

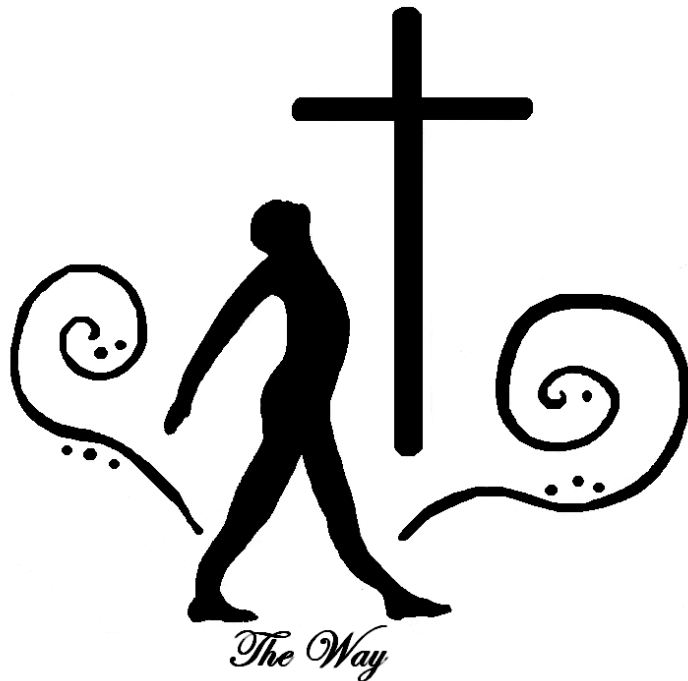
Introduction to

Worship Arts

For Kids

Follower Level

art that worships...be the art



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Follower Level

Rose Murdock
Ho Hodos Worship Arts
Bibleseed.org

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Introduction to Worship Arts for Kids-Follower Level

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Introduction to Worship Arts

art that worships...be the art

Welcome to your worship arts practice!

What is worship art? There may be many definitions. Some call it a musical team leading a congregation into worshipping God. That is one definition, but we change ours a bit to include anyone and anyplace—not just those who are leading worship, not just in a church gathering, and not just music. For our purposes we define worship art as *creating art as an expression of worship to God, using the gifts, talents, and resources He's given to you*. By this definition, your art becomes your calling, and working in it is an adventure of its own!

You could say that worship art is also prophetic in the sense that it can bring something from God's heart to yours, and you can pass that on to others. We want to help you reach into God's invisible world and bring something into our visible world where we can see it!

You begin with the Follower level. You will need someone to be your Mentor. This could be your parent, a teacher, or some other adult that will help you get everything you need and guide you through the sessions. You will be learning about seven different art categories. By trying out each one you will find out which kinds of art you like, what you don't like as much, and hopefully discover and grow in the gifts God has given you.

There is a list of art categories on the next page. Notice that each category has several "expressions." For example, the performing arts category has expressions of dancing, theater and film. There are seven categories, but the expressions listed for each category are just a sample. You may practice whatever kind of art you like. We've also given each category its own color. Together they make a full spectrum of beautiful art!

God has made you a very unique person! You are special to Him. No one else is like you. Ask Him to help you learn to create things. He is good at it—He made the whole world! We want to help you be creative like God, and to help you create art that honors Him, which can even help people.

I pray that as you create, you feel how much God loves you and that it makes you want to worship Him and love Him back. I pray that His anointing grows in you so you can be skillful in your art and have creative ideas. I pray that you have everything you need to make creative worship art!

Get ready for your worship art journey!

Rose Murdock

Worship Art Categories

Category:	Expression:	
I. Performing Arts: Color: Red Grace: Serving	dance, acrobatics theater, drama, opera, mime spoken literature, storytelling film, video	
II. Visual Arts: Color: Yellow Grace: Prophecy	drawing, painting, chalk still and video photography, scrapbooking computer graphics	
III. Literary Arts: Color: Purple Grace: Teaching	written stories, books, poetry, songs, psalms scripts, sermons, blogs, journals	
IV. Audio Arts: Color: Dark Blue Grace: Exhortation	music, instruments singing making sound & rhythms listening and recording sound & rhythms lights and frequencies	
V. Culinary Arts: Color: Green Grace: Giving	food preparation, cooking, food art nutritional studies gardening fragrance-essential oils	
VI. Sculpture Arts: Color: Orange Grace: Mercy	crafts, wood, stone, metal, leather, clay, jewelry knitting, fabric, clothing	
VII. Architectural Arts: Color: Light Blue Grace: Leadership	design & construction – building, landscape, furniture interior design restoration, organization, planning, de-cluttering paper folding or cutting, geometric design	

This is not a complete list, but just a sample of the many art forms
that are as numerous as you can imagine!

Session 1

Welcome to session 1. Let's jump right in and get started!

Worship Art

Beginning next session, you will learn more about each of the seven worship art categories. We will focus on one category each session. There is a study that you will do at the beginning of the session and then you will do an art project in that category.

As a Follower, you make worship art projects from each of the seven categories. This way you get to try out each category and see how you like each one. When making art, sometimes it's good to think of an idea ahead of time. God did this before He made the world. He looked over the earth before He spoke and then started creating. But sometimes you will just make it up as you go along. That is called being spontaneous. You will have a little bit of both in this practice.

Your art doesn't always have to look "religious" in order for it to be worship art. It can be full of life, even if it's not religious looking. You are made in God's image, so you are kind of like God's art project, but really you are much more than a project! You are someone He loves very much. He breathed His own breath into the first man Adam to make him come alive. His breath makes you come alive too!

Because you are made in God's image, you are a creator. He has given you gifts that make you uniquely who you are. He's given you breath, so you can breathe in His Spirit and speak out words. Only humans can speak words like God does, and only a human can be filled with His Spirit. His life can pour out of you through your words and your work—your art.

Just like God put Adam and Eve in the garden to work and take care of it, He has a garden for you to work in too. When you worship God creatively through your work, which is your art, then the result of that creative energy brings life into the earth!

Free Art Sessions

Towards the back of this book you'll see several pages of suggestions for something called *free art time*. These are sessions where you choose which category of art you want to work in and whatever project you want to make from the materials your Mentor provides. Your Mentor may plan these at some point, but first we want you to learn about each of the seven categories.

Go Play Outside

After sessions 2-8 you'll also see pages for *Go Play Outside*. These are field trip ideas that your Mentor might plan. On these field trips you go to a place in nature where you can

be inspired by the Master Artist Himself—God. You might also take a field trip where you can be inspired by other artists—people who have created different types of art.

Events

Also towards the back of this book are suggestions for worship art events. This could be a *yearly feast* in the fall around the time of the feast of the tabernacles as described in the Bible, or an *outside event* which is any type of event you would like to hold throughout the year to display or perform your art, or to just reach out to the community as a group.

Whether or not you do field trips or events, you can still learn a lot about worship art and have all kinds of fun getting to know God and yourself better!

Level-end Project

On the very last page of this book you will find an idea for a wearable art project—a beaded wristband where each bead represents an art project, field trip, or event you created or participated in. Check with your Mentor to see if this is a project that fits your practice!

There's one more thing for you to do before you start your first art project. Look over the list on the next page and check off which types of art you enjoy or would like to try sometime.

Session 1

Check off which things you **like to do** or **would like to try** sometime.

- Dancing
- Theater – Acting, Opera, Mime-(skits without words)
- Gymnastics, Acrobatics
- Storytelling
- Making Videos
- Drawing
- Painting
- Photography – Taking pictures, Scrapbooking
- Computer graphics
- Reading
- Writing – Stories, Books, Poetry, Songs, Blogs, Journals, Other
- Listening to music
- Playing an instrument – which one(s) _____
- Anything with sound & rhythms
- Recording music, sounds, or songs
- Singing
- Exploring with lights
- Cooking
- Gardening
- Working with fragrances – Essential oils, Perfumes
- Crafts – Clay, Wood, Stone, Metal, Leather, Jewelry, Knitting, Sewing
- Other crafts-_____
- Architecture--designing buildings, landscape, furniture
- Interior design – decorating a room
- Origami or other paper cutting/folding
- Building with blocks or other materials

Worship Art Project

It's time for your worship art project! This project is meant to help you get a fresh start in worship art.

You will need:

- ✓ 1 wood board, 12" x 12" or smaller
- ✓ 1 piece of black cloth, 9" x 9" or smaller. It's easiest if its slightly smaller than the board. Linen works well or anything you can write on with a pen or pencil. The writing isn't supposed to show
- ✓ Pen or pencil
- ✓ Scissors
- ✓ Glue
- ✓ 1 piece of red tissue paper
- ✓ 1 piece of white tissue paper
- ✓ (Optional) piece of scrapbook paper
- ✓ 1 mirror that can be glued on to their project
- ✓ Assorted feathers and stars

Before you start the project decide where on the board you want your mirror to be when it is finished. Keep that in mind throughout your project and keep that section as flat as possible.

First, take the black cloth. Write or draw anything on the cloth that is bothering you, or anything you think might be keeping you from being creative.

Next, cut the cloth with the scissors or rip the pieces up and imagine that those things you wrote are being destroyed as you rip.

Glue the pieces of the cloth to the board, on one side of the board only. Remember to keep it flat in the area where your mirror will go.

Cover the cloth pieces and the board with glue.

Take the red tissue paper and crumble it. As you do, think of how Jesus died for you – He was crushed, bled, and died for your sins.

Unfold the red tissue and glue it over the board and the black cloth. Remember to keep it flat where the mirror will be. As you do this, remember that God forgives your sins when you ask, and heals you from all that is hurting.

Cover the board with glue again.

Take the white tissue paper and spread it out over the board. Remember to keep it flat where the mirror will be. As you do this, think about Jesus making you clean, pure, holy

and healed. He separates you from all that is bad.

Optional – Take the scrapbook paper and cut it into shapes. Glue them over your board. Remember to keep it flat where the mirror will go. Think about how you are unique and different from other people. God has made you special and has given you gifts that are just right for you.

Next, take the mirror. Look at it and examine your face. Be very still. How do you look? Happy? Tired? Sad? Look at your eyes. Imagine Jesus inside of you looking at you through your eyes and telling you He loves you. Whenever you look in this mirror, remember that Jesus loves you. And if you believe in Him, He is in you!

Glue the mirror securely onto the board.

Read Isaiah 40:26, Psalm 61:4 and Psalm 63:7.

Isaiah 40:26

Lift up your eyes on high
And see who has created these **stars**,
The One who leads forth their host by number,
He calls them all by name;
Because of the greatness of His might and the strength of His power,
Not one of them is missing.

Psalm 61:4

Let me dwell in Your tent forever;
Let me take refuge in the shelter of **Your wings**.

Psalm 63:7

For You have been my help,
And in the shadow of **Your wings** I sing for joy.

Decorate your board with stars and feathers. As you do, think about the fact that God has made you unique, He knows your name, and you can find shelter and joy in His presence.

Tape a picture of your project here.

Session 2

Performing Arts Study

dancing, gymnastics, acting, mime, storytelling, puppet skits, making videos



Color: Red / Grace Gift: Serving

In Acts 17:28 Paul mentioned their “poets.” This word also means performer. He said that their poets said, “In Him we live and move and exist.” As a Christian we live in Jesus. We move and exist in Him and with Him in all that we do. Performing arts is all about living and moving in and for Jesus. Performing arts tells a story – fictional or true. It is kind of like the parables Jesus told. When people hear or see a story it helps them understand the message.

Performing arts is not just for entertainment. When done as worship art it’s not done to make you famous! It could be to give a message to people through the story you tell – a message about God’s ways, His creation, truths, or about God Himself. It could also be worship – you could dance in worship to God or because of the joy He gives you like David did. Performing arts can also be a way to pray – intercede – for other people. You would be talking to God to help someone else through your movements. It could even be prophetic, meaning that God sends a message to people through your moving art. Ezekiel had “art” like this.

Before God created the earth, He moved over it by His Spirit, (Genesis 1:2). If you believe in Jesus you can be filled with His Spirit too. When you are, He will help you create art that is unique, exciting, and full of His life! With some worship art projects, you will not end up with an object at the end. This doesn’t mean you have not created art. What you bring into this natural realm from the spiritual realm is more “real” and lasts forever. (2 Corinthians 4:18). Don’t rush through these projects that have no “end” to them but take the time to birth what God wants from this project!

Performing Arts Project

Before creating, God moved over the earth's stage!

Today's performing arts project is a theatre project – actually a puppet project. A large part of acting is knowing the character you are playing. You will know your character very well because you are going to make him, or her! Follow your Mentor's instructions.

You will need:

- ✓ A new sock
- ✓ Materials to turn your sock into a puppet – glue, yarn, scissors, eyes, buttons etc.

Project Sock:

Use the materials your Mentor provides and make a sock puppet. Before starting, think about what kind of character your puppet will be. You can make him or her be any kind of person or creature you want! Is your puppet a boy or girl? Young or old? Talkative or quiet?

Name: While making your puppet, come up with a name. Think about how the name can describe your character.

Personality: What does your puppet like to do? Read, play outside, make things, paint, write, cook, or sing – use your imagination to decide what kind of puppet you are making.

Voice: What will your puppet's voice sounds like? Practice using different voices to come up with one for your puppet.

When you are all done, introduce your puppet to your Mentor and others in your group. This would be a good time for your puppet to show what he or she likes to do – sing, tell stories or whatever else you can think of.

Act it out: Now that you have your puppet completed, act out how he or she would respond to someone who is hurt or wounded – like in the story of the Good Samaritan. (Luke 10:30-37), or any other scenario you or your Mentor comes up with. How would your puppet pray for a person you know who needs help from God – a family member, friend or someone else?

Tape a picture of your project here!

Go Play Outside

What better way to learn how to create art than to study the art of the Creator of everything! God created the whole earth, the universe and all of nature. When you go outside into His creation, it will help you become creative. He put creativity inside of you. Your imagination is what you use to create things. Go play outside and explore God's wonderful creation! *Be sure to have your Mentor or parent's permission.*

Inspiring Ideas from Nature for Performing Arts

- Go to a field and run, skip, dance or play – whatever you feel like doing.
- Watch how God's creation moves – the clouds, water, trees, animals etc.
- Climb a tree
- Hide in the bushes or rocks
- Go swimming
- Go bike riding
- Go for a walk
- Do anything you can think of to move around and pretend – use your imagination!
- Use the outdoor world as your stage!
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to the theater – watching a performance like a play or dance.

Write about your trip here:

Date: _____ Place: _____

Session 3

Visual Arts Study

Drawing, coloring, painting, chalk, taking pictures, making scrapbooks, bookmarks, cards, computer graphics



Color: Yellow / Grace Gift: Prophecy

Visual art is a picture. It could be drawn, painted, photographed, or made any other way you can think of. Visual art is like taking a picture of a certain moment in time. It could be a beautiful moment in nature or something that will become history in the future. In Numbers 33:52 the Lord told Moses to tell the people to destroy all the pictures from the land of Canaan when they went to live there. God wanted to erase the history of the land before His people lived there so He got rid of their pictures. When we want to remember a fun time what do we do? We take pictures! Visual art helps us to remember, and to remember it exactly. (Oh yeah, I forgot I used to wear that blue striped sweater all the time). So visual art can help you see something you didn't see before, or help you remember something, so you don't forget.

During today's session you will focus on seeing with your imagination. When God created the earth the first thing He did was make light. He said, "Let there be light." We need light to see!

Visual Arts Project

The first thing God made was light. Shine Your light Lord!

Color and Shape Project

“Then God said, “Let there be light”; and there was light.” Genesis 1:3

You will need:

- ✓ Canvas
- ✓ A variety of paintbrushes
- ✓ Paint

Close your eyes and imagine when God said, “Let there be light.” Imagine the light showing you things you couldn’t see before. Think of a color. If you see more than one, take a minute and choose one. Now open your eyes and choose a paint that is closest to the color you chose. Paint the whole canvas or paper this one color. Use different brushes to see what each one is like. How do different brushes come out differently on the canvas? When covering a large area, see how much easier it is to use a large brush. Take your time to use different kinds of brushes. When the canvas is completely covered, set it aside for a minute.

Close your eyes again. Think of a shape. It could be a shape you are familiar with. A square, circle, triangle, or rectangle. Or is it a house shape, or star, or leaf? It could be a shape that you don’t know the name of!

Open your eyes and make different shades of the color you painted on your canvas. Add white to make it lighter and a little bit of black to make it darker. Or use premixed shades of your color if your Mentor has them available. Use these shades to paint the shape or shapes you saw onto your one-colored canvas.

Name your masterpiece and tape a picture of it here!

Go Play Outside

Find something outdoors that is so pretty or interesting that you want to keep looking at it, or it makes you feel peaceful or happy. Be still while looking at God's beauty. Let your eyes soak up the beauty of His creation! You can draw or take pictures if you want to. *Be sure to have your Mentor or parent's permission.*

Inspiring Ideas from Nature for Visual Arts

- Visit a lake or a pond
- The woods
- A garden
- Beautiful flowers
- Birds
- Waterfalls, mountains, or a river
- The clouds or the stars
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to an art museum and look at pictures or photographs that other artists have made.

Write about your trip here:

Date: _____ Place: _____

Session 4

Literary Arts Study

Writing stories, books, poems, songs, lessons, scripts, blogs, journals



Color: Purple / Grace Gift: Teaching

Literary art is about words and communicating with each other. It's about learning, reading, writing and even teaching. In Ezra 7:6-10 we read that Ezra studied the Law of the Lord. He loved God's law and he made sure to do what it said. He taught God's law too. Then in Nehemiah 8 we read that as Ezra read the Law of God to the people they learned what they needed to do to please God. A writer loves when his readers understand. If you're talking to someone, it feels good when they understand what you are saying doesn't it?

When God created the earth, He **said** something. He spoke. All of creation understood Him and did what He said! Pray for God to help you understand what people are saying to you, and for them to understand what you are saying to them. Pray that you understand what God says to you too.

Literary Arts Projects

When God created the earth, He said something. Hear what He says, understand, and explain!

Mustard Seed Project

What truths can you learn from the following parable that Jesus told?

In Matthew 13:31-32 Jesus said:

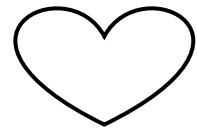
“The kingdom of heaven is like a mustard seed, which a man took and sowed in his field; and this is smaller than all other seeds, but when it is full grown, it is larger than the garden plants and becomes a tree, so that the birds of the air come and nest in its branches.”

1. The mustard seed is bigger than other seeds. **True or False or Don't Know**
2. A mustard seed can grow to become a tree. **True or False or Don't Know**
3. All blue jays build nests in only mustard seed trees. **True or False or Don't Know**
4. A mustard seed tree has branches. **True or False or Don't Know**

From this verse we also learn that in God's kingdom, the things which seem so small can grow into something large and strong.

Take a mustard seed and put it on your finger. Imagine a huge tree growing from this small seed! Imagine God's Kingdom growing this way too!

Tape your mustard seeds in the heart, or somewhere else if your Mentor has a place for them.



Kingdom of Heaven Project

Read Matthew 13:44-48 in your Bible. What three things does Jesus say the kingdom of heaven is like?

Draw one or more of the three things you wrote down about the kingdom of heaven. Or, write down **how** its like the kingdom of heaven.

Folding Poem Project

Have you ever made a folding poem? It's fun to read when its all done. You will need at least three people for the most fun.

First, decide on a title for your poem and a theme. (trees, mountains, stars, fruit, desserts, Christmas, pajamas, camping, swimming, horses, dogs, baseball etc.)

Next, the first person writes the first line of the poem. The second person writes a response – the second line of the poem. Then the second person folds the poem so the first two lines are hidden. Then he writes the third line of the poem and gives it to the third person. The third person will only be able to see the last line written. He or she writes a response which is line four of the poem. Then he folds the poem so all the lines are hidden, and writes the fifth line.

This continues until all the people in your group have written two lines. Each one folds after they write their first line. Except for the first person. When all the people have written, it goes back to the first person who writes the final line.

Folding Poem

This is how it works for a group of five people:

Copy this page!

First person writes a line, second person responds, folds poem.
Second person writes a line, third person responds, folds poem.
Third person writes a line, fourth person responds, folds poem.
Fourth person writes a line, fifth person responds, folds poem.
Fifth person writes a line, first person responds. Poem is done.

Title: _____

Theme: _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

1. _____

Go Play Outside

Just like visual arts, the beauty of God's creation can inspire you. It can also teach you. Visit a scenic place that can help you clear thoughts out of your head so you can hear God's thoughts through His creation. Bring your Bible and read God's Words while looking at His beauty. Listen for the sounds of nature. *Be sure to have your Mentor or parent's permission.*

Inspiring Ideas from Nature for Literary Arts

- Visit a babbling brook or river
- Waterfalls
- Birds
- Listen to the rain or thunder
- Sit and watch any of God's beautiful art creation and see what you can learn from it just by watching
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to a library and read books other literary artists have made, like classical stories. Or find a subject you really like and study about it. Visit a creation museum and think about what happened when God spoke.

Write about your trip here:

Date: _____ Place: _____

Session 5

Audio Arts Study

Playing a musical instrument, singing, making sound patterns, household item sounds, rain sticks, listening to and recording sound-nature, wind, rain, fire, water, birds, animals and other sounds, light patterns



Color: Dark Blue / Grace Gift: Exhortation

Audio arts is about sound. Something you can hear. In the book of Psalms in the Bible it says to sing and shout for joy to the Lord. (Psalms 5:11; 32:11; 35:27; 47:1; 132:9; 150). Music, songs, shouts, claps—any way to make joyful noise to the Lord is audio arts. Audio art shows you have a joyful and grateful heart to the Lord, that you feel His love and are answering that love. It's not enough to feel this joy and love for the Lord, you need to say it, or even shout it!

In John 2, when Jesus turned the water into wine, the ruler of the feast tasted the wine and called the bridegroom over to tell him how good it was. When we taste and see how good the Lord is, we must call out to Him and tell Him. You just can't hold it in! Sometimes the shouts and sounds from God's people defeated their enemy! Like at Jericho in Joshua 6.

When God created the earth, He spoke, and the sound of His voice went out into the atmosphere and created whatever He said. All of creation did what God said. He made the day and night. He made the sky. He made the land and waters. He made all the plants and trees for food. He made the sun and moon and stars. He made all the animals, birds and fish. Everything responded to the sound of His voice, and still does. We will respond too and will be listening, not just for His voice but His beat and rhythm and the beat and rhythm of all creation. God has many languages. Some are words but there are all kinds of different sounds! All of creation has a sound. Let's listen for this sound and the sound of God's Spirit and respond to that. Repeat what we hear from the invisible world of God and bring it into this world.

Audio Arts Project

All of creation responded to the sound of His voice and came into being. Listen for His sound and respond!

You will be making a heart **praise shaker** and then using it in a praise song!

“...For the mouth speaks out of that which fills the heart.” Matthew 12:34

Your heart praise shaker will be filled with things that will make a sound of worship to the Lord, just like words of praise come from the heart. Follow your Mentor’s instructions.

You will need:

- ✓ ½ coconut shell or small plastic container
- ✓ 20 x 20 bandana or piece of cloth
- ✓ Rubber bands and ribbon or string
- ✓ Objects to go inside your “shaker”
- ✓ Optional permanent marker

First, take a half of a coconut shell, or a small plastic container. If you want to, use the marker to write words of praise, or deep secrets of your heart that you want to tell God, on the inside of the container.

Next, put objects inside your container that will make a sound when you cover the opening with the cloth and shake it. It doesn’t matter what the things look like because no one will see them, you will only *hear* them. Not everything has to be a “noisy” sound. Try some things that make a soft sound too.

Once you’ve finished picking your objects, cover the coconut shell with the cloth and tie it shut with a rubber band. Then tie a string or ribbon over the rubber band to hold it in place.

Shake your praise shaker to the beat of a song or make your own rhythm.

Tape a picture of your project here:

Go Play Outside

Be very quiet and listen to the sounds of nature. Listen to its song – its voice. Listen how creation praises the Lord and listen for a message for you. Most of these are the same as literary arts, but you can hear something new each time you listen. You might also look for natural lights. *Be sure to have your Mentor or parent's permission.*

Inspiring Ideas from Nature for Audio Arts

- Visit a babbling brook or river
- Waterfalls
- Sea shells
- Birds and animals
- Listen to the rain or thunder
- Bonfire – sounds and light
- Natural lights – stars, lightning, fire-flies
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to a concert or opera.

Write about your trip here:

Date: _____ Place: _____

Session 6

Culinary Arts Study

cooking, food art, gardening, nutrition studies, fragrances-(smells)



Color: Green / Grace Gift: Giving

Culinary art has to do with food. What we like to eat or drink is called our appetite. Our appetites tell a lot about us. Our food choices show what kind of choices we might make in other areas besides food. When God made the earth, He made a garden full of plants and trees for Adam and Eve to eat from. He told them that they could eat from any tree of the garden. (Genesis 2:16). Only one tree they couldn't eat from. It's important that you eat what God says is good, knowing He loves you and wants the best for you. You need to be able to tell the difference between what's good and what's bad. That's what discern means. As a culinary artist, you don't just want to make food that tastes good, but food that really *is* good—Food that is good and healthy for your body. Some food tastes good but is not healthy for your body.

The same thing with fragrances or smells. Artificial fragrances are not good for you! Essential oils from plants and flowers smell so good and really are good for you. Know when to say yes and when to say no!

This is a worship art project not just because you are eating healthy food for your body which is the temple of the Lord, but you are sharing a time together with the other members of your group or family. Good food, fragrance and friendship make a worship art atmosphere. Keep all criticisms and "unhealthy" talk out of the room. Make what comes out of your mouth just as healthy as what goes into your mouth! A culinary artist not only cares about the health of the physical body, but the body of Christ as well.

“...From any tree of the garden you may eat freely;” Genesis 2:16

Which fruits and vegetables have you tried?

Strawberries	Watermelon	Carrots	Broccoli
Bananas	Cantaloupe	Celery	Corn
Apples	Grapefruit	Radishes	Cauliflower
Nectarines	Lemon	Zucchini	Kale
Blueberries	Lime	Lettuce	Artichoke
Peaches	Cherries	Spinach	Onion
Pears	Apricots	Squash	Brussels Sprouts
Oranges	Pineapple	Green Beans	Cabbage
Plums	Grapes	Tomatoes	Peppers
Avocado	Papaya	Potatoes	Turnips
Kiwi	Cucumbers		

Tape a picture of your sweet tray and honey bone project here:

Culinary Arts Project

When God put man in the Garden, He told them they could freely eat of every tree – except one. God always gives us way more than we need!

The Sweet Tray

Today you will try several different “sweet” tastes that are much healthier for you than refined sugar. God is not against us having enjoyable food! He put a huge variety of food here in the earth, but we need to choose our food wisely. Arrange your snacks on your plate in a way that looks artistic. As you taste the different kinds of sweets, speak pleasant words with one another also.

Honey Bones

Proverbs 16:24: Pleasant words are a honeycomb, Sweet to the soul and healing to the bones.

Not only is it important what we put *into* our mouth, but what comes *out of* our mouth is important too! This Scripture says that pleasant words are, like honey, sweet to the soul and healing to the bones. Your project today will remind you of the healing power of pleasant words. You will need:

- ✓ a strip of bone-colored ribbon 1 ½” wide by 10” long
- ✓ a pen with gold-colored ink
- ✓ Mod Podge

Take your strip of ribbon and write on it with the gold ink. If you don’t have gold ink, that’s o.k. however it’s better if it doesn’t bleed through the ribbon too much so try and choose a light color. What do you write? Write words which **God says about you from the Bible**, or **pleasant words from each other in your group** by writing on each other’s ribbons or write **pleasant words that you want to speak more of yourself**.

When finished writing, tie a knot in each end of the ribbon. **Leave only ½” between the two knots**. Have your Mentor help you with this if you need it.

Trim the edges and paint with Mod Podge.

Let dry.

Some Scriptures where you can find “pleasant” things God says about you:

Ephesians 1:3, Ephesians 1:4, Ephesians 1:7, John 15:14, Colossians 1:13, Colossians 3:3, 1 Peter 2:24, 1 Thessalonians 5:5, 1 Peter 2:5, 1 Peter 2:9, 1 Corinthians 6:19, 2 Corinthians 5:17, 2 Corinthians 5:21, Galatians 3:29, Galatians 3:26, or use your own favorite Scriptures!

Go Play Outside

Enjoy the many tastes and smells of the outdoors! *Be sure to have your Mentor or parent's permission. Don't eat anything outside unless an adult who has studied edible plants tells you it's okay.*

Inspiring Ideas from Nature for Culinary Arts

- Pick berries to eat
- Pick any kind of edible fruit or vegetables right off the vine
- Smell all kinds of different flowers
- Smell all kinds of different herbs like mint, thyme or rosemary
- Plant some seeds or seedlings
- Do any kind of gardening like watering or weeding
- Go fishing
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to a fine restaurant, garden or farm.

Write about your trip here:

Date: _____ Place: _____

Session 7

Sculpture Arts Study

making crafts or sculptures from clay, wood, stones, sticks, leather, metal, Paper Mache, making jewelry, sewing, knitting, fabric, clothing, scarves



Color: Orange / Grace Gift: Mercy

A sculpture is a three-dimensional work of art. That means that you can pick it up and hold it, (well if it's too big you can't pick it up) but it's an object that you can touch and feel. It may have a purpose. A vase may be a work of art, but it has a purpose to hold flowers. Salt and pepper shakers may be pieces of art that have a purpose of holding salt and pepper. Some art has a purpose of just being pretty to look at. Maybe it reminds a person of something. What we don't want to do with any kind of art is to make an idol. An idol is something that comes between you and God.

In Exodus 31:1-11 the Lord told Moses that He had filled Bezalel with the Spirit of God, so he knew how to make all kinds of art – metals, stones, wood, fabric etc. But, while God was telling Moses this on the Mount, His people got impatient waiting for Moses to come down from the Mount and they made a golden calf to worship. Anytime we worship anything other than God then that is an idol! But when we stay in the presence of God idols are destroyed! (1 Samuel 5:1-7).

On the sixth day God made man. He sculpted him from the ground. He breathed life into his nostrils. He put him in the Garden and made Eve to keep him company. God loved His creation. He loved man then and He still loves us today. Staying humble and remembering your purpose is an important part of worship art.

Sculpture Arts Project

God sculpted man from the earth and breathed the breath of life into him. Man was created in God's image to worship and be friends with God.

Blindfold Sculpting

"Then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being." Genesis 2:7

You will need:

- ✓ Clay

Listen to some worship music. Take some clay – paper clay, play dough, air dry clay, or whatever your Mentor has for you. Take a clump and close your eyes. Move it through your hands while worshipping the Lord. You might even want to get up and move around – dance, or pray while holding the clay. As you worship, form it into whatever you feel is right to do. Keep your eyes closed. Don't look at it while you're sculpting it but feel from within what to do with it. When finished, follow your Mentor's instructions for whatever type of clay you have so you can complete it by letting it dry properly. Don't worry if you think it doesn't look "good." What's important is that you made it while worshipping the Lord.

When it dries and is ready to be painted you could do the same thing you did today – turn on worship music and paint it, but maybe keep your eyes open :)

Take a picture and tape it here:

Go Play Outside

Explore outside and find all kinds of things you can use to make whatever you want. *Be sure to have your Mentor or parent's permission.*

Inspiring Ideas from Nature for Sculpture Arts

- Go to the beach and play in the sand and water
- Play in the snow and make snow or ice sculptures
- What can you make with pinecones?
- Evergreen leaves
- Rocks
- Vines
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to an art museum or look for sculpted art in a city.

Write about your trip here:

Date: _____ Place: _____

Session 8

Architectural Arts Study



building structures, tents, furniture, gardens, or making the plans for them, rearranging or organizing rooms, closets, drawers, paper folding and geometric designs

Color: Light Blue / Grace Gift: Leadership

Architectural art is planning and building things. It could be buildings or tents. It could be furniture or gardens. It could be making plans on paper for any of those things. It could also be organizing your room, closet or a drawer. It can also include structure techniques in smaller things too like paper folding or birdhouses. (Making gardens in architectural arts is more about setting up the outside of a yard so it looks good and you can use it easily for whatever you need to, not so much about growing healthy or smelly plants – that is culinary arts).

In 1 Chronicles 28:11-12 we read that David gave his son Solomon plans for the temple that he got from the Spirit of God. When you build a building, you change the way a piece of land looks. If you build furniture then you change the look of the room that furniture is going to go in. We need to see God's purpose and plan before we build and change anything.

The Bible tells us that Jesus is the only foundation to build a life on and that we need to be careful how we build on the foundation. We are a building for God to live in. The Spirit of God lives in us. We need His plans, His vision and to know His purpose for us so we can build our lives right! (1 Corinthians 3:9-16).

After God made everything He rested from His works. We also are to rest from our works and do His instead. Instead of making our own plans for our lives, let's follow His plans. Following God's will and plan for your life is an important part of creating worship art.

Architectural Arts Project

God created everything with unique purposes.

Sand Art

“Therefore everyone who hears these words of Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and *yet* it did not fall, for it had been founded on the rock. Everyone who hears these words of Mine and does not act on them, will be like a foolish man who built his house on the sand. The rain fell, and the floods came, and the winds blew and slammed against that house; and it fell – and great was its fall.” Matthew 7:24-27

You will need:

- ✓ A sand art kit or materials as described below

Do a sand art project! You really only need sand and maybe water, but there are sand art kits or colored sand you can buy if you prefer. Here are some ideas:

1. Mix different colors of sand into a clear vase.
2. Mix sand and rock into a clear vase as a reminder of the wise and foolish men. (Matthew 7:24-27).
3. Build sand structures with sand and water. These structures will only last during session time though.
4. Make a sand painted structure. To do this you build a structure from cardboard, coffee cans or whatever material you have. Place it onto a piece of cardboard or wood. Then mix sand with white glue and paint it on. You want it to be thin enough to use a brush but not too thin. You will need to put on several layers of sand paint, with dry time in between so it will not be done in one session. In a group practice you may have to be very careful if taking it home.

Listen to worship music and think about Jesus being the solid rock you build your life on, and His Word being a strong foundation. Ask the Lord to become the foundation of your life and show you how to build your life!

Tape a picture of your project here.

Go Play Outside

God's designs are amazing. Look at all of His creation and think about how awesome He is to have been able to make nature look and act how it does. *Be sure to have your Mentor or parent's permission.*

Inspiring Ideas from Nature for Architectural Arts

- Look at a tree and think about how it stands up
- Visit any natural structures like bee hives, beaver dams, or canyons
- Build a rock tower or go rock climbing
- Make an outdoor shelter with sticks, leaves and vine
- Build a sand castle, snow fort, or snowman
- Watch the animals, a sunset, or go camping

Inspiring Ideas from Inspired Artists

You might consider going to visit any man-made structures like bridges, towers or beautifully structured buildings.

Write about your trip here:

Date: _____ Place: _____

Congratulations!

You've finished the Follower level but your worship art journey doesn't end here! Keep exploring the creative gifts within you. Read about the next levels below.

Disciple Level

As a Disciple, you are continuing the worship art journey you started as a Follower. At the Disciple level, you will make art in all seven categories again. This will help you continue to explore what categories you like and what you may be gifted in. Remember that each category has a lot of different expressions. For example, the sculpture arts category has expressions of all kinds of crafts – wood, clay, leather, fabric, jewelry etc. So if you don't like one expression in a category you might like another.

As a Disciple, you will get to know the Bible better, and have more time to practice tuning in to God's voice!

Servant Level

The Servant is called a servant because Jesus teaches us that if you want to be great then you should become a servant. As you advance, you will become humbler and more filled with love for others. Your art not only honors God but unites His family. Jesus prayed we would share in the love He had with the Father. That love unites us all. (John 17:23, 26).

Servant Knight

A Servant Knight is a Servant who is committed to certain "knight-like" characteristics knowing his/her purpose of worshipping God.

Don't forget to check out the free art sessions, events, or level-end project!

Once again, congratulations on your completion of the Follower level! What was your favorite art project?

Free Art Time

What is a free art session? It's a worship art session where you choose your own category of art and project to make from whatever materials your Mentor has, or whatever your imagination comes up with! Your Mentor may have a Scripture or theme to use as a guide for your project. If you have an idea for one, let your Mentor know! If you don't remember all of the art categories and expressions, look at page 11.

Culinary Art Ideas for Free Art Time

Following are four simple culinary art ideas you could use for free art sessions. Check if anyone in your group has any food allergies before serving snacks.

Israel: Stuffed Dates

Your Mentor will help you, or have the filling prepared ahead of time. Grind the almonds first in a food processor if they are not already ground. Remove and place on wax paper. Place the pistachios in the food processor and process until coarsely ground. Add the honey and water, keep processing. Knead the mixture with the ground almonds. During session, you can stuff the dates and put almonds on top. Put them on a plate in a decorative way.

1 lb. dates, pitted ¾ cup pistachios, shelled, lightly roasted ¼-1/3 cup ground almonds 1-2 Tablespoons honey 2 teaspoons water

China: Chopsticks & Tea

White rice is quite common in China and you could make a variety of rice dishes. You could also have steamed broccoli, snow peas or water chestnuts to practice using chopsticks with. Soy sauce is sky-high in sodium, I would use coconut aminos instead. You might check out a *rolling donkey* recipe for a traditional Chinese snack. Have some tea and orange slices too.

Brazil: Acai Breakfast Bowl

Blend the acai, ½ banana, and milk together. Top with sliced bananas and granola. You could also serve with mango's, strawberry, kiwi, and honey.

3 ½ ounces (100 grams) acai frozen pulp (or berries) 1 banana splash soy or other milk granola

Germany: Soft Pretzels

For a true German pretzel, follow a German soft pretzel recipe, or buy pre-made ones. Have a few samples of mustard to try with them.

Free Art Time

Scripture: Trees of the Garden

Before creating your art, read a Scripture to use as a theme for your art project. You or your Mentor may choose one, or use Genesis 2:16:

✓ **“From any tree of the garden you may eat freely;”**

Read the Scripture to yourself slowly.

Read it again, and circle the words the Holy Spirit seems to be showing you.

Say those words to yourself, and then quietly out loud.

What do you think the Holy Spirit is showing you?

Make your art project based on what the Holy Spirit is showing you.

Free Art Time

Ideas: Trees of the Garden

Here are some ideas based on today's Scripture:

Performing arts – make up a dance or a skit about growing trees, swaying trees or fruit.

Visual arts – paint or draw many trees in a garden with all different kinds of fruit.

Literary arts – write a story, poem or song about trees, gardens or fruit, or the trials of having too many rocks in the garden.

Audio arts – sing a song about any of the above, or make a musical sound with what you might find in a garden – natural items like acorns or pine cones, or garden tools.

Culinary arts – make a snack with all kinds of garden food – fruits and vegetables.

Sculpture arts – make sculptures of fruit, trees or garden animals. Or make a fruit basket.

Architectural arts – design a garden with fruit trees, plants, smelly flowers, benches to sit on, walkways etc. You can do this by drawing on paper, sculpting, or using blocks or other objects.

Describe your art project or tape a picture here:

Free Art Time

Scripture: Bought and Paid For

Before creating your art, read a Scripture to use as a theme for your art project. You or your Mentor may choose one, or use 1 Corinthians 6:20:

✓ **“For you have been bought with a price: therefore glorify God in your body.”**

Read the Scripture to yourself slowly.

Read it again, and circle the words the Holy Spirit seems to be showing you.

Say those words to yourself, and then quietly out loud.

What do you think the Holy Spirit is showing you?

Make your art project based on what the Holy Spirit is showing you.

Free Art Time

Ideas: Bought and Paid For

Here are some ideas based on today's Scripture:

Performing arts—make up a dance or a skit about a slave that gets free from an angry master.

Visual arts—paint or draw about a free slave, or the price God paid for us to be free from sin. The price was Jesus dying on the cross.

Literary arts—write a story, poem or song about either one of the above—a slave, becoming free or Jesus dying on the cross for us. Or write about paying a lot of money for something that you really want.

Audio arts—sing a song about one of the above, or make music using just your body—clapping your hands, whistling, snapping your fingers etc.

Culinary arts—buy a snack, with your own money, like God bought us with His own Son. Or have everyone in your group pitch in and help make a snack.

Sculpture arts—make a sculpture or craft about a freed slave or about Jesus dying on the cross or rising from the dead. How can you make something with a stone that reminds you of Jesus rising from the dead and the angels rolling away the stone from the grave?

Architectural arts—Make a cross that stands up on its own.

Describe your art project or tape a picture here:

Free Art Time

Scripture: Sweet Sleep

Before creating your art, read a Scripture to use as a theme for your art project. You or your Mentor may choose one, or use one of these:

- ✓ **“In peace I will both lie down and sleep, For You alone, O LORD, make me to dwell in safety.” Psalm 4:8.**
- ✓ **“When you lie down, you will not be afraid; When you lie down, your sleep will be sweet.” Proverbs 3:24.**
- ✓ **“I will bless the Lord who has counseled me; Indeed, my mind instructs me in the night.” Psalm 16:7.**
- ✓ **“The LORD will command His lovingkindness in the daytime; And His song will be with me in the night, A prayer to the God of my life.” Psalm 42:8.**

Read the Scripture to yourself slowly.

Read it again, and circle the words the Holy Spirit seems to be showing you.

Say those words to yourself, and then quietly out loud.

What do you think the Holy Spirit is showing you?

Make your art project based on what the Holy Spirit is showing you.

Free Art Time

Ideas: Sweet Sleep

Here are some ideas based on today's Scriptures:

Performing arts – make up a dance or a skit about sleeping, dreaming or waking up.

Visual arts – paint or draw about day or night, stars, the moon or someone sleeping or dreaming.

Literary arts – write a story, poem or song about either one of the above – sleeping, dreaming, waking up, sunshine or the moon and stars. Write about God talking to you during the night. Or write about daytime and nighttime animals.

Audio arts – sing a song about one of the above, or see if you can make music on an instrument of both sleepy music and waking up music. Can you make the sound of an alarm clock?

Culinary arts – make your favorite bedtime snack or breakfast.

Sculpture arts – make a pillow, a sleep t-shirt or mask.

Architectural arts – Design or make a small bed. Can you make it stand up on its own? Draw on paper your dream bedroom.

Describe your art project or tape a picture here:

Free Art Time

Scripture: Craving God

Before creating your art, read a Scripture to use as a theme for your art project. You or your Mentor may choose one, or use one of these:

- ✓ **“My soul longed and even yearned for the courts of the Lord; My heart and my flesh sing for joy to the living God.” Psalm 84:2.**

- ✓ **“Like a city that is broken into and without walls is a man who has no control over his spirit.” Proverbs 25:28.**

Read the Scripture to yourself slowly.

Read it again, and circle the words the Holy Spirit seems to be showing you.

Say those words to yourself, and then quietly out loud.

What do you think the Holy Spirit is showing you?

Make your art project based on what the Holy Spirit is showing you.

Free Art Time

Ideas: Craving God

Here are some ideas based on today's Scriptures:

Performing arts – make up a dance or a skit about leaving bad cravings and craving God instead – hugging the Bible, searching for God, praising Him etc.

Visual arts – paint or draw about someone singing for joy to the Lord. How would a joyful song look if you painted it?

Literary arts – write a story, poem or song about either one of the above, or about wanting God more than anything else in the world.

Audio arts – sing a joyful song or make a joyful tune on an instrument.

Culinary arts – make a happy snack. Can you make some food art smiley faces?

Sculpture arts – make a sculpture or craft of a joyful heart or a secret place you could go to be alone with the Lord.

Architectural arts – draw or build a strong city like someone who has control over his own spirit. Or build a broken-down city, like someone who doesn't have control over his own spirit. What could you do to make the gates and walls strong? What could you name them?

Describe your art project or tape a picture here:

Go Play Outside

Here is a summary of all seven categories for a Go Play Outside field trip. Read a Scripture to think about while enjoying God's art. At a park you might:

- **Performing Arts:** Lay on your back for a while and watch the movement of nature – trees, birds, animals, clouds, water, anything the wind blows etc. Then imitate those movements in your own dance. You could also pose as different still objects, such as pine cones, rocks or flowers. Your Mentor could take pictures or video tape!
- **Visual Arts:** Sit in a peaceful, comfortable place and draw a picture of any of the above objects while at the park.
- **Literary Arts:** While at the park, sit in a peaceful, comfortable place. Listen to the sounds of nature and read the Bible, or write about any of the above objects.
- **Culinary Arts:** Bring a picnic lunch to the park with as many garden foods as you can think of – fruits and vegetables.
- **Audio Arts:** Make music or sound with any of the objects you find in nature – sticks, rocks, or any of the objects listed above. Imitate the bird's songs.
- **Sculpture Arts:** Make all kinds of different sculptures using any of the objects listed above.
- **Architectural Arts:** Make any kind of structure with any of the objects listed above or anything you find in nature.

Tape pictures of your trip here:

Inspiring Ideas from Inspired Artists

It may be inspiring to see and experience what other artists have created, especially those who are God's people and have been inspired by the Spirit of God themselves.

- **Performing Arts:** Go to the theater – watch a performance like a play or dance.
- **Visual Arts:** Go to an art museum and look at pictures or photographs that other artists have made.
- **Literary Arts:** Go to a library and read books other literary artists have made, like classical stories. Or find a subject you really like and study about it. Visit a creation museum and think about what happened when God spoke.
- **Audio Arts:** Go to a concert or opera.
- **Culinary Arts:** Go to a fine restaurant, garden or farm.
- **Sculpture Arts:** Go to an art museum or look for sculpted art in a city.
- **Architectural Arts:** Visit any man-made structures like bridges, towers or beautifully structured buildings.

Tape pictures of your trip here:

Worship Arts Outside Event

An outside event could be any kind of event you can think of! It could be an event where you perform or display your art. You could also go on a prayer walk. It could be a “secret” prayer walk through your neighborhood, a mall, a park, or anywhere. On a secret prayer walk you walk around praying for people, maybe for God to open the heavens over that area and touch people with His love. No one knows what you are doing! (Except your Mentor who will help you with this). You could also volunteer at places like a soup kitchen to help poor people, a food pantry, or at your church. You could visit a nursing home. There are many opportunities. Ask the Lord to show you some ideas, His are always the best – they are life-giving.

An outside event will help you get used to doing things for other people in your community, and to hear from the Lord about how He wants you to touch people with His love. You will also learn to work as a team with your Mentor and group.

Date of Event:

Description of Event:

Location:

Contact Person:

Details of Event:

Worship Arts

Yearly Feast Event

The yearly feast is held in the fall around September or October. This is when the Bible says the Feast of the Tabernacles was held. This was a feast that God told His people to have every year. They did it to celebrate all the good things He gave them. You can get some ideas about what to do at a yearly feast by reading what God told the Israelites to do at the Feast of the Tabernacles. You can read about it in Deuteronomy 16 and Leviticus 23:33-44.

Some things you can do based on the Biblical feast are:

Pray and ask God what to do and where to have it.

Have it on a day when no one has to work.

Invite your family, friends, even the poor, fatherless and widows.

Have an offering or raise money for the poor.

Gather branches to use for worship and decoration.

Give an offering to the Lord.

Have good food to celebrate that God gives us good food.

Have a time of celebration – music/worship/dance.

You could have a worship art performance or art displays.

Have art booths where you make art projects.

Have communion to remember Jesus and what He did for us.

Have a time to share and talk about the good things God has done for you.

Have a “bell race.” In Zechariah 14:20 they put bells on the horses at the feast of the tabernacles. The bells had “Holy to the Lord” written on them. You can wear bells and have a race. This could be one way to raise money for the poor.

You don't have to do all the things listed here, but the more you do, the more fun it will be. Of course, you will need your Mentor's help to plan, invite people and buy all the things you need.

Sample Schedule of a Yearly Feast

Copy this page as needed

Date: _____ Theme: _____

Scripture: _____

Location: _____ Time: _____

Specify who is in charge of:

Decorations: _____

(Locally grown branches, plants, theme-related place settings, centerpieces, etc.)

Worship Art Displays: _____

(Displays some of your art projects on tables or booths)

Music: _____

(Whether live or recorded)

Opening: _____

(Sounding of the Shofar, prayer, etc.)

Art projects: _____

(Art materials available in various categories for all guests to create art)

Appetizers: _____

Bell Trot: _____

(Zechariah 14:20, a walk or "trot" with participants wearing bells inscribed Holy to the Lord)

Worship Art performance: _____

(For everyone to participate in you could have a drum circle or a Blue Ribbon Dance. Or have your group do a performance like a skit, dance, Alpha Round etc. The Alpha Round is briefly mentioned in the Guidebook, and described in detail in the Servant's Book)

Dinner: _____

Testimonials: _____

(Have "object" testimonials where people bring an object or art project to share, or open it to anyone who wants to give a testimony to God's goodness)

Communion: _____

Dessert: _____

Check out our website for ideas too! www.Bibleseed.org

Our Worship Arts Logo

Ho Hodos Worship Arts
art that worships. . . be the art



Gladly Following the Way!

The Cross: Represents Christianity and Jesus.

The Person: Inspired by Psalm 30:11-12 represents *gladness*, because the Lord turns our mourning into dancing!

Designed by Rose Murdock, July 27, 2011

What does Ho Hodos mean?

Ho Hodos means "The Way" in Greek. It means Jesus is The Way (John 14:6) and was also used to describe Christianity (Acts 9:2).

Level-End Project Idea

Create a wearable art project to remind you of your Follower level worship art practice. Make a beaded wristband where each bead represents an art project, field trip, or event you created or participated in. Each worship art category is assigned a color, so use that color of bead to represent your art project in that category. Then choose other beads to represent your session one project, field trips, and events.



Sample wristband using gemstone chips for the worship art projects and a variety of other beads – wooden, horn, and limestone.

Write down what each bead represents in your wristband:
