

# Totally Extreme

## LESSON 1 - Extreme Worship

### Main Point:

David worshiped God with extreme passion, but Jesus gave up His life in the ultimate act of worship.

### Today's Message:

Extreme and passionate worship is one of the things that David was famous for. And it came straight from his heart. While bringing back the Ark of the Covenant, he danced and sacrificed without abandon. In the New Testament, the people put on a similar display when Jesus rode into Jerusalem during His final week. Nothing could top the passion Jesus had when He laid His life down for us on the cross.

### Scripture:

2 Samuel 6:12-22; Luke 19:28-41

### Series Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel. 2 Timothy 2:8



### Provided Videos:

- **Countdown Video**
- **Game Video:**  
What's That Fruit?
- **Worship Videos:**  
Praise You Anywhere  
Good Good Father  
Runnin'
- **Bible Lesson Video:**  
Extreme Worship

### Suggested Order of Service:

1. Icebreaker Activity - 5 Min.
2. Game Video - 3 Min.
3. Worship - 12 Min.
4. Lesson Set-Up - 10 Min.
5. Bible Story Video - 2 Min.
6. Message - 15 Min.
7. Memory Verse Activity - 10 Min.
8. Discussion Time - 20 Min.
9. What We Learned Today (Take-Home Page)
10. Additional Activity Resources Provided in Download Folder



# MID-WEEK PREP



## Supplies to Gather:

- Balloons (Icebreaker)
- String (Icebreaker)
- Fast, Upbeat Worship Music (Large Group Game)
- Headphones or Air pods (Object Lesson)
- A Chalkboard, Dry Erase Board, or Bulletin Board (Large Group Memory Verse)
- 3x5 Index Cards (Small Group Memory Verse)



## Parent/Volunteer Email:

Hello!

Both David and Jesus displayed extreme emotions. This week, we'll learn about their extreme passion. It wasn't just an emotion; it was who they were. Have you ever read the story about when David danced in his underwear? That's this week's lesson! The picture and the point are that he didn't care what others thought. He was just so caught up in his worship of God when the Ark of the Covenant was being carried home. See 1 Samuel 6:12-22 for the details.

Jesus was extremely passionate throughout His ministry. We see it in the way He treated people. His heart was always for the weak and lost. He modeled how to fully worship God and be at peace with His will. He exhibited full passion when He died on the cross for you and me. We'll touch on the Triumphal Entry when the crowds showed some of the same passion for worshiping the Savior as David had. You can find that in Luke 19:28-41. Let's encourage our kids to show deep passion in how we love God this week.

See you Sunday!



## Social Media Post:

Dancing and worshiping – that's what our weekend is all about! Join us to learn about how both David and Jesus showed extreme passion.

# ICEBREAKER ACTIVITY

## EXTREME BALLOON POP



### Items Needed:

Balloons and string



### Instructions:

Beforehand, blow up one balloon for each student. Tie the end to a two-foot piece of string. Give each student a balloon. Have them tie the loose end onto their ankle. The balloon should be attached to them by the string. When you say, "Go" they should run around trying to pop balloons by stomping on them. The goal is to keep your balloon from getting popped.

Say, "Today's game is Extreme Balloon Pop. You guessed it right. You're going to try to pop balloons, but it won't be that easy. Everyone will tie a balloon to their ankle. When I say, 'Go' you must run around and try to pop balloons by stepping on them, but also try not to allow yours to be popped. The last person with an inflated balloon is the winner."

Divide students up into two teams. Have them line up in their groups, facing each other, but on opposite sides of the room. At your command, the first person from each group will begin hopping towards the center of the room. When the two meet, they will do rock, paper, scissors. The person who loses goes to the end of their line, and the person who wins keeps hopping towards the other team. The next person in the loser line starts hopping. Continue playing. As two people meet, someone loses and goes to the end of their line, and the winner keeps moving forward. The winning team is the one that makes it all the way to the beginning of the other team's line. Optional: Use carpet dots or hula hoops for kids to hop in as they make their way to each other.

Say, "Today we are going to play Extreme Rock, Paper, Scissors. Let's practice doing Rock, Paper, Scissors. Rock beats Scissors, Paper beats Rock, and Scissors beat Paper. The extreme version means we are going to face off with two teams. You will hop towards each other. As you meet up, you play. The loser goes to the end of their line. The winner keeps moving forward."



### Game Video:

What's That Fruit?



### Worship Videos:

Praise You Anywhere

Good Good Father

Worship Video: Runnin'

# LESSON SETUP

Use one or both of these activities to prepare your students for the lesson.

## Option 1: Group Game

### Extreme Dance Off

#### Items Needed:

Fast, upbeat worship music

#### Instructions:

Say, “Are you ready to get extreme? We’re going to learn that David was extremely passionate. One time he displayed this by dancing. He wasn’t just dancing for fun. He had a purpose. He was giving his best moves in an effort to worship God. He got pretty crazy. I want to see your moves today. I will choose three groups of students who are ready to give it all they’ve got.”

Choose individuals or small groups who want to dance together up on stage. Play the worship music and give each competitor 30 seconds to dance. Repeat with a new song, giving them all another chance to show off their moves. After this round, thank everyone for being brave, and choose a winner.

#### Variations:

Instead of having a leader choose the winner, add more into the competition, by having a few of the other leaders be judges and give them feedback (like on America’s Got Talent). Keep it positive!

#### What’s the Point?

Say, “There are many ways to worship God. We can quietly pray. We can sing. We can even dance and get crazy! David’s heart was after God’s so much that he couldn’t be still. His dancing was all about praising God for His goodness.”

# LESSON SETUP

## Option 2: Object Lesson

### Headphones

Show students the headphones.

Do you have some headphones? They are great for listening to music. You can have your own private concert because the sound is going into your ears only. No one else can hear the sound. You can listen to all kinds of music. What's your favorite kind of music to listen to? Christian music is a good choice because it can help us praise God.

There are all styles of worship music. Some like we sing at church, some slow, some fast, some that your grandparents used to listen to and even Christian rap music. They may all have different beats, but they all point us to Jesus.

Music is just one way to worship. There are many ways. Some people like to be still and pray quietly when they worship. Some people like to write out things to God to worship Him. Some like to take walks and remember His creation. Some like to listen to music and move to it. Even dancing can be a kind of worship!

However we choose to worship, we can choose to do it passionately because God deserves our praise.



### Bible Story Video:

Extreme Worship

# MESSAGE:

## EXTREME WORSHIP

### Main Point:

David worshiped God with extreme passion, but Jesus gave up His life in the ultimate act of worship.

### Scripture:

2 Samuel 6:12-22; Luke 19:28-41

#### ▶ Introduction

Have you ever been so happy and full of joy, so excited that you just couldn't contain yourself? Think of something amazing that happened to you. Maybe it was opening a special Christmas gift that you never thought you would get. Maybe it was seeing a friend or family member after a really long time since you've been with them.

In these joyous moments, we can almost lose control of ourselves. We might be so overwhelmed that we act in a way we might not normally. We might cry tears of joy. We might scream with enthusiasm. We might behave wildly jumping up and down. In these moments we are full of passion. Other people might see us and think we have lost our minds because they don't understand what is so great.

#### ▶ Transition

We might call this extreme passion. And it's something that happened to both David and Jesus in the Bible. We're going to read about it today and learn that we can be extremely passionate when we worship God. He is worthy of it!

David wore his emotions on his sleeve. That means you could always tell how he was feeling. Today's Bible story is no exception. The Ark of the Covenant, which was a very holy emblem for God's people, had been captured during battle. David was part of the team getting this most sacred chest back to his hometown. The occasion was a great triumph.

#### ▶ I Samuel 6:13-15

*When those who were carrying the ark of the LORD had taken six steps, he sacrificed a bull and a fattened calf. Wearing a linen ephod, David was dancing before the LORD with all his might, while he and all Israel were bringing up the ark of the LORD with shouts and the sound of trumpets.*

David was leading the celebration as they walked the Ark back to Jerusalem. They had barely moved, and David felt motivated to offer a sacrifice to God. This was a way the people worshiped. Then there was the dancing. Did you catch that David danced with all his might? This was no swaying back and forth. He was giving it his best moves!

# MESSAGE:

The people were shouting. There were instruments playing. Can you picture and hear the scenario? It was a big party, all in honor of God. Meanwhile, David's wife, Michal, was watching this play out, and she thought David was being too extreme.

## ► Luke 19:39-40

*Some of the Pharisees in the crowd said to Jesus, “Teacher, rebuke your disciples!” “I tell you,” he replied, “if they keep quiet, the stones will cry out.”*

Those who were against Jesus were a lot like Michal. They were embarrassed and angry that the crowds were behaving in such a manner. But Jesus set them straight. He said to let the people worship. That passion coming from their hearts could not be helped. All of creation knows that Jesus is Lord. Even the rocks!

## ► Conclusion:

David was passionate. He showed His worship through dancing and celebrating. He sacrificed as a way of making God the Lord of his life. When Jesus came, the people behaved in a similar manner. Jesus encouraged it. A passion like this only comes from the heart. As we have said before, David was a man after God's own heart. Those big feelings he felt made their way out in a way for everyone to see.

Not many days after the people celebrated Jesus' arrival into the city, He was wrongly accused, arrested, and sentenced to die a terrible death on the cross. This is a scene that is hard for us to imagine because it's sad and awful. But it was at this point that Jesus gave it His all. He gave up Himself to God...for us. Jesus' extreme passion allows us to have a relationship with God. That's worth stirring up some extreme passion in ourselves and making it a priority to worship God without abandon.

## Simple Prayer:

Dear God,

Thank You for making a way for us to be in relationship with You. We love You so much.

In Jesus Name,

Amen

# MEMORY VERSE ACTIVITY

***Remember Jesus Christ, raised from the dead, descended from David. This is my gospel. 2 Timothy 2:8***

## **Say It Like This**

Display the memory verse on a screen, chalkboard, or dry erase board. Practice saying it together until everyone is familiar with it. Then lead the students in saying the verse in these different styles...

-Cowboy    -Mouse    -Robot    -Giant    -Toddler    -Superhero    -Surfer

# LET'S TALK ABOUT IT

## Discussion Guide for K-2nd Grades

### Talk & Play:

See the Talk & Play Guide to prepare for a great time of conversation with your kids.

### Discussion Questions:

What's a worship song that makes you want to move?

Why was David dancing?

Did David care who was watching him or what they thought?

What was the ultimate thing Jesus did to show extreme passion?

What do you think the people were doing when they saw Jesus ride into Jerusalem?

Is it easy or hard for you to worship God?

How can you show God that you are extremely passionate about Him this week?

### Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.

2 Timothy 2:8

### Memory Verse Activity: Puzzle

Give each student a small blank puzzle, and let them write the memory verse on their puzzle, take it apart, and put it back together. If you don't want to buy blank puzzles, they can write the verse on a sheet of paper, cut it apart, and reassemble the pieces to say the verse.

### Simple Prayer:

Dear God,

Thank You for making a way for us to be in relationship with You. We love You so much.

In Jesus Name,

Amen

# LET'S TALK ABOUT IT

## Discussion Guide for 3rd – 5th Grades

### Talk & Play:

See the Talk & Play Guide to prepare for a great time of conversation with your kids.

### Discussion Questions:

What's a worship song that makes you want to move?

How did David demonstrate extreme passion?

What are some of the things you think the people watching Jesus ride into Jerusalem were doing?

Do you feel like you can worship Jesus passionately when there are people around?

What is something that makes you feel passionate about God?

What are some ways you and your family worship God?

How does it make you feel understanding Jesus' passion and that He died on the cross for you?

How can you worship God with extreme passion this week?

### Memory Verse:

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.  
2 Timothy 2:8

### Memory Verse Activity: Puzzle

Give each student a small blank puzzle, and let them write the memory verse on their puzzle, take it apart, and put it back together. If you don't want to buy blank puzzles, they can write the verse on a sheet of paper, cut it apart, and reassemble the pieces to say the verse.

### Simple Prayer:

Dear God,

Thank You for making a way for us to be in relationship with You. We love You so much.

In Jesus Name,

Amen

# WHAT WE LEARNED TODAY

## Message:

Extreme passion is what David was full of, and it came straight from his heart. While bringing back the Ark of the Covenant, he danced and sacrificed without abandon. In the New Testament, the people put on a similar display when Jesus rode into Jerusalem during His final week. Nothing could top the passion Jesus had when He laid His life down for us on the cross.

## Scripture:

2 Samuel 6:12-22; Luke 19:28-41

## In the Car:

Ask your child about their experiences at church:

“What was the Bible story about?”

“What did you learn from the story?”

“What activities did you do?”

“Did you share something during the discussion time?”

## Hanging out:

Make the lesson real:

Notice your child doing something with great passion – it could be playing a sport, singing, or even trying to make a point. Remind them that it's good to have passion. It helps us not only feel, but act on things. The most important passion we can have is to love God.

## At Dinner:

Here are some great discussion starters:

- How did David show extreme passion?
- How did Jesus show extreme passion?
- What are some ways we can worship God without caring what others think?

## At Bedtime: Ask your child if they can say this month's memory verse.

Remember Jesus Christ, raised from the dead, descended from David. This is my gospel.  
2 Timothy 2:8

## Parent Time:

We are all passionate about something. It could be a sports team or a just cause.

Passion wells up in our hearts and makes us overcome enough to do something. It sets our feelings into action. Let's remember to demonstrate passion when it comes to Jesus. He has done so much for us – He gave His life so we could live eternally with Him! Let us not be ashamed to worship Him and be passionate about sharing His truth with others.