

Let us Bow Down Before God!

Loving God Through Worship

UNIT
2
Lesson
One



Prayer Starter

In the name of the Father, the Son, and the Holy Spirit...

Dear Lord, we come to church to show our love for you and all that you have done for us. Give us happy hearts as we come before your altar and share in life-giving Holy Communion. Clothe us with the armor of God so that we may always fight the good fight. Amen.

Daily Bread



One of the first things we learn in Sunday School is how to cross ourselves. It is the way we begin and end prayers. In church, we cross ourselves

- when we enter and take our seat in the pew
- when the priest turns to bless us with the sign of the cross
- before and after receiving Holy Communion
- before and after kissing the Gospel

During church, we smell the incense, we see the altar, flowers, candles, pictures, we hear the voices of the choir (and our own) singing. By doing this, we use all of our senses to help us participate in the Divine Liturgy.

We also use our body and hands. What gestures and movements do we make?

Divine Liturgy Soorp Badarak Մուրբ Պատարագ

We _____

We _____

We _____

We _____

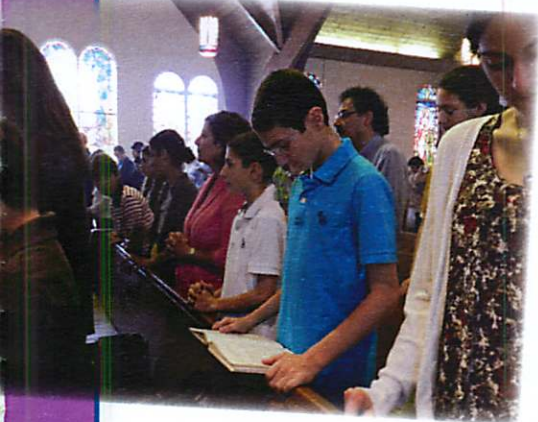
We _____

We _____

We _____

We _____

We _____



SCRIPTURE SOURCE

"Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."

Philippians 2:9-11

In this letter to the people of Philippi, a city in Greece, St. Paul tells us that because Jesus is Lord, whose name is greater than all others, bowing is a natural response. Kneeling and bowing in church are ways of expressing our humility before the greatness of God.



Did you know...!?

Some of the gestures of our *Badarak* come from interesting sources. For example, the processions down the aisles are said to have come from processions of the royal courts hundreds of years ago.

BIBLE BYTES

The Bible gives us many different postures of prayer. Miriam sings and dances her prayer (Exodus 15:20); we see examples of people shouting, falling to the ground, bowing heads, standing with arms and hands raised, and...kneeling. Jesus knelt in the Garden of Gethsemane as he prayed to his Father in great agony. Kneeling is a symbol of a person who is dependent, feeling at the mercy of God and aware of his own smallness in God's presence.

In the Armenian Tradition

Until very recently, Armenians worshipped in church with no pews! If you visit Armenia today or even the Armenian Quarter in Jerusalem, you will see that the ancient churches did not have seats. The accepted posture for church worship was standing. People bowed, held their hands out in prayer, knelt, crossed themselves but everyone was *standing* together.

Traditionally, the altar was located at the eastern end of the building, so worshippers would be facing east as they prayed. This is because Jesus himself was called the “light” and the greatest light, the sun, rises in the East. Scripture also tells us that he will come again in the East and so we look to the Second Coming.



Well Versed

“Come, let us bow down in worship, let us kneel before the Lord our Maker.”

Psalm 95:6



Describe the jobs of the following members of a church.

Priest _____

Deacon _____

Parish Council member _____

Sunday School Teacher _____

Family Focus

Today we discussed the way we participate in the *Badarak* with *all* our senses. We attended church and actually recorded the many gestures we observed – all of them signs of how we express our awe and love of God and our bond with our fellow worshippers.

Living Your Faith

1. Review how to make the sign of the cross with your child and let him or her know that there are other times that we can use the sign of the cross outside of church, such as when we pray. Many people will cross themselves when they pass a church or an ambulance passes by as a way of saying a quick and silent prayer.
2. Ask to see your child's worksheet from church today. Attend together one Sunday and make notes together on what you see, hear, smell, and do while worshipping. Discuss.