

STATION 1 — COMMUNAL WORSHIP

Psalm 34:1-3

PSALM 34:1-3

"I will bless the Lord at all times; his praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. Oh, magnify the Lord with me, and let us exalt his name together!"

EXPLANATION

Corporate worship is near to the heart of God and His people. In Revelation 7:9-10, the apostle John records a vision of all nations, tribes, people, and languages standing before the throne of the Lamb and worshiping in a loud communal voice, saying, "Salvation belongs to our God who sits on the throne, and to the Lamb!"

Together, we are going to write a hymn of praise and worship to the Lord.

DIRECTIONS

1. Read Psalm 100 and take time to sit and reflect on how truly amazing God is.
2. Using your own words, write one or two sentences exalting God at the top of the piece of paper provided.
3. Once you have written your sentence(s), fold the paper over so it is hidden from the next person.

FOR THE LEADER — SUPPLIES NEEDED

- Psalm 100 handout
- Blank sheets of paper
- Pens

STATION 2 — ABIDING IN JESUS

Psalm 34:4–7

PSALM 34:4–7

“I sought the Lord, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed. This poor man cried, and the Lord heard him and saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and delivers them.”

EXPLANATION

Notice in the psalm how the Lord responds to His people. Likewise, in John 15, Jesus speaks to the uniqueness of those in a relationship with Him, stating that His disciples will abide in Him. The word “abide” is the Greek word for “remain” or “stay.” To abide in Christ means always resting in Him, drawing from Him, and maintaining unbroken fellowship with Him.

This connection brings peace, joy, love, answers to prayer, and fruitfulness in service. The abiding life is the abundant life!

DIRECTIONS

1. Read John 15:4–5.
2. Examine both bowls of grapes and compare the difference between the fresh grapes still connected to the vine and the rotten grapes that have been disconnected. Take a fresh grape and taste its sweetness.
3. Reflect on your life and the fruit produced when you stay connected to Jesus versus when you disconnect and try to live on your own. Repent of any idols that have pulled you away from abiding with Jesus.

FOR THE LEADER — SUPPLIES NEEDED

- John 15:4–5 handout
- Fresh grapes (on the vine)
- Rotten or dried grapes (off the vine)

STATION 3 — TASTE AND SEE

Psalm 34:8–10

PSALM 34:8–10

“Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him! Oh, fear the Lord, you his saints, for those who fear him have no lack! The young lions suffer want and hunger; but those who seek the Lord lack no good thing.”

EXPLANATION

You are invited to taste and see that the Lord is good. In Him, there is no lack. He provides for every spiritual hunger as you trust Him for your daily needs. When you seek the Lord above everything else, every need you have will be provided for because of His goodness. As believers, we truly have a testimony worth sharing with others!

DIRECTIONS

1. Take a roll and read Matthew 6:25–34.
2. Eat the bread as a symbolic gesture of “tasting” the goodness of God. While you eat, thank Him for providing for your daily needs.
3. After eating the bread, bring your needs to the Lord. Remember, He hears your cries and will provide for your daily needs.

FOR THE LEADER — SUPPLIES NEEDED

- Matthew 6:25–34 handout
- Rolls or bread
- Napkins

STATION 4 — DISCIPLESHIP

Psalm 34:11–14

PSALM 34:11–14

“Come, O children, listen to me; I will teach you the fear of the Lord. What man is there who desires life and loves many days, that he may see good? Keep your tongue from evil and your lips from speaking deceit. Turn away from evil and do good; seek peace and pursue it.”

EXPLANATION

The psalmist begins this section with an invitation to teach others the way of the Lord. In Matthew 28:19–20, Jesus commanded His disciples to “make disciples of all nations, baptizing them in the name of the Father, Son, and Holy Spirit” and to “teach them all that he has commanded.” Throughout Scripture, the echo of discipleship is emphasized as the church grows, and to this day, it is how God chooses to expand His kingdom and bring sinners into a relationship with Him.

DIRECTIONS

1. Take time to thank God for those who have impacted your faith journey.
2. Pray for the people in your life that you are mentoring or discipling. If there is no one you are currently ministering to in this way, pray for God to open doors to share the gospel and teach others what it means to follow Jesus.
3. Optional: Write a thank-you card to someone who has impacted your spiritual life for the better. During the week, find a way to send it to them.

FOR THE LEADER — SUPPLIES NEEDED

- Envelopes
- Cards or notecards
- Pens

STATION 5 — TRUST IN THE LORD

Psalm 34:15–18

PSALM 34:15–18

“The eyes of the Lord are toward the righteous and his ears toward their cry. The face of the Lord is against those who do evil, to cut off the memory of them from the earth. When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves the crushed in spirit.”

EXPLANATION

We all face troubles in this world, but the Bible is clear — the Lord is near to those who struggle, and He hears your cries for help and delivers you. John 14:27 says, “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” You do not have to handle difficulty on your own. The Lord is faithful and wants you to trust Him with all your heart.

DIRECTIONS

1. Take a piece of paper and a pen and write down all the fears, worries, and anxious thoughts that fill your mind.
2. When you finish, place that paper at the foot of the cross.
3. Read Philippians 4:6–8.
4. Take time to pray and leave those things that overwhelm you at the feet of Jesus. He cares for you and can be trusted completely.

FOR THE LEADER — SUPPLIES NEEDED

- Cross (physical prop)
- Philippians 4:6–8 handout
- Index cards or paper
- Pens

STATION 6 — THE WORLDWIDE CHURCH

Psalm 34:19–22

PSALM 34:19–22

“Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. Affliction will slay the wicked, and those who hate the righteous will be condemned. The Lord redeems the life of his servants; none of those who take refuge in him will be condemned.”

EXPLANATION

All over the world, our brothers and sisters in Christ are experiencing various forms of affliction. No Christian is exempt from hardship, persecution, or trials. However, followers of Jesus are promised to be sustained and delivered from their sufferings by our mighty and faithful God.

DIRECTIONS

1. Take the “Pray for the Persecuted Church” handout and use it as a guide as you pray for specific places on the world map.
2. Place a sticky note on the location(s) you pray over.
3. Pray also for your brothers and sisters in Christ who are suffering various afflictions in your home and community.

FOR THE LEADER — SUPPLIES NEEDED

- World map
- Sticky notes
- “Pray for the Persecuted Church” handout
- Pens