

This Worship experience was designed for each person to do it by themselves and at their own pace. If a station is full, move on to a different one and come back to it later. The station with the Cross will be the last station.

**Threads of Worship**

Sometimes we don’t realize how much our struggles and difficulties connect us to others.

Come up to the white board and using the string provided, wrap the string around what your identity was before Christ to the new Creation that He is making in and through you.

Pray this verse as you begin this time seeking God to reveal truth:

**And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.**

**-Ephesians 3:17–19**

*As you pray this verse, ask God to help you understand the depth of His love and that you would be filled to the top in that love. Pray that His love overflows into your relationships with others.*

*When done praying, go to the table with the nametags on it and on one of the tags, write down the word that best describes your new identity in Christ and put it on.*

Jesus came to this earth to show us that He loves us (John 3:16) and took our sin on His back for that same reason. God is not distant. He is the God that is with us so we are not alone.

He is near to the brokenhearted. (Ps 34:18) He is a God that rescues us, (Col 1:13-14) and faithful in all He does. (Heb 13:5) He is closer than a brother, (Proverbs 18:24) and provides people in our lives to help us understand that we are **Not Alone**. (Matthew 25:44-45)

**Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. – Hebrews 4:16**

**A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.**

**-Ecclesiastes 4:12**

***When you are ready to take your sins to the cross and give it to Jesus, tear it out of your book and nail it to the cross***

*Write sins below*

**Leave It At The Cross**

***Please make sure you visit this station only after you have already gone through all of the others.***

One of the very names given to Christ was “Immanuel” and means “God with us”. The God of the universe stepped down into this earth out of love so that we would not have to fight the weight of sin alone.

**For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. –Hebrews 4:15**

When Jesus was crucified on the cross, he carried the sins of the world with him. He died once and for all to pay the penalty of sin and death for all people who call on his name for salvation. We must continually surrender our sin and struggles to Jesus and accept the forgiveness we are offered through the cross.

Take some time to reflect on the sacrifice Jesus made for you. How does it make you feel to know that he willingly took on your sin and sorrow to have an uninhibited relationship with you?

Now, ask God to reveal the sin in your life.

**“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**

***On the next page, in the blank area, write down your sins and the things that you struggle with. What are the things that stop you from growing in your relationship with Christ? What stops you from loving others as you should?***

**Thanks**

**Give thanks to the LORD, for he is good; his love endures forever  
- 1 Chronicles 16:34  
  
I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds.  
- Psalm 9:1**

A crucial part of our walk with God is expressing praise and thanksgiving for not only our salvation, but for His continued work in our lives.

Too many times we play the comparison game and wonder why we’re not as pretty, as loved, as talented, as friendly, or as athletic as someone else. We wonder if we would be better off if we had a better home life, or a different job.

Comparison is the thief of Joy. It steals away the truths of what God has given us and causes us to forget how much we are loved. But gratitude is the true heart of worship. When we praise Him for who He is and what He has done, we are truly worshipping.

What do you have to praise God for? What has He done in your life in the past month?

*Take a moment and reflect on all He has done for you. Say a prayer thanking Him for His blessings and praising Him for who He is.*

*Using the markers provided, write down a note of thanks to God for who He is, what He’s done or even providing someone in your life that has helped you in a difficult time. Write down one or two things you are thankful for.*

**Rest**

So often we get bogged down in the busyness that is our everyday lives. School, homework, jobs, friends, relationships, sports, church, activities, and the list can go on and on. We forget to take time to pause and be in the presence of God.

This station is all about laying all your worries, your busy schedule, and your hectic life at the foot of the cross. It is a moment to pause: to know Him, to rest in Him, to commune with Him.

**Your word is a lamp to my feet and a light to my path.**

**-Psalm 119:105  
  
Come to me, all who labor and are heavy laden, and I will give you rest.**

**-Matthew 11:28  
  
Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.**

**-Psalm 46:10**

*At this station, simply pause. Sit. Rest. Read from the Bible provided, Journal. Write a note to God. Or just sit, be still and enjoy knowing there is a God that is always with you and always loves you.*

**Distorted Vision**

One of the greatest illusions Satan tries to speak into our lives is that there is something wrong with us and that God wouldn’t want us or to use us. This distorts the way we see ourselves and how we should be living out our life.

The invitation to join Jesus is for EVERYONE. Here’s a list of stuff that doesn’t change the fact that God has a calling on your life:

The color of your skin

The language you speak

The clothes you wear

The place you live

Whether you are a guy or a girl

These are things that are important to us; these are a few of the ways we segregate our world and evaluate others. God is constantly looking for ORDINARY PEOPLE; he is continually transforming them into world changers. Peter and Andrew were lowly fishermen. They accepted God’s call and made a radical difference in the world. It was risky and, at times, scary, but Peter and Andrew found purpose and fulfillment beyond what any catch of fish could bring. And you can, too.

God has been using ordinary people since the beginning of time and he continues to call ordinary people today. Our responsibility is to answer the call. Jesus will lead, if we will follow.

Are you following Jesus in all you do, or are you still holding on to things of your past? What is keeping you from being a faithful follower of Jesus?

*Look at yourself in the full mirror and line up your face with the circle. See yourself as you are and not how Satan tries to distort how we see ourselves. He loves us and uses us to complete His purpose. Then sign your name on the mirror outside of the circle.*

**Shine Your Light**

**“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” -Matthew 5:14–17**

The world is a dark place: it’s filled with pain, selfishness, and confusion. Fear rules the dark. People aren’t happy; they make poor decisions and hurt others when they lash out in fear. In short, people are living their lives ruled by fear instead of God. They live life without God.

Jesus came to change everything. He is the light of all mankind. We are called to be that light, reflecting the hope found in Jesus into the darkness around us.

*How can you be a light in your world? Reflect on this for a few minutes and respond in your journal.*

*Write the names of five friends who don’t know Jesus on the paper and pray specifically for each one. Ask God to give you opportunities to help and serve your friends in practical ways.*

If you agree to be the light of Christ in the lives of your friends, grab a candle and turn it on from the bottom. You will notice as more people let their light shine, the brighter the area gets.

**Faith Over Fear**

**“That day when evening came, he said to his disciples, “Let us go over to the other side.” Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?” He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm. He said to his disciples, “Why are you so afraid? Do you still have no faith?” They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!” -Mark 4:35-41**

Even when Jesus was in the boat, the disciples were afraid for their lives—and many of them were experienced fishermen!

Have you ever felt like God just doesn’t care?

Ever feel like He’s left you in the middle of a storm to fend for yourself?

Take refuge and pray this verse as a prayer to God:

**“Be strong and courageous. Do not be afraid or terrified…, for the LORD your God goes with you; he will never leave you nor forsake you.” -Deuteronomy 31:6**

God has not forgotten you. He is very close, and He has the power you need to move from fear to faith. God is waiting for you to hand your fears over to Him.

*On the index cards provided, write out the fears that weigh you down. Pray that God would give you the faith to overcome those fears that seem so overwhelming right now. Now, throw those fears into the trash can showing Him you are letting go and putting it in His hands.*

**Bathed in Prayer**

Sometimes we are so overwhelmed and focused on our personal struggles that we forget that God has placed people in our lives to bear that burden with us. We have a God that is real and personal. He doesn’t want us to hold everything in and become overwhelmed with our present circumstances or struggles. When we are faced with these things, we can come to the Lord in prayer, confident that our prayers are heard.

*You will find some adult leaders that would love to pray with you and for you. Just approach one, ask them to pray for something that is weighing down in your heart and they will pray with you.*

**“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place.” -2 Chronicles 7:14-15**

*Prayer is a vital part of our walk with God. Not only should we be laying our needs at the feet of Christ, but also for those around us, our churches, and our community. Spend some time in prayer asking God to bless your church and to bring unity. Ask Him to give wisdom to the church leadership. Ask Him to give strength to your pastors, youth pastors, small group leaders, Sunday school leaders, and other volunteers. Ask Him to draw people to salvation in Him through His people. Ask how you can shine His light and draw others to Christ as you do life with them.*

**Words of Encouragement**

One of the ways that God blesses us is in words of encouragement and affirmation right when we need it. There are times when we are feeling alone, disconnected, overwhelmed and unable to do anything. Often God sends people into our lives to speak the truth of His Word. And there are many times that we are the ones called to speak that truth to others.

**But encourage each other daily, while it is still called today, so that none of you is hardened by sin’s deception. - Hebrews 3:13**

We live in a broken and dark world where everything tends to call us to focus on ourselves. And when we focus on ourselves, we trend to selfishness and despair. Sin steals joy. It destroys relationships, ruins plans, weakens our strength and darkens our positivity.

God knows that we are often in need of encouragement. Jesus often told His disciples not to worry and tried to get them to focus on things eternal. He would even encourage them by stating that in this world we will have problems, but take it to heart that He has overcome the world. (John 16:33)

*On the post-its provided, write down a Bible passage, or words of encouragement that you need to hear. Then, leave your words of encouragement on the board for someone else to be encouraged by. Pick a note that someone else left and carry it with you to encourage you in the days to come.*