



WORSHIP

REMEMBER | WONDER | ADORE

FOCUS ON GOD

EXPLORE, EMBODY, AND EXPRESS WORSHIP

by Marlita Hill

In this spiritual exercise, we take time to explore, embody, and express worship using our bodies. We'll be looking at the phrases of the song, Santo, Holy.

Download the lead sheet at imaginingworshipwithkids.com, or listen on YouTube:



Lead Sheet



YouTube

This can be practiced over a period of five days (one phrase each day), or in one long session.

Start Here!

Look at each phrase individually, exploring it by asking questions and wondering together, and embodying it by creating movements that represent the phrase and/or how it makes you feel. Suggested discussion questions and movements are listed below for each phrase.

Once you've gone through all five phrases, express your worship by playing the song and using one of the following ideas (or your own!) to put it all together:

Express

- You can use some of the children's ideas and put them together in a dance, presentation, or experience, matching the movements they created with the words of the song.
- You can choose one of the student's movements and have them teach it to everyone else.
- You can create a movement embodying the concept and teach it to the students
- You can co-create. You create something, and let them shape and/or edit it. Then you can ask the students, "Does this look like I'm caring for something special? What can I change or add to make it look like I am?"

1. Holy, Holy, Holy

Explore

- If you have two toys and they are different from one another, how can you tell? What kinds of things make them different?
- Do you have a favorite toy that's different from all your other toys? What makes it so special?
- Do you treat or play with your special/favorite toy differently than your other toys? How do you treat or play with it differently?

Embody

- Pretend you're two different toys—one soft and squishy, one hard and noisy. How would each one move?
- What's your favorite thing about your toy? Show a movement that tells why it's special.
- Act out how you'd care for something really special. What kind of careful or joyful moves would you use?

Sample Movements

- Stiff, choppy movements with stops and starts (robotic or blocky)
- Gentle hugs or laying something down with care.
- Light skipping or bouncing.
- Smiling while they move, twirling or clapping softly in delight.

2. Holy is the Lord

Explore

- How are people different from each other? (You can give examples like parents, teachers, and friends if needed.)
- Do you act the same with your teacher as you do with your best friend? Or with your parents as your teacher?
- If God is even more different and special than anyone else, how might we treat Him differently?

Embody

- Show us how you might walk and talk with a friend.
- Now show us how you might sit or talk when your teacher is around.
- What are some ways we can show God that we know He's not like anyone else?

Sample Movements

- Bump shoulders or gently nudge each other while laughing.
- Use their hands to tell a story—big, dramatic gestures or fast motions.
- Act out playful stuff like pretending to race, kick a rock, or mimic a superhero.
- Casual walking with a swing in the arms.
- Whispering or giggling gestures.
- Leaning in as if sharing a secret.
- Sitting up straight with hands folded.
- Raising one hand as if to ask a question.
- Kneeling or bowing.
- Stretching arms up high or out wide in praise.
- Looking up with open hands or cupping hands like receiving something precious.
- Walking slowly, then stopping and placing a hand on the heart or pointing upward.

3. You are worthy

Explore

- Do you like to do nice things for your best friend—like share things with them, help them, or make them smile?
- Why do you do nice things for them?
- If God is even more special than our best friend, how can we show God that He is special to us—and worthy of our love and praise?

Embody

- Think about someone who's really special to you. How would you move if you were bringing them something they love, or doing something nice just for them?
- Now, think about God. He's even more special—holy. Can you show with your body what it feels like to love God and treat Him in a really special way? What kind of movement could you do to show that God is worth your best love?

Sample Movements

- Walking slowly and gently, like carrying something precious.
- Smiling big, with arms stretched forward as if giving a gift.
- A little bow or crouch as they “present” the gift.
- A happy skip or bounce, like they're excited to make someone smile.
- Kneeling slowly and lifting hands up high.
- Spinning or stretching arms out like they're filled with joy.
- A deep bow or laying flat as a sign of deep respect.

4. You are mighty

Explore

- Do you know someone who's really strong?
- What are some things they can do because they're strong?
- What do strong people use their strength to do? What do they use their strength for?
- How do strong people help other people?
- God is really, really, really strong! What do you think He uses all that strength and power to do?
- How do you think God helps people with His strength?

Embody

- Can you show us what strong people do with their bodies? Lift something heavy? Carry someone? Protect someone?
- Can you use your whole body to show what God's strength might love might look like when He loves on us? What kind of movement could show that?

Sample Movements

- Pretending to hold something heavy in both arms and walking slowly, steady steps.
- Standing in front of someone and spreading arms wide like a barrier.
- Puffing up chest and stomping feet like a superhero guarding someone.
- Reach wide like He's holding the whole world.
- Cover someone gently like a shield.
- Kneeling or crouching and curling arms around something imaginary.
- Spreading arms out and leaning forward protectively, like covering someone from the rain.

5. And we magnify Your name

Explore

- What does a magnifying glass do?
- (It makes things look bigger, helps us see details we couldn't see before.)
- Have you ever told a story about a friend or a pet and made them sound really awesome?
- (Like how fast they are, how funny they are, or something cool they did?)
- How could we help other people see how great God is—like we do when we tell an awesome story about someone we love?

Embody

- I want you to get really tiny—like you're the smallest thing you can imagine. Curl up small, like a pebble or a tiny bug. I'm going to pretend I'm a magnifying glass, and when I come near you, I want you to start growing—little by little—like I'm helping everyone see just how amazing and big you really are. Let your body grow tall, wide, bright—whatever helps show how magnified you've become!
- Can you act out a story about someone or something you love—like your pet running super fast, or your friend making you laugh? Use your body to show how cool they are!
- Now imagine you're telling everyone how great God is—not with words, but with your body! What kind of big, bold, special movements could

Sample Movements

- Move like your friend did something impressive (like climbing, balancing, or dancing) and exaggerate it with big movements.
- Spin or jump with excitement, hands reaching up to the sky.
- Do something big and bold, like a dramatic leap or wide movement, to show God's greatness.
- Place a hand over the heart, gently leaning forward to show care and attention.
- Move slowly and deliberately, showing gentleness and warmth.