

National Junior High Sunday 2023

“Worried and Distracted,” based on Luke 10:40-42

Creative worship elements

1. As people arrive to worship, invite them to take a sheet of paper. On one side, write or draw all of the responsibilities and/or distractions weighing on their minds currently. Early in worship, perhaps before or after the call to worship, have the worship leader ask everyone to take out their papers, covered by now in distractions and responsibilities. Ask people to put the “worries and distractions” side face down, and then fold each side in to the middle. It should look like a two-paneled door that opens in the middle, covered in words and images. Invite people to sit with the weight of these worries and distractions for a few moments. What does this feel like? Then invite people to take a deep breathe and “open the doors” to the clean, uncluttered interior space. This wonderfully free space is where God is inviting us to spend the next moments of our lives. Worshipping, learning, thinking, growing – in God’s presence after we’ve set aside worry and distraction. How does this feel? For the rest of today, try to stay in this place of God’s calm presence. How might you return to this space tomorrow and the days after?
2. Visit <https://theresaecho.com/2011/08/17/interactive-prayer-stations-for-mary-martha/> for six prayer station suggestions related to our scripture. (Three are specifically designed for our youngest siblings, ages 2 – 4!)