

# A CRSWLK SERMON SERIES **LITURGY FOR LIFE**

**Dear Youth Leader,**

In this series, we are working in-step with our teaching team as we dive into the liturgies, rituals, and practices that lead to a deeper relationship with Jesus, a more vibrant community, and a life lived to the full. The format of these lessons are a bit different (looking forward to your feedback!). It is a small group based format where groups will read texts in smaller groups, share how the practices discussed apply in their own life, and then end with groups sharing with the entire youth. Please share your own stories and struggles with groups as you move around and monitor. Encourage questions. Try to put yourself in their shoes (or ask them about it), because applying some of these rituals in our kids life will be transformative. Challenge your kids, and be an example to them!

I am praying for you as you prep your time with your youth group, and can't wait to hear how it went. Please reach out if you have any questions, ideas, or stories. I'm here to support you!

**Mark Ricalde**

Youth Pastor, Crosswalk Redlands

## **SERIES OUTLINE**

**Week 1 | June 14**

worship, celebration, lament

**Week 2 | June 21**

an attitude of rest

**Week 3 | June 28**

confession and forgiveness

**Week 4 | July 5**

prayer, fasting, solitude, silence

**Week 5 | July 12**

gratitude, hospitality, secrecy

## **SUGGESTED FORMAT**

**Belonging | 25 - 30 min**

Breakfast / Welcome

Sharing Activity

**Experience | 25 - 30 min**

Worship

Message / Discussion

**Momentum | 5 - 10 min**

Challenge / Application

Announcements / Visioning

**CRSWLK**

**THE WALK**

# worship, celebration, lament

## PREPARATION

### Read

notice main ideas, points of tension, and any connections for your youth

### Listen to the Series

listen to the *Crosswalk Daily Study* podcast and the *Abide Daily* podcast and sit in the texts with our pastors

### Reflect on your Experience

think of a story where you decided not to celebrate/lament with someone. Why? What did you learn?

## Activity Idea

- Go around the room and ask students to share what they are most excited to celebrate this summer, and something they are dreading. Encourage whole group response after everyone shares.

## Introduction

- Introduce the three practices, and talk about how practices in every area of life leads to making every moment a moment of worship to God.

## Possible Group Breakdown

- Worship - Romans 12:1-2
- Celebration - Psalm 8:1-9, Ephesians 1:3-8
- Lament - Lamentations 3:17-24

## Discussion Questions

- Is your group's practice something we can do alone or together? How?
- Is your practice something we do daily, weekly, monthly, or seasonally? What does that look like?
- Talk to each other about the value of trying these practices. Is it worth the effort? Is it weird to do, or exciting to try?
- Is there any habits from your group study that you want to add in your life?

## CHALLENGE

Find a way to make worship a daily part of your life, not just a worship/church service kind of habit.

# an attitude of rest

## PREPARATION

### Read

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### Listen to the Series

listen to the *Crosswalk Daily Study* podcast and the *Abide Daily* podcast and sit in the texts with our pastors

### Reflect on your Experience

think of a story where practicing wholistic rest brought more joy, passion, and purpose

## Activity Idea

- Make a list together of crazy things you were not allowed to do on Sabbath, and also a list of things that you were allowed to do. Make it a fun time to learn about each other and the variety of Sabbath rhythms.

## Introduction

- Introduce the three principles of rest each group will study, and talk about rest being positive and negative. Share your story.

## Possible Group Breakdown

- Sabbath Rest - Exodus 20:8-11, Hebrews 4:1-2
- Jubilee Rest - Leviticus 25:1-11
- Attitude of Rest - Isaiah 30:15, Jeremiah 6:16-17

## Discussion Questions

- Is your group's practice something we can do alone or together? How?
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## CHALLENGE

Do you enjoy Sabbath? What can you do to make the day more set apart to spend time with God, and a day to renew our spirit?

# confession and forgiveness

## PREPARATION

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### Reflect on your Experience

think of a story where someone forgave you, and how it affected your life in a surprising way

## Activity Idea

- Put a bunch of situations of bad actions in a bowl (put setting, act, and person harmed). Have each kid draw a paper, and have them take turns saying a confession and apology to the group as if they were in that setting.

## Introduction

- Define forgiveness and confession, and ask the kids to be specific yet not sharing names in their groups (no gossip)

## Possible Group Breakdown

- Forgiveness - Matthew 6:9-14, Hebrews 4:14-16
- Confession - 1 John 1:5-10
- Process and Guilt - Psalm 32:1-5

## Discussion Questions

- Is your group's practice something we can do alone or together? How?
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## CHALLENGE

Confession is an uncommon and not talked about practice, yet it is found all over the Bible. Do you have people you can be open to about your failings?

# prayer, fasting, solitude, silence

## PREPARATION

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### Reflect on your Experience

think of a story where you fasted before making a decision. OR where you had a prayer breakthrough

## Activity Idea

- If you have space indoors or outdoors (outdoors preferably), give each kid a paper and pencil, and tell everyone to spread out. Set a timer for 15-20m, and have them silently, pray, reflect, or just sit in silence.

## Introduction

- Ask kids to share what the time was like. Was it difficult to lock in? What did they think about? Did the time feel like it could be a spiritual outlet for them?

## Possible Group Breakdown

- Prayer - Luke 18:9-14, Matthew 11:28-30
- Fasting - Matthew 6:16-18
- Solitude - Luke 5:15-16, Mark 1:35, John 12:36
- Silence - Psalm 62:1-7

## Discussion Questions

- Is your group's practice something we can do alone or together? How?
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## CHALLENGE

Cell phones are the biggest distraction when it comes to today's practices. How can you be more disciplined when it comes to controlling your media intake?

# gratitude, hospitality, secrecy

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### Reflect on your Experience

think of a story where you had to do the right thing, even though no one would know. Why did you do it?

## Activity Idea

- Ask kids to commit to one of the practices we looked at this series. Have each kid write their goal and plan to achieve the goal on the paper. Post it somewhere in the room. Plan to check up on these goals in a month or so. (you can check together, text your youth, or bring it up as conversations happen). This shows kids that the church can be a place for healthy accountability.

## Possible Group Breakdown

- Gratitude - Colossians 3:15-17
- Hospitality - Luke 22:17-19
- Secrecy - Matthew 6:1-4

## Discussion Questions

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## CHALLENGE

Envy and jealousy are emotions that are put in a very negative light throughout the Bible. How do you kick the comparison habit and embrace gratitude?

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## **A Final Note,**

Life gets crazy. Sometimes we walk into a room knowing we haven't prepped enough. A high-schooler might walk in with the weight of a hard week on their minds, and the last place they want to be is youth group. The teenage community you are leading will have cliques, crazy couples, and apathetic kids. All this to say that teaching in this scenario will rarely feel like you did a great job. Don't worry, you don't need to. **Jesus shows up.**

If every week you:

eat together,

pray together,

worship together,

and study the word together,

then you have faithfully structured the youth time for God to work.

Thank you for your effort and compassionate heart.

I'm a leader in the church because of influencers like you!

## **Mark Ricalde**

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**CRSWLK**  
**THE WALK**