



Ideas for Worship

- Read a Psalm (e.g. Psalm 1, 23, 46, 86, 139, 148) with some mellow music / ambient sounds on in the background – pause for about 10-15 seconds after each verse. As the Psalm is being read out, encourage people to be open to God highlighting a verse that he is saying to them. Afterwards, feedback on what God has said.
- Read one of the stories from the Gospels (e.g. Matt 8:23-27; Jesus walking on water) (with some music on if appropriate). Pause after each verse for 15 seconds. Feedback on what God has said to people.
NB: this can be a very helpful way of reading Scripture – allowing ourselves to be immersed in the story (contemplation). In this way the Holy Spirit brings alive all sorts of things we may never have thought of before.
- Have a pile of adverts and pictures from magazines/newspapers spread out on the floor – allow the group to look at these and pick out something that illustrates an aspect of God's character.
- Encourage the group to draw a shape (or use plasticine) to illustrate what God is doing with them at this time.
- Write a poem to Jesus
- Write a poem from Jesus to yourself
- Play a contemporary song e.g. Travis 'Turn'; Oasis 'Wonderwall'; Fatboy Slim 'Praise You' or something else you are aware of. Have the lyrics typed out – let the cell listen to the song whilst having the lyrics in front of them – what is God saying to them at this time through this song?
- Collect some local and national newspapers.

Split the cell into smaller groups and assign each group to look through the papers and find:

- situations that are difficult for us to change (e.g. earthquakes)
- situations that are easier for us to change (e.g. attitudes)
- situations that could be changed if people worked together (e.g. poverty)
- things that individuals can change

Give each of the groups about 10 minutes to look through the papers. Ask each group to feedback what they've found and to give the perspective of someone in the story. Use these stories



to focus on God. Find things to give thanks for and pray for the people in these stories/situations.

- Write a short description of what you will be like as a person in 10 years time. Then read Romans 8:29ff (The Message)

'God knew what he was doing from the very beginning. He decided from the outset to shape the lives of those who love him along the same lines as the life of his Son. The Son stands first in the line of humanity he restored. We see the original and intended shape of our lives there in him. After God made that decision of what his children should be like, he followed it up by calling people by name. After he called them by name, he set them on a solid basis with himself. And then, after getting them established, he stayed with them to the end, gloriously completing what had begun.'

Give thanks to God for his commitment to you, to taking you on further and deeper in your journey with him.

- Light a candle and turn down the lights. Have a time of silence with people focused on the candle. Perhaps read a short Scripture at the start to be people's focus – what word was most significant for people.
- Use excerpts of the Jesus: Messiah video to provoke prayer and thought about an aspect of Jesus' character or something he has shown / done for us.
- Some **everyday tools** to help you think up more ideas for worship:
 - Music (contemporary, classical, Celtic, hymns, instrumental or even typical 'Christian' stuff!!)
 - Candles
 - Newspapers
 - Videos (film clips)
 - Psalms
 - Stories
 - Scripture
 - Silence
 - Paint / plasticine
 - Testimony
 - Prayer
 - Poetry
 - Famous paintings
 - Adverts
 - Household Objects

Cell Resources



- One aspect of God's nature
 - Word searches
 - Postcards to God
 - Rhythm through clapping, banging, percussive instruments
 - Fruit
 - Images of creation
- Use household objects (cutlery, stationery...) to draw out aspects of what God is like
 - Put on a track from your favourite worship CD or a tape and simply 'be' with God.
 - Read a Psalm out loud slowly. Pause at particularly significant bits. Allow people to take in what is being said or simply to use the words of the psalm to focus on God.
 - Use the breaking of bread as a focus for worship.
 - Construct a simple wooden cross. Use this as a focus for worship. Kneel as a sign of humility or stand up or lie down as you wait on God. Encourage your group to express themselves to God in this way as and when they feel led.
 - Pray in tongues (if appropriate)
 - Have a reading of a passage of Scripture or some other devotional passage as a starting point for a time for silent worship and focusing on God.
 - Encourage people to write out their most heart-felt prayers to God. Collect their slips of paper and, without reading them, place them in a container in the centre of the room as an offering to God, or simply encourage them to listen to God and write out the replies.
 - Be creative with drawing or writing their thoughts about God.
 - Encourage people when doing any of the above to use spiritual gifts e.g. prophesy, visions
 - Go through the alphabet from A to Z and ask the group to come up with an attribute of God to fit each letter! (Humour and worship together!)
 - Or try the same with things for which we can thank God.
 - Spend five minutes in silence *listening* to God, then share the results. Perhaps give a few verses from a psalm as a seed thought before the silence begins.

Cell Resources



- Go into the garden and spend ten minutes individually contemplating a weed or a flower or a leaf that you find there. People could bring back the object they selected and talk about it.
- Or lie on the ground gazing up at the sky, chatting to God in silence.
- Use worship CD's and sing along. The louder they're played, the more confident people will be to join in.
- Read a short passage of scripture about Jesus and ask each person to write their own short psalm inspired by that passage. Then let each one read their psalm and allow people to pray in response to each reading...
- Read Revelation 4:11 *"You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they were created and have their being."* Spend time individually writing out a declaration of Jesus' worthiness. Then read them out with others praying short prayers inspired by what has been written.
- Clear as much space as possible from the room. Get everyone to stand against one wall with clear ground in front. Read Revelation 4:1-11 through once and ask people to visualise the scene, with eyes closed. Get them to picture the door of heaven and then to "knock" on it; wait until it is opened and then move forward and in through the door. Allow time and silence (and space!) to picture the throne room of heaven and then to approach the one who sits on the throne. Many will want to kneel and will find this a powerful encounter with Jesus.
- Read some liturgy.
- Write a psalm, hymn or spiritual song together. You'd probably want to go for words only and then you could find a musical genius to write a tune and teach it at the next cell! Each person can write 3 or 4 lines and then put them together to make a psalm.
- Pray together about one aspect of God's character - His faithfulness, love, mercy, grace, etc.
- Read a psalm together.
- Prepare a meditation (e.g. Get the group to close eyes and to imagine they are a character in the Bible. Talk the members through the particular Bible story and how they might feel. Allow time and periods of quiet for this. See the Revelation 4:1-11 example above.)

Cell Resources



- Everyone pray only Thank You prayers. This is good to do because most people will find it hard to pray without eventually turning it into an asking prayer and it's quite a challenge to keep the prayer thankful only.
- Use an object to focus on one aspect of God. Examples might be a lump of clay alongside a pottery vase, reading Jeremiah 18:4f. Or Isaiah 64:8. Or you could use garden flowers and a passage about Creator God.
- Modernise an old hymn (or re-write some old liturgy).
- Read the Gospel of Mark, or another short Bible book, one chapter each around the group.
- Prepare by taking a magazine(s) and cut out very many small squares of different shades of colour from the photographs. Place the "confetti" in a basket and at the meeting have each person select a colour that appeals to them. Then get the group to arrange themselves in a line with the colours in the order of the spectrum. Join the ends of the line so that the group forms a circle and then get the different colour groups to use their imagination and make the noise of their colour!! Mention that, together, all of the colours of the rainbow make pure white light. Read Genesis 1 and have the group make their sound and wave their colour swatch whenever the word "light" is mentioned.
- Be creative with clay, paints or crayons. E.g. give each person a small piece of modelling clay. Ask them to pray silently and to meditate as the leader reads a passage of Scripture. Encourage them to play with the clay in silence and see what is formed as the meditation progresses.
- Have a variety of objects in the centre of the room. Give people time to listen to God and use the objects to prompt an aspect of God's character; e.g. a candle gives light. Or use the objects as an aid to hearing God for other people.

Cell Resources