

Worship at Home

Life Group Guide for Families

WORSHIP AT HOME

Pastor Sarah

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Family Life Group Discussion

CONNECT:

- The four themes of Advent are Hope, Peace, Joy, and Love. Which of these did you experience most during this Christmas season? If your family read through an Advent book, what was your favorite or most memorable part?

GROW:

- Have you ever heard the word SELAH? SELAH is a word used in the Bible, especially in the Psalms, that reminds us to pause.
- Think about times when you pause. Maybe you pause a game for a time-out, or stop to get a drink of water. Can you think of other times you pause?
- We will use the word SELAH to help us pause and remember four true things about God. Read the verses below, and then take a moment to think about our great God and the truths we know about Him. You can close your eyes or hold your hands open as you pause and reflect on each truth.
 - **Christ has come.**
 - John 1:14 And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.
 - Christ has Come. SELAH
 - **Christ has died.**
 - 1 Peter 2:24 He himself bore our sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed.
 - Christ has died. SELAH.
 - **Christ has risen.**
 - 1 Corinthians 15:3-4 For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures
 - Christ has risen. SELAH.
 - **Christ will come again.**
 - Revelation 22:12-13 “Behold, I am coming soon... I am the Alpha and the Omega, the first and the last, the beginning and the end.”

- Christ will come again. SELAH.
- Reflect Together:
 - How did it feel to sit quietly and pause?

Read Psalm 46:10: He says, “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth.

- What does it look like to be still and experience peace as we think about who God is throughout different moments of our day?
- When is it easier for you to be still and remember who God is? When is it harder? Think about times when you’re with your parents, siblings, or friends—and when you’re at home, at school, or with others.

GO: *Put your learning into practice.*

- What are some ways you can remember who God is and the peace we have when we trust in Him? Are there specific people, habits, or reminders that can help you—like prayer, a Bible verse, worship song, or talking with a trusted parent or friend?

PRAY: Thank God for sending his son Jesus to come, die, rise, and that he will come again. Invite the Holy Spirit to fill us with trust and peace as we follow Jesus in the places where we live, work, learn, and play.