

## **A Guide for FirstSunday4Worship**

On the first Sunday of most months we invite you bring your children in K-12<sup>th</sup> Grade into worship with you. The option of nursery care and preschool classes will be accessible for those desiring to make use of this nurturing and learning environment.

We believe that this hour spent together in worship will have exponential benefits for our children as they engage in worship with you. We also believe that their conversation and dialog with you about the topic of the day and the experience of worship provides an excellent opportunity for you to teach your children.

One of the objectives in **FirstSunday4Worship** is to teach some of the traditional elements of worship that have long been a part of Christian worship. We believe that these elements help to connect us with our past, inspire us in our daily life, and continue meaningful tools for teaching the Christian faith.

For **FirstSunday4Worship** to have the greatest benefit to your child we encourage you to review this material and discuss it with your child in the days leading up to each Sunday.

### **What is Worship?**

Worship is first and foremost a time to express our love to God. Disciples of Jesus make worship a daily part of their life and regularly come together with other disciples to experience a corporate expression of that love for God. Worship can be loud or silent. Worship can be active or passive. The important thing is that we understand worship is not about us, but about God and honoring him!

Talk to your child about the elements of worship that are meaningful to you. This is a great opportunity to help develop an open dialogue with your child about elements of faith.

### **Why do we say the Lord's Prayer?**

Jesus disciples once asked him to teach them how to pray (Luke 11:1). His response to that request became a prayer which Christians have used personally and corporately since. The prayer is a reminder of all the elements of prayer and what a disciple of Jesus does in response to prayer.

In preparation for **FirstSunday4Worship** you may want to review the prayer with your child so that they understand the meaning of the traditional words we use when we worship together as the family of God at Linglestown Life.

#### The Lord's Prayer (Traditional)

Our Father, who art in heaven, hallowed be thy name.  
Thy kingdom come, thy will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our *trespasses*,  
as we forgive *those who trespass against us*.

And lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory, forever. Amen.

Remember that prayer is loving communication with God. When we love someone we want to talk with them and that is what the Lord's Prayer is all about.

You can break down the Lord's Prayer into two parts: the first half is about loving God and the second is about loving others.

'Our Father' is really a loving address to God as our daddy. Because we love God we want to 'hallow' or honor what they love. So our love for God makes us want to see God's desires become real on the earth.

The petitions that follow: *give us*, *forgive us* and *lead us* should make us think of others before ourselves. Remember that prayer is about living out what Jesus taught. Prayer does not stop with the 'Amen,' but rises to its feet to turn yearning into action.

### **What is Communion (The Lord's Supper)?**

Communion is a time to remember...

What Jesus has done in offering himself upon the cross to forgive us for our sins;  
How Jesus lived; welcoming, forgiving, worshipping;  
That Jesus wants us to be his life in the world.

In the United Methodist Church we open the opportunity to receive communion to anyone regardless of age. Communion is an experience that anyone who understands something of what the meal is about is welcome to share. Our UM Book of Worship states it this way: *All who intend to lead a Christian life, together with their children, are invited to receive the bread and cup. We have no tradition of refusing any who present themselves desiring to receive.* P. 29 UMBW

We recommend that you take a few minutes in the days leading up to **FirstSunday4Worship** to discuss the meaning of communion so that your child will see the meaning of sharing the elements of communion. If you believe that your child is not ready to receive communion please do not feel pressured to have them participate but allow them to watch the process and ask questions. You might be surprised what they learn in the process!

An excellent article about communion can be found on the internet at: [http://hubpages.com/religion-philosophy/Lords\\_Supper\\_For\\_Children#module86930971](http://hubpages.com/religion-philosophy/Lords_Supper_For_Children#module86930971)

You may find it helpful to read the article before fully explaining communion to your child.

## **The Apostles' Creed**

This is one of the oldest creeds of the Christian faith. Composed in the fourth Century; the Apostles' Creed provides a highlight of the main concepts we believe as Christians.

The Apostles' Creed unites many different faith traditions. While denominations or churches may have different ways of interpreting our faith or practicing that faith; we are united by our common ascent to these beliefs.

We encourage you to review the Creed before each **FirstSunday4Worship**. This can be an excellent time to rehearse with your child the Story of the Bible

### The Apostles' Creed

I believe in God the Father Almighty, Maker of heaven and earth.

And in Jesus Christ his only Son our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven, and sitteth at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit; the holy catholic\* Church; the communion of saints; the forgiveness of sins; the resurrection of the body; and the life everlasting. Amen.

*\*catholic means universal*

## **Still have questions?**

Please seek out an opportunity to speak with Pastor George Reynolds, Pastor Adam Estep or Sarah Axtman for answers to your questions.