



WORSHIP FREEZE ACTIVITY SUPPLEMENT WORSHIP // WEEK 4 // TRUE WORSHIP

Bolded commands are traditional ways to worship God.

Note: *If a command isn't bolded, and a kid believes it is a way to worship God, let them explain their ideas. They may just be right, since worship is all about the heart behind an action!*

Commands for Worship Freeze

Tickle yourself

Laugh because God is good

Play air guitar to glorify God

Turn around once

Stand up to celebrate God

Lick your elbow

Sing for God from your heart

Sneeze with your eyes open

Clap your hands for God

Raise one eyebrow

Dance to celebrate God

Jump up and down because God is exciting

Do two push-ups

Wiggle your ears

Stand on one foot

Touch your tongue to your nose

Help someone to show God's love

Roll like a log

Pray to God

Wiggle your nose

Say a Bible verse (for example, John 4:23 "...
*True worshipers will worship the Father in Spirit
and in truth. ...*")

Wave your arms in the air to celebrate God

Read the Bible to grow closer to God

Make a fish face

Celebrate God's greatness with others

Touch your toes

Put your nose on your knee

High five someone

Thank God for the beautiful world He made

Turn into a tiny ball

Knock on the floor

Shout for God because He's amazing

Cry happy tears for God

Wink 10 times

Lay face down to show God He's Lord

Bow down to God because He's our King

Smell your armpit

Take care of something God created

Pretend to lift 100 pounds

Do five jumping jacks

Smile with joy over all God has done

Act like a T-Rex

Pretend to swim

Say, "Thank You!" to God