

Appendix C

Vertical Habits Resources

Appendix C provides you with a sampling of the resources available on the Vertical Habits website. While I have applied this topic to including persons with disabilities, the original project was not focused on persons with disabilities. Vertical Habits is something each member of your congregation, as well as visitors, could grow and learn from.

Make sure you visit the website to discover many additional resources you can use and adapt for your own worship setting:



<http://worship.calvin.edu/resources/resource-library/showcasevertical-habits-worship-and-our-faith-vocabulary/>

Resource 1

A t-shirt logo designed by Kris Moore, Chaplain at Cincinnati Children's Hospital, Cincinnati OH.



Resource 2

The next set of pages are a set of devotions prepared for First Christian Reformed Church in Pella, IA.



"Love You"



"I'm Sorry"



"Why"

Our Psalm Adventure

WITH

the Vertical Habits



"I'm Listening"



"Help"



"Thank You"



"What Can I Do"



"Bless You"

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“Love You” – Praise

Love is the foundation of any close relationship. Expressions of adoration or affection are the lifeblood of friendships, families, and our relationship with God. There’s a lot more to worship than praise, but praise is the basis for worship. *

Choose one of the following Psalms of Praise/ “Love You” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “Love You” Psalms: 47, 95, 100, 146, 150

Optional “Love You” Psalms: 1, 3, 5, 8, 19, 20, 21, 25, 26, 28, 29, 42, 47, 48, 53, 57, 65, 66, 67, 72, 75, 84, 87, 92, 93, 95, 96, 97, 98, 100, 103, 104, 105, 107, 108, 111, 113, 114, 115, 116, 117, 118, 128, 132, 138, 145, 146, 147, 148, 149, 150*

1. Think of words or phrases that praise God and begin with these letters:

L _____

O _____

V _____

E _____

Y _____

O _____

U _____

2. “Love You” Lord, for you are:

1. _____

2. _____

3. _____

3. We love God for who He is. Choose one verse from today’s Psalm – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Sing Praises to God
Salvation belongs to you
Bow down and worship*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Praise – “Love You”

1. What does this habit mean to you?

2. How do you use this habit when you are with other people?

3. How do you use this habit when you talk to God?

4. What do think about this habit? Can you use it in prayer?



“I’m Sorry” – Confession

Confession is about honesty, and honesty is essential to a relationship. Hiding things destroys trust; “coming clean” allows a relationship to flourish. This is why we confess our sin in worship.*

Choose one of the following Psalms of Confession/ “I’m Sorry” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “I’m Sorry” Psalms: 25, 32, 51, 78, 130

Optional “I’m Sorry” Psalms: 25, 27, 32, 38, 42, 51, 66, 78, 79, 86, 90, 102, 104, 123, 130, 139, 143*

1. Think of words or phrases that express sorrow for sin to God and begin with these letters:

I _____

M _____

S _____

O _____

R _____

R _____

Y _____

2. "I'm Sorry" Lord, because:

1. _____

2. _____

3. _____

1. We are sorry before God for who He is and what we've done. Choose one verse from today's Psalm – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Forgive all my sins
Save me from my wickedness
Restore joy to me*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Confession – “I’m Sorry”

1. What does this habit mean to you?

2. How do you use this habit when you are with other people?

3. How do you use this habit when you talk to God?

4. What do think about this habit? Can you use it in prayer?



“Why” – Lament

Lament is also a matter of honesty. The psalmists model for us unflinching expressions of sadness and anger toward God as part of a close relationship with God. It’s not disrespect; it’s a way of placing all our emotions and experiences before the one we want to hear them the most. Following this model, our worship, too, must give a biblical voice to the sadness and anger worshipers bring in their hearts to worship.*

Choose one of the following Psalms of Lament/ “Why” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “Why” Psalms: 13, 22, 61, 80, 126

Optional “Why” Psalms: 3, 5, 7, 9, 10, 12, 13, 17, 22, 26, 28, 31, 39, 41, 44, 58, 59, 61, 69, 71, 74, 79, 80, 83, 85, 88, 94, 109, 123, 126, 137, 141*

1. Think of words or phrases that give voice to your lament before God and begin with these letters:

W _____

H _____

Y _____

2. “Why” Lord? I am sad or angry because:

1. _____

2. _____

3. _____

3. We lament before God because we are sad or angry. Choose one verse from today's Psalm – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Why, O my God, why
Death, disease, and disaster
Heal our brokenness*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Lament – “Why”

1. What does this habit mean to you?

2. How do you lament when you are with other people?

3. How and when do you lament when you talk to God?

4. Some say that lamenting should not be part of the happy Christian life. What do you think about lamenting? How important is it to lament in the Christian life?



“I’m Listening” - Illumination

Without listening, there is no real dialogue. Listening opens the way for a relationship to happen. Before we go to God in worship, we say that we will listen to God’s words. *

Choose one of the following Psalms of Illumination/ “I’m Listening” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “I’m Listening” Psalms: 19, 25, 85, 119:1-16, 119:89-112

Optional Psalms: 19, 25, 27, 36, 43, 85, 95, 119:1-16, 119:89-112*

1. Think of words or phrases that indicate you are listening to God and begin with these letters:

L _____

I _____

S _____

T _____

E _____

N _____

I _____

N _____

G _____

2. "I'm Listening" Lord, because you are:

1. _____

2. _____

3. _____

3. We listen when God speaks. Choose one verse from today's Psalm where God speaks, or we listen – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Speak to me, O Lord
God whose Word created all
Give me ears to hear*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Illumination – “I’m Listening”

1. What does this habit mean to you?

2. How does listening to God influence your daily activities and conversations with others?

3. How do you listen when you talk to God?

4. What do think about listening? Can you use “listening” while praying?



“Help” - Petition

When we're in trouble, we turn first to the ones we trust the most for help. And so we ask God in worship to provide for our needs and deliver us from evil.*

Choose one of the following Psalms of Petition/ “Help” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “Help” Psalms: 46, 54, 86, 91, 121

Optional “Help” Psalms: 3, 9, 13, 14, 18, 22, 23, 27, 31, 39, 43, 46, 51, 54, 56, 61, 63, 70, 80, 86, 91, 97, 102, 121, 124, 125, 130, 136, 137, 142, 143, 146*

1. Think of words or phrases used to ask for help and begin with these letters:

H _____

E _____

L _____

P _____

2. "Help" me Lord, because you are:

1. _____

2. _____

3. _____

3. "Help" me Lord. Choose one verse from today's Psalm where God hears a cry for help – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Speak to me, O Lord
God whose Word created all
Give me ears to hear*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Petition – “Help”

1. What does this habit mean to you?

2. What makes it hard to ask for help from others? From God?

3. How do you use this habit when you talk to God?

4. What do you think about helping? Can you ask God to help without being able to act?



“Thank You” -Gratitude

“Thank You” is the counterpart of “Help!” The two stay in balance, placing our cries for help in the context of gratitude for help and goodness in the history of a relationship. In worship we offer our thanks to God for all God has done for us. *

Choose one of the following Psalms of Gratitude/ “Thank You” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “Thank You” Psalms: 30, 65, 66, 100, 136

Optional “Thank You” Psalms: 9, 18, 30, 34, 40, 65, 66, 67, 70, 75, 92, 97, 100, 107, 116, 122, 123, 124, 131, 136, 138, 144, 146*

1. Think of words or phrases that express thanksgiving and begin with these letters:

T _____

H _____

A _____

N _____

K _____

Y _____

O _____

U _____

2. "Thank You" Lord, because you...

1. _____

2. _____

3. _____

3. We say "Thank You" to God. Choose one verse from today's Psalm that speaks of thanks to God – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Tell of God's wonders
My heart overflows with thanks
You are very great*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Gratitude – “Thank You”

1. What does this habit mean to you?

2. How do you use this habit when you are with other people?

3. How does your life express gratitude to God?

4. Write or pray a prayer filled with gratitude.



“What Can I Do” – Service

If we take a relationship seriously, we want to turn our words into actions, to offer to do something in service. In worship, we go out with commitment to serve in the kingdom of God. *

Choose one of the following Psalms of Service/ “What Can I Do” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “What Can I Do” Psalms: 1, 86, 112, 116, 132

Optional “What Can I Do” Psalms: 1, 22, 26, 37, 40, 46, 47, 48, 50, 51, 54, 66, 67, 72, 86, 87, 96, 97, 98, 100, 101, 112, 116, 117, 132, 138*

1. Describe ways to serve God or neighbor that begin with these letters:

S _____

E _____

R _____

V _____

I _____

C _____

E _____

2. Lord, "What Can I Do?" Use me to:

1. _____

2. _____

3. _____

3. When we are committed to God, we want to serve Him and others.

Choose one verse from today's Psalm where God speaks and we respond with service – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*God, what can I do
Use me Lord, use even me
Fill me with your love*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Service – “What Can I Do?”

1. What does this habit mean to you?

2. How do you serve other people?

3. How does your service express your gratitude to God?

4. How do you listen for God’s answer to “What Can I Do?”



“Bless You” – Blessing

When we part ways with someone, we wish them health and peace until we reunite. In worship, we leave by blessing God’s name and hearing God’s blessing for us. *

Choose one of the following Psalms of Blessing/” Bless You” to read each day this week; then pick one of the suggested activities to do per day.

Recommended “Blessing” Psalms: 1, 67, 84, 112, 128

Optional “Blessing” Psalms: 1, 3, 14, 20, 23, 24, 32, 33, 37, 39, 52, 67, 69, 72, 84, 103, 106, 107, 112, 115, 121, 123, 125, 128, 133, 134*

1. Think of words or phrases that name blessings God has given you and begin with these letters:

B _____

L _____

E _____

S _____

S _____

I _____

N _____

G _____

2. "Blessings" we receive from God or share with others:

1. _____

2. _____

3. _____

2. "Blessing". Choose one blessing from today's Psalm – draw or sketch a picture of it.

4. Write a Haiku poem. Haiku poetry has 3 lines. Lines 1 and 3 have 5 syllables and line 2 has 7 syllables. This is an example:

*Wrapped up in blessings
Like a fuzzy warm blanket
Perfect contentment*

5. Create a word cloud of the Psalm: Go to www.wordle.net and type in 10-12 words from the Psalm, or just interlock them below. For Example:

J
SALVATION
H Y
O
U
THANKSGIVING

6. Write a verse or phrase from this Psalm that you will use in your prayer today or design a Prezi – Go to www.prezi.com to create an artistic PowerPoint style presentation using words from the Psalm.

7. Blessing – “Bless You”

1. What does this habit mean to you?

2. How do you use this habit when you are with other people?

3. How do you number your blessings when you talk to God?

4. God blesses you to be a blessing. How might you bless someone today?

Resource 3

A collage of the many pieces of visual art created around the theme of Vertical Habits.



Love You by Kyle Ragsdale



I'm Sorry by Kyle Ragsdale



Resource 4

With thanks to Dawn Rotman at Grand Haven Christian School.

VERTICAL HABITS

Adoration “I Love You Lord!”

We love God for who He is!

Choose a name or description of God from the list and draw a picture of it.

Comfort of the sad	Creator of all
Eternal source of knowledge	The first and the last
Fountain of wisdom	Giver of life and health
God of all power	God of all times and places
God of earthquake, wind, and fire	God of holy love
God our helper	Great ruler of the world
Healer of the sick	Light of the world
Only one	Our teacher
Our refuge and our strength	Redeemer and deliverer
Rock of all creation	Searcher of our hearts
Shining glory	Strong God of truth

Intercession “Help Lord!”

We often pray to God when we need help with something. Asking others to keep us in their prayers regarding certain needs is another way to strengthen us.

Ask someone what they would like you to pray for in regard to a need they may have.

Share a need of your own that you would like that person to pray for. Each of you should write that need on a prayer card, which you can keep somewhere important, so you will remember to pray for each other.

Lamentation

“Why Lord?”

We have so many questions for God!
Because our God is so BIG, He could never provide us with all the answers that we seek.

We just aren't capable of understanding everything He does!

Share with each other 1 or 2 questions that you want to ask God.

Thanksgiving

“Thank You Lord”

God has given us so much for which we should be thankful!

Working together, draw a small line while mentioning something that you are thankful for.

See how many lines you can draw!

Dedication/Service

“Here I Am, What Can I Do Now Lord?”

As Christians, we are to be God's hands.
We need to seek out ways that we can show God's love through our actions.

“Cook up” a plan with someone to do something special or helpful for someone you both know.

If possible, keep it a secret so as to give God all the glory!

Confession

“I'm Sorry Lord”

When we sin, we need to bring it before God and say we're sorry.
If we do this, He is faithful and will forgive us of that sin – erasing it completely, making us pure.

Create an image with Play-Doh that represents a sin that you have committed.

When it is finished, smash it into a blob and put it away – representing forgiveness.

Proclamation “I’m Listening Lord”

God speaks to us through His Word.

Ask someone to tell you their favorite passage out of the Bible. Ask them how God “speaks to them” through this passage.

Benediction “Bless You”

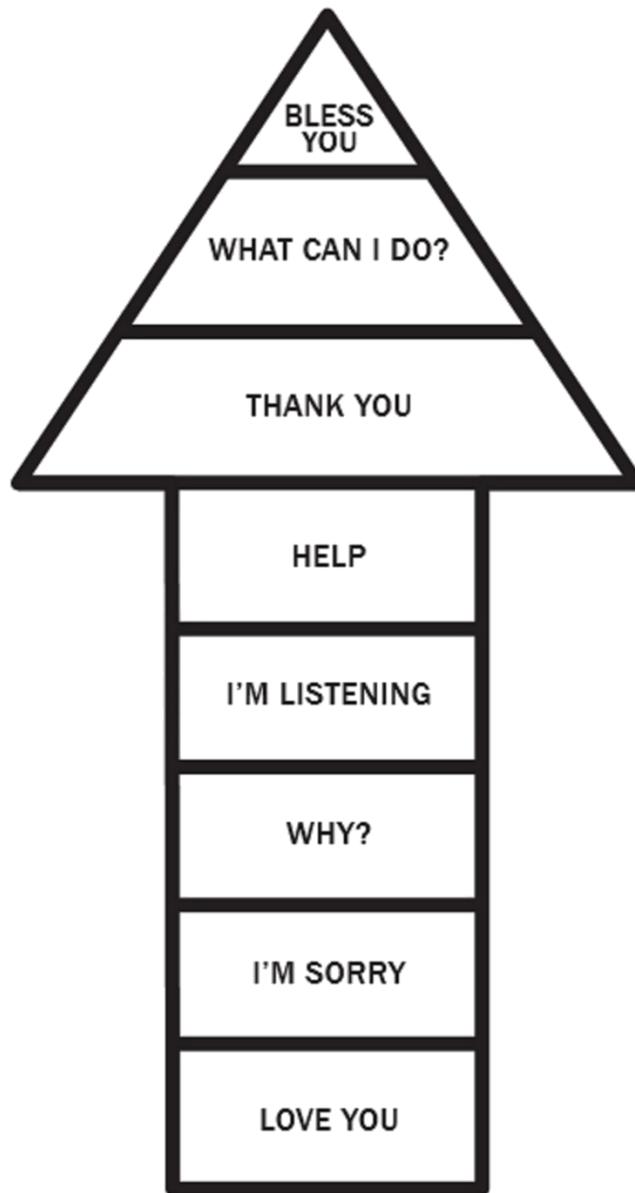
Bene-diction means “good say” in Latin.
We can “pray” good things on someone by saying a blessing to them.

Practice saying this blessing in Swahili together:

Bwana (*bwah-nah*) awabariki (*ah-wah-bah-ree-kee*)
Mi (*me*) le (*leh*) le (*leh*)

(In English: May God give you a blessing evermore)

You can color in this bookmark as you complete each Vertical Habit.



GO VERTICAL!