**Lesson Overview:**

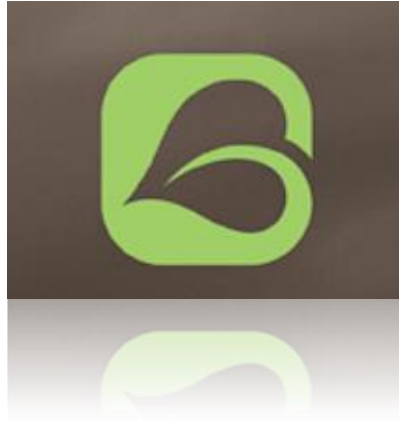
This week we continue our series “Healthy Habits” with the sermon “Why Should I Worship?” This month we will be focused on the healthy habits of Christians in their walk with God. This Sunday we will focus on the need to live daily lives of worship for God. Through worship we invite God into every situation we face, into our thoughts and hearts to strengthen and guide us through. With a heart open to worship we can be open to God invading our space and creating the positive change we long to see.

Lesson Prep for Leaders:

Main Bible Passage: Psalms 95:6-7, Romans 12:1-2

Questions for Leaders to ask yourself:

- How can we live lives of worship every day of the week, in our work lives, with our families, with our friends? What do you think this looks like?
- How does worship reset our minds on the things of God and not on the current situation we may find ourselves in?
- How can living a life of worship impact the world around us?



Icebreaker (5 Min): Take time to discuss current movies and music the students are watching and listening to. What have they been enjoying?

Students Lead (5 Min): Take time to discuss the Bible reading plan from the first of the month. What did each student read and get from what was read?

Discussion Questions (10 Min):

- How can each of us understanding how to live lives of worship have an impact on our schools, family, and friends?
- What does a life of worship look like?
- How does worship change our focus from momentary situations to a great and powerful God?

Next Steps (2 Min): Choose to incorporate worship to your weekly prayer and Bible reading plan, take time this week to focus on worship a great God in every situation the students find themselves in.

Prayer (2 Min): Close your time in Prayer