

Destination worship- Sunrise

Theme: Praise, Joy, Significance

In this exercise God invites your students to watch a sunrise, a gift God has made for each of them. It's an invitation to worship.

Things to know:

You will need a blanket for each youth.

You will need a dark room with a sunrise visual shown at the end of the exercise.

You will need ocean or wind sounds

Activity:

Have the youth close their eyes as you read the following meditation:

You awaken, shivering in the darkness. A voice asks you to come along and wraps a warm blanket around you when you stand. God holds your hand and guides you out the door and down the steps. A cold blast of wind hits your face and you pull the blanket more tightly around you.

You walk without seeing, trusting the One who leads you. "Here," God says, "let's sit down." You sit; and since you can't see anything, you listen. You hear the wind in the trees behind you and the ocean far below.

"Why are we here?" you ask.

"I made you something," God answers. "Look." You do, and you can see the sky getting lighter and a rainbow of colors filling every corner of it—hues of pink, orange, yellow, blue and purple. The morning is being born, re-created once again. God's voice speaks, "A new day, a new hope, and a new beginning for you."

The ocean down below begins to sparkle and shine, while the clouds above radiate with color. The sun breaks dramatically over the horizon. The waves crash, the wind blows, and the birds begin their morning song.

All of creation praises God and you feel your heart begin to sing, too. You turn to look at God, who is already looking at you. God smiles and asks, "Do you like it?"

Sit in awe of your Creator God, the One who dreamed and formed this world, the One who dreamed and formed you. Join the rest of creation in praise of the One who was, is and always will be.

Discussion Questions:

- What was your experience like as you watched the sunrise with God?
- Do you need a new beginning, a fresh start?
- How does it feel to consider that God made the sunrise just for you?
- In the exercise, God asked if you like the sunrise. How did that make you feel?
- Do you think God wants to please you with gifts?