



WEEK 1 RESOURCE BUNDLE: “Worship That Heals”

1. PERSONAL REFLECTION GUIDE

Title: *Worship That Heals: A Sacred Pause*

Opening Scripture:

“Let the message of Christ dwell among you richly... singing to God with gratitude in your hearts.”

—Colossians 3:16

Welcome:

Whether you joined us at *interMISSION* or are engaging with these reflections from afar, this week we invite you into a rhythm of remembering, listening, and healing through worship. Music isn’t just melody — it’s ministry.



Reflection Prompts

1. What song, hymn, or melody has brought you peace in a season of difficulty?

Write about the moment — what you were carrying, and what the music made possible.

2. Read Psalm 42:7–8.

“Deep calls to deep... By day the Lord directs His love, at night His song is with me.”

Where in your life do you need God’s song to rise again?

3. Healing Through Harmony

Whether sung in Arabic or English, or even in silence, *interMISSION* reminded us that worship is borderless.

What’s one intercultural or personal experience of worship that’s expanded your view of God?

Prayer Practice

Find a quiet space. Read this aloud:

God of every song, thank You for meeting me in music. Thank You for the comfort of melody and the truth of lyrics that stay with me. Restore my soul through worship. Teach me to listen again for Your voice in songs old and new. Amen.

Next Faithful Step

 Create a worship playlist that speaks peace to your current season.

 Reach out to someone and ask: *What song has God used to speak to you lately?*

2. LEGACY LETTER PROJECT

Legacy Letter: *When Worship Stayed With Me*

Prompt:

Write a letter — to yourself or to someone you love — describing a worship moment that brought healing or hope. Whether it happened at *interMISSION* or in your own quiet time, this moment matters.

Suggested Opening Line:

Dear [Name / Future Me / Sister in Christ],

I want to remember this moment — the time a song brought peace I didn't expect...

Reflection Cues (optional):

- What was happening in your life at the time?
- How did God meet you through worship?
- What has changed in you since then?
- What do you hope others experience through worship in the future?

Closing Optional Blessing:

May God meet you again in melody. May your voice carry healing — even when it trembles.

Note for Use:

You can keep this letter private. Or, if you wish, share it with your small group, your church, or ABW (atlanticbaptistwomen@gmail.com). Your words may become someone else's healing.

3. ABW COMPANION GROUP STUDY

Week 1: *Worship That Heals*

Theme Verse: Colossians 3:16

Session Duration: 60–75 mins

Opening Prayer

Invite the Holy Spirit to lead the conversation.

“God, tune our hearts to sing Your grace — and to hear Your voice in each other’s stories.”

Scripture Reading & Reflection

Read aloud: Psalm 42:7–8, Colossians 3:16, Revelation 7:9–10

Discussion Questions:

1. How has music played a role in your spiritual life?
 2. What does it mean for worship to bring healing, not just inspiration?
 3. Have you ever been deeply moved by worship in a cross-cultural or bilingual context?
 4. If worship is meant to “linger,” how can we create space for it in daily life?
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Group Exercise

“The Lyric That Stayed”

Invite everyone to share a lyric or worship phrase that has remained in their heart.
Discuss what makes that particular line powerful.

Prayer Focus

- Pray for healing in those who feel spiritually dry.
 - Pray for worship teams and songwriters in your church or community.
 - Invite group members to pray a lyric aloud that ministers to them.
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Action Step

- Create a group playlist: each person suggests 1–2 songs for a shared “*Healing Through Worship*” playlist.
- Optional: share letters from the Legacy Letter Project next week.