What are some ways we can worship God? (Singing, dancing, being thankful, serving, etc.)

## 3. Hands-On Option

**Do This:** Play the “Freeze Game” with worship music. Have all the Kid-Os in the room stand up. When the music is playing, Kid-Os should sing, dance, and praise God. When you pause the music, everyone should freeze.

**The Point:** We can worship God in many different ways. We can worship Him no matter what is going on in our lives because God is good and loves us so much.

## 4. Big Idea, Memory Verse, Stickers, and Prayer

**Do This:** Practice the Big Idea and Memory Verse with the kids.

**Memory Verse:** Colossians 2:7 – “Build yourselves up in Him. Grow strong in what you believe.”

**Big Idea:** I can always worship God.

**Do This:** Encourage kids to talk about what they learned with their grown-ups.

**Do This:** Pray! “Dear God, we love you. Thank you for loving us. Help us to worship you no matter what. Amen.”