

# WORSHIP AT HOME TOOLKIT

Ideas and ways to engage with worship and prayer at home in a time of Covid-19



# ENGAGING WITH WORSHIP AT HOME

*So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

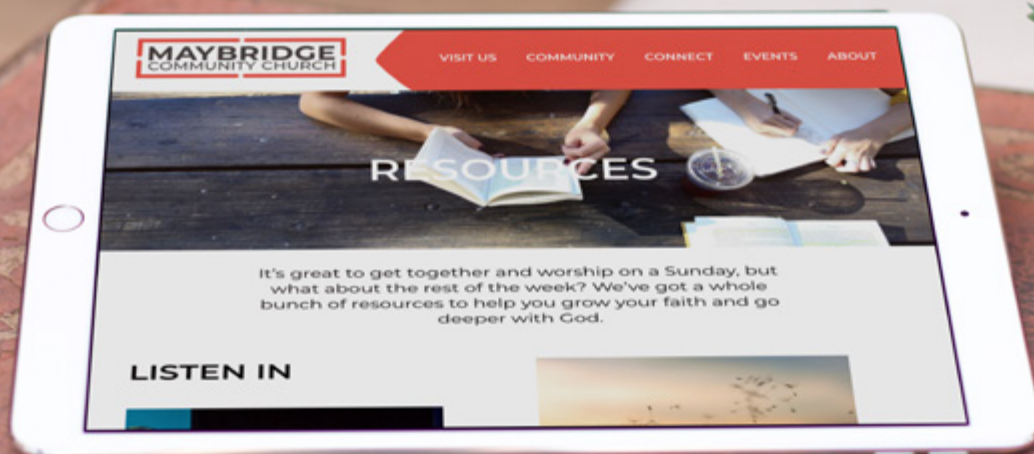
**ROMANS 12:1-2 [MSG]**

We'll be honest – finding the time and ways to engage in corporate and individual worship is hard at the best of times. Even though we long to connect with God, and to encourage and build one another up through singing and acts of worship, social distancing guidelines now mean we cannot gather together physically – and our disappointment is magnified when online alternatives just don't quite measure up to the real thing.

Although Covid 19 has presented the world with so many challenges, as children created to worship the Father, we also have an incredible opportunity – to explore different and creative ways to connect with God. Worship has never been about just singing (although the bible contains 50 commands to sing); it's taking our everyday lives and offering it to God. It is inviting him to help us fix our attention on Him and enabling him to change us from the inside out.

This booklet gives suggestions, ideas and resources to help you and your family to continue worshipping God during the Coronavirus Pandemic. We hope to keep it updated as we go so keep checking back!

**You'll find a growing list of resources on the church website**



# DIGITAL CHURCH WORSHIP

**Oh sing to the Lord a new song;  
sing to the Lord, all the earth.  
Sing to the Lord, bless his name;  
tell of his salvation from day to day.**

[Psalm 96:1-2 ESV]

Singing at a screen is odd. As a worship team we want to continue to create a space for you to invite Christ into your lives through song; for truth to go and grow deep roots into your heart. Ephesians 5 encourages us to be *'filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart'* (verses 18-19). We sing repeat sections of songs to emphasise lyrics and themes, we exercise prophetic giftings and intercede by offering spontaneous songs and words. Join in as much as you feel comfortable and don't be afraid to go off piste (after all, no-one else will know).

As we go through our digital service playlists on Youtube, know you join with the rest of the Maybridge church family in seeking to experience and glorify Christ through the power of His Holy Spirit.

## Some ways to better engage with worship online:

- If you know you are going to engage with the music side of Maybridge's digital church offering, come ready and expectant. Try to be up, dressed and ready. Take a mental stock of how you are doing and what you are feeling before you start. Invite the Holy Spirit to speak to you – to help you to worship as the service begins.
- Have a think about your postural response – standing, closing eyes, hands open or placed on hearts during prayers and worship etc. Sitting back encourages a passive mindset. Positive and open embodied responses can help us engage and focus on praise.
- If you're uncomfortable with singing out loud, turn the volume up or listen with headphones to help you feel less self conscious.

## Singing not your thing?

The best thing about digital church is you can skip ahead or just sit and read the lyrics. We've added some other ways to connect overleaf which you can try during the worship too.



# WORSHIP JOURNAL

## Singing not your thing?

We'd love for you to join in worshipping God with us in other ways. Try using the questions and space on this sheet to help you pray and connect to the worship times online.

**Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.**

**PSALM 139:23-24[NIV]**

## Today I am feeling...

Before or during the Worship, take a quick stock of how you are doing and what you are feeling before you hear the preach. You can use the list as a starter and add your own...

- |                                   |                                      |                                    |
|-----------------------------------|--------------------------------------|------------------------------------|
| <input type="checkbox"/> positive | <input type="checkbox"/> grateful    | <input type="checkbox"/> bitter    |
| <input type="checkbox"/> hopeful  | <input type="checkbox"/> low         | <input type="checkbox"/> energetic |
| <input type="checkbox"/> happy    | <input type="checkbox"/> restless    | <input type="checkbox"/> unhappy   |
| <input type="checkbox"/> tense    | <input type="checkbox"/> anxious     | <input type="checkbox"/> strong    |
| <input type="checkbox"/> anxious  | <input type="checkbox"/> calm        | <input type="checkbox"/> guilty    |
| <input type="checkbox"/> tired    | <input type="checkbox"/> neutral     | <input type="checkbox"/>           |
| <input type="checkbox"/> sad      | <input type="checkbox"/> overwhelmed | <input type="checkbox"/>           |
| <input type="checkbox"/> lonely   | <input type="checkbox"/> scared      | <input type="checkbox"/>           |

## Pray:

**Creator God, you know everything about me. Holy Spirit, help me to put down what is keeping me from encountering you and giving you my worship today. Guide me by your kindness and grace, to live for you. Amen**

## What theme is emerging from the songs?

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## Hearing and believing that God is...

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## Changes the way I...

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## Is there a lyric that stands out?

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## Do any bible verses come to mind as you look at the lyrics?

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**How is God speaking to you? Draw a picture or write a verse that stood out from the worship, or just have a doodle and see what happens...**



# RESOURCES FOR PRAYER AND WORSHIP

**Suggestions, ideas and resources to help you and your family to continue worshipping God during the Coronavirus Pandemic. We hope to keep it updated as we so keep checking back!**

There's so much out there to try – here are a few that you might like to explore as part of your worship and prayer life. Click the links to find out more. Let the church team know any suggestions or feedback about what you have found helpful.



## Themed worship playlists on Spotify

Read scripture and take time to reflect and worship using curated themed playlists from the Maybridge Spotify. Become aware of God's Presence and his love for you. Find Maybridge on spotify by clicking:



#worshipmusic

## Names of Jesus

Write out the name 'Jesus' in bold block capitals. Put it on a shelf or some other focal point. Mediate on the name in silence reflecting on the different names and titles of Jesus. Do this together with those in your household by taking it in turns to speak out the different names.



#reflection #Jesus



## Prayer leaves

The leaves of trees are like solar power panels for the tree - the flat surface catches the sunlight, and with this energy the leaf is able to break down the carbon dioxide in the air. And, together with water from the ground and the rain, it makes a kind of sugar - food for the tree to live. Just like leaves need the sunlight, so we need God.

Find one or more large flat leaves which have already fallen from a tree. Let the leaf remind you to turn to God for all your needs.

In your own time, or perhaps whilst listening to music or the worship from Maybridge, write a need on your leaf - either for yourself, the world or someone you know. Ask God to hear your prayer.

Hang it on a branch, put it in a visible place in your home or take it to a place where you feel connected to God. The next time you see a leaf you can remember to ask God for the things you and others need.



#prayer #asking #intercession





## Meditate on scripture

There are lots of guided reflections on scripture available on youtube. If you find singing at home difficult - try watching one before the service instead. Meditating on scripture can help you still and focus your attention on God so you can hear from him. We've made a list on youtube with some to help get you started:



#meditation



## Sally's little book of gratitude and praise

Make a small concertina book to write, stick in, draw, sew in... things you are grateful to God for from your week. You could do this each week during worship at the start of digital church or keep revisiting it throughout the week. Display them, hang them up like bunting or keep in a matchbox to revisit. Add to your box and when you fill a few, they can be glued together like a mini chest of drawers.



#thanksgiving #praise



## Examen

Praying the examen is an ancient spiritual discipline that helps us find God in the everyday. Here's a modern version which you may find helpful to use:



#examen #meditation #prayer



## Audio-visual bible videos

Use a reading of a passage of scripture or some other devotional passage as a starting point for a time for quiet or silent worship and reflection. We've created a list of Psalm and scripture readings from Youtube here:



#biblereading #scripture #meditation



## Ed's 'shake it and move' Spotify playlist

Up-beat contemporary Christian worship songs to help you get up and shake off the blues.

Use headphones and have a one-song silent disco with the family before the service. Start your day with a little dance to embrace a positive mindset,

have a cook-along and shake, or use the playlist to run and work out to throughout your week! We hope the playlists helps you to choose joy and praise in your everyday lives.



#music #praise #exercise

## Fasting

Fasting is a powerful and unique way to worship God through the denial of our regular appetites so that we cultivate a hunger for God. When our appetites are continually satisfied, there is no need to depend on Him, but fasting places us in a position of need. Our body is put in submission to our spirit and God is able to reveal more of Himself to us by His Holy Spirit as we seek Him. In Matthew 6, we see that Jesus assumed fasting was part of our natural worship as He said 'when you fast' not 'if'. He also said not to make a public show that we are fasting but to do it in secret unto God – this way it is a humble act of worship. The fruit of fasting is not only that we come nearer to God, but that we respond in our acts thereafter (Isaiah 58).

Tips:

1. Time – set a target of how long you will fast and how long during it you will spend time seeking God. Start small e.g a morning, then build up to a day or more
2. Pray – using scripture, use the gift of tongues if you have it
3. Position and place – think about your environment, is it distracting? Is it peaceful? How are you positioned? Kneeling, prostrate, standing?
4. Read and meditate on scripture, you might pray God speaks to you through some verses – what is He saying?
5. Sing worship songs you know, sing words that come into your heart
6. Listen – allow silence, ask God what He wants to say to you
7. Receive – He will revive you and pour out His spirit as you humble yourself and seek Him
8. Enjoy a hearty meal when you break your fast!

#fasting



## Post-it scripture sketches

Pick a bible verse and try to illustrate it on a post-it or phone pad. Once you're finished, share your interpretation with those in your household or 'post' a picture on social media to share your reflections.



#postitscripture



## Light a candle before prayer and worship

By lighting a candle you are making space and time to invite Jesus, the light of the world, into your life and consciousness so that you may be changed by the power of the Holy Spirit and symbolically join with the worship unfolding on Earth and in Heaven.

Find a candle, place it (safely) on a window sill or table. Take a moment to quieten your mind. As you light the candle, you may wish to use this prayer as a guide:

*Heavenly Father,*

*We thank you for the extended family that is your Church worldwide, brothers and sisters in Christ locally and afar.*

*May the prayer and worship that we offer, though we are scattered, rise as a fragrant offering and join with the heavenly chorus already praising your glorious name.*

*Set our hearts on fire for you, O Christ our God. So that in its flame we may love you with all our heart, with all our mind, with all our soul, and with all our strength, and our neighbours as ourselves.*

*As we seek you, keep us in step with you; the way, truth and life. May the light of your truth and love illuminate and lead us in this time of worship. And may your light, encircle us and those we love.*

*Amen.*

You may wish to spend some time in quiet, pray, listen to a hymn or speak out a scripture before engaging with the online services.



#prayer #intercession