

Making Habits

Colossians 3:1-17 Adapted from resources on www.scriptureunion.org.uk/lightlive

AIMS AND OUTCOMES

- To think more deeply about worship
- To consider lifestyle in relationship to worship
- To help the young people to reflect on their lives and habits and consider changes
- To set up a peer support and prayer network.

RESOURCES

- Resource page 1 for each person
 - Bibles
 - Paper and pens
 - Flip chart and pens
- Divide sheet 1 of Flip Chart in half with a line at the top write ‘What is Worship’
 - Divide the group into 3’s and ask them to discuss the question ‘What is worship’ and to jot down their answers on a sheet of paper.
 - Feed- back and write their answers on one side of the flip chart sheet

Read the Bible passage Colossians 3:1-17 together.

- Divide into 3’s again and discuss again ‘What is worship’ in light of the passage. Feed-back and write answers on second half of sheet.
 - Discuss any changes of views/similarities.
- Read the following quote,
 - *“Worship is the submission of all our nature to God. It is the most selfless emotion of which our nature is capable”* (William Temple, 20th century Archbishop of Canterbury)
- Spend a little time comparing the groups conclusions and this quote, where do they match, where don’t they? etc



- To help the YP put on God's habits and to bin those old habits, give each young person a copy of the challenge chart on resource page 1. Explain that each day has space to write in one godly habit to do actively and space for an old bad habit to avoid over the week ahead.

- Ask each person to use Colossians 3:1-17 to prayerfully fill in the good or bad habits they think are most relevant to their own life.

- Ask the group if they would like to consider ways that they might support each other in prayer and how they might be accountable to each other as they try to live a life of worship. (They might consider setting up a closed FB group or commit to texting each other daily, maybe start a prayer chain... the possibilities are as wide as their imaginations.) Give them time to sort out how they will organise themselves and how they might feed-back next week.

- Conclude with prayer



RESOURCE PAGE 1

Day	Habit to put on	Habit to ditch
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		