



YOUTH DAY (YOUTH AND HEALTH)

MUSIC & WORSHIP RESOURCES

Sunday, October 25, 2009

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Worship Planning Notes

Too many African American youth are not healthy. From obesity to diabetes, stress, teenage pregnancy, HIV/AIDS, tobacco use, alcohol, and drug use, our children are besieged by unhealthy environments. The Church must step forward to help our youth. The following are a few ideas that the Music and Arts Ministry can help lead.

- **Hold a youth health fair.** Your local health centers would be happy to work with you to help you plan a health fair. Organize a committee of youth and adults to make this happen. Plan big. Ensure that all of the youth at your church attend. Advertise well to ensure great attendance from the community. Hold the fair at various locations; not all youth will be interested in entering a church building. Offer prizes. Make all testing

confidential and celebrate your accomplishment. Also, make use of the Web, text messages, Twitter, YouTube, and Facebook.

- **Hold workshops on dieting and exercise.** Invite medical professionals and licensed dieticians to provide your youth information on how to lose weight and stay fit. Again, do not forget to invite youth from your community and advertise well. Radio stations and newspapers are willing to give free advertising for this type of community event. Also, make use of the Web, text messages, Twitter, YouTube, and Facebook.
- **Do quarterly messages on health for your youth.** These messages can come in the form of sermons, Bible studies, inserts in the morning bulletin, church outings, or Youth department messages. Do not miss a quarter. In fact, lay out your plan for all of the next year. Plan a health event for each quarter. Be creative; do not plan the same type of event more than twice in a year.
- **Name health czars.** Each adult department in your church can appoint a health czar. The role of the czar is to provide adults in each department with tips for healthy living. This should include, but not be limited to a list of all basic health providers in your community; lists of healthy meals that can be prepared; exercise tips, etc. Then, once each quarter, all health czars in your church should meet collectively to ensure that the entire congregation is receiving information and to plan one large effort that involves the entire church. During this meeting also appoint a person who will be responsible (one per month) for providing healthy living tips for youth and a separate listing of healthy living tips for adults for each Sunday. This information should be prepared for placement in the Church bulletin/order of worship and on church screens.
- **For additional ideas see the Cultural Resource unit for today.**

1. Litany

Health

Youth Reader: We are your people. You have created us as marvelous and wonderful beings. For this we are grateful. For this we offer you the highest praise.

The People: In gratitude to you, our Creator, we shall not mistreat our bodies, which are temples of the Holy Spirit. Forgive us the past sins that we have done to our bodies. Give us the courage and the willpower to do no further harm.

Youth Reader: Because you have given us strong and creative minds, we shall develop ways to eat better, exercise, de-stress, and bless our planet. We can do this because we can do all things through Christ who strengthens us.

The People: Lord, forgive each adult who has not lived in ways to serve as strong role models for our children. Strengthen us to begin this day determined to help each child and each youth be healthy physically and spiritually.

Youth Reader: We pray for parents who provide nourishment. Give them the wisdom, and the knowledge, and the courage to live healthy lives and serve as role models for their children. Youth need healthy role models.

The People: We will not contribute to an unhealthy generation. Through our purchases, where we eat, and by what we cook, we will not contribute to an unhealthy generation. We will demand healthy environments from our church, our schools, our communities, and our homes.

Youth Reader: God, help us to desire the best for ourselves. Lead us away from the temptations that can only injure us. Today, we make a life-long affirmation to avoid drugs, alcohol, tobacco, and all substances that will harm our health.

The People: Today, we as a church affirm that we will be a sanctuary to help children avoid drugs, alcohol, tobacco, and all substances that will harm their health. We will make this a priority in our church budget and in church activities.

Youth Reader: Today, we make a life-long affirmation to put our health first in relationships. We will consider our health and avoid sexual encounters that lead to HIV and AIDS and other sexually transmitted diseases and teenage pregnancy and harm us spiritually.

The People: Today, we make a life-long affirmation to teach all youth we encounter to put their health first in relationships. As adults, we pledge to teach youth healthy behaviors and to place before them those who can teach them healthy behaviors.

ALL: This is a healthy church. Today, we affirm that we are committed to the health of our youth. We will not be distracted from this urgent goal. God give us the courage, the wisdom and the resources to do what needs to be done, starting today. Please hear our prayer. Amen.

2. Hymns or Congregational Songs

(a) God Leads Us Along. By G. A. Young. Tune, God Lead Us

(b) Praise Him! Praise Him! By Fanny J. Crosby. Tune, (Joyful Song) Chester G. Allen

(c) Yield Not to Temptation. By Horatio R. Palmer. Tune, (Yield Not) Horatio Palmer

(d) He Knows Just What I Need. By Robert Fryson. Tune, He Knows

3. Spirituals or Traditional Songs

(a) King Jesus Is a Listening. Traditional. Arr. by Mark Hubbard

- (b) This Little Light of Mine. Traditional. Arr. by Moses Hogan
- (c) O Lord Please Hear My Prayer. Traditional. Arr. by Moses Hogan
- (d) Woke Up This Morning with My Mind. Traditional. Arr. by Leonard Scott
YouTube: <http://www.youtube.com/watch?v=rcMI2WYkviQ>

4. Gospel Songs for Choirs, Ensembles, and Praise Teams

- (a) Praise to the Rock. By J. J. Hairston
- (b) Here Is Our Praise. By Freda Battle
- (c) Temple of the Holy Ghost. By Neal Jones
- (d) This Is the Day. Arr. by Fred Hammond

5. Liturgical Dance Music

More Than Anything. By Lamar Campbell

6. Anthems

- (a) I Shall Praise. By J. J. Hairston
- (b) Great Is the Lord. By J. White. Arr. by J. J. Hairston
- (c) I'm His Child. By Moses Hogan
- (d) O Give Thanks. By Craig Hayes

7. Modern Songs

- (a) Safety. By Oscar Williams
YouTube: <http://www.youtube.com/watch?v=ySVR1ALUo3k>
- (b) Cover Me. By Smokie Norful, Fred Hammond, and J. Moss
- (c) Like a Shepherd. By Don Meon and Deborah Simpson
- (d) No Defeat. By David Frazier

8. Song or Instrumental for the Offertory Period

- (a) I'll Trust You. By Tanabe Gatlin
- (b) Don't Give Up. By James Hall
- (c) No Joy, No Strength. By Melvin Crispell

9. Song or Instrumental for the Period of Prayer

- (a) Use Me. By Dewitt Jones and Kim Jones
- (b) It Is to You. By Byron Cage
- (c) Standing in the Need of Prayer. By John P. Kee

10. Sermonic Selections

- (a) Souled Out. By Estee Bullock and Nate McNair
YouTube: <http://www.youtube.com/watch?v=a7Kh6rgiGiQ>
- (b) Love You So. By Darius Brooks
- (c) Who Else But God. By Tye Tribbett
- (d) We Serve a Mighty God. By Keith Pringle

11. Invitational Song or Instrumental

- (a) Give Me a Clean Heart. By Margaret Pleasant Douroux
- (b) Completely Yes. By Sandra Crouch

12. Benediction Songs

- (a) How Great Is Our God. By Chris Tomlin. Arr. by Jonathan Nelson
- (b) Press Toward the Mark. By Norman Hutchins

Cites and Additional Information for Music and Material Listed

1. Litany – “Health.” This litany was prepared by The African American Lectionary Liturgical team.

2. Hymns or Congregational Songs

- (a) God Leads Us Along. By G. A Young. Tune, God Lead Us

Location:

African American Heritage Hymnal. Chicago, IL: GIA Publications, 2001. #136

Church of God in Christ. Yes Lord! Church of God in Christ Hymnal. Memphis, TN: Church of God in Christ Pub. Board in association with the Benson Co., 1982. #386

- (b) Praise Him! Praise Him! By Fanny J Crosby. Tune, (Joyful Song) Chester G. Allen

Location:

African American Heritage Hymnal. #178

Yes Lord! Church of God in Christ Hymnal. #4

(c) Yield Not to Temptation. By Horatio R. Palmer. Tune, (Yield Not) Horatio Palmer

Location:

African American Heritage Hymnal. #429

Yes Lord! Church of God in Christ Hymnal. #325

(d) He Knows Just What I Need. By Robert Fryson. Tune, He Knows

Location:

African American Heritage Hymnal. #358

3. Spirituals or Traditional Songs

(a) King Jesus Is a Listening. Traditional. Arr. by Mark Hubbard

Location:

Hubbard, Mark and the Associates. He's Up There. Indianapolis, IN: Tyscot, 1996.

(b) This Little Light of Mine. Traditional. Arr. by Moses Hogan

Location:

J. W. Pepper & Sons Incorporated

2480 Industrial Boulevard

Paoli, PA 19301

Phone: 1-800-345-6296

Online location: www.jwpepper.com

(c) O Lord Please Hear My Prayer. Traditional. Arr. by Moses Hogan

Location:

J. W. Pepper & Sons Incorporated

Phone: 1-800-345-6296

Online location: www.jwpepper.com

(d) Woke Up This Morning with My Mind. Traditional. Arr. by Leonard Scott

Location:

Various Artists. Chicago Sings: Gospel's Greatest Hymns Vol. 1. Indianapolis, IN: Tyscot, 2000.

4. Gospel Songs for Choirs, Ensembles, and Praise Teams

(a) Praise to the Rock. By J. J. Hairston

Location:

Youthful Praise featuring J.J. Hairston. Live! The Praise... The Worship. Nashville, TN: Light Records, 2005.

(b) Here Is Our Praise. By Freda Battle

Location:

Battle, Freda and the Temple Worshippers. Here Is Our Praise. Boston, MA: Comin Atcha Dist Group, 2006.

(c) Temple of the Holy Ghost. By Neal Jones

Location:

GMWA National Mass Choir. Live in Chicago: Dawn of a New Era. Ridgeland, MS: Platinum Entertainment, 1993.

(d) This is the Day. Arr. by Fred Hammond

Location:

Hammond, Fred and RFC. The Essential Hammond. New York, NY: Verity, 2007.

5. Liturgical Dance Music

More Than Anything. By Lamar Campbell

Location:

Campbell, Lamar & The Spirit of Praise. When I Think About You. Brentwood, TN: Chordant/EMI Christian, 2000.

6. Anthems

(a) I Shall Praise. By J. J. Hairston

Location:

Youthful Praise. Thank You for the Change. New York, NY: Compendia Records, 2004.

(b) Great Is the Lord. By J. White. Arr. by J. J. Hairston. *This song is a part of the worship medley, which is track #13.*

Location:

Youthful Praise featuring J. J. Hairston. Live! The Praise... The Worship. Nashville, TN: Light Records, 2005.

(c) I'm His Child. By Moses Hogan

Location:

J. W. Pepper & Sons Incorporated
Phone: 800-345-6296
Online location: www.jwpepper.com

(d) O Give Thanks. By Craig Hayes

Location:

Walker, Hezekiah and LFC. Souled Out. New York, NY: Verity, 2008.

7. Modern Songs

(a) Safety. By Oscar Williams

Location:

Williams, Oscar and Perfected Praise. Unstoppable. Indianapolis, IN: Aleho, 2005.

(b) Cover Me. By Smokie Norful, Fred Hammond, and J. Moss

Location:

23:10. Total Attention. New York, NY: Verity, 2008.

(c) Like a Shepherd. By Don Moen and Deborah Simpson

Location:

Jamison, Albert. New York State Mass Choir: Show Yourself Mighty. Nashville, TN: Light Records, 2007.

(d) No Defeat. By David Frazier

Location:

Walker, Hezekiah and LFC. 20/85 The Experience. New York, NY: Verity, 2005.

8. Song or Instrumental for the Offertory Period

(a) I'll Trust You. By Tanabe Gatlin

Location:

Excelsior. Soul Interpretations. New York, NY: Verity, 2002.

(b) Don't Give Up. By James Hall

Location:

Hall, James and Worship and Praise. Live in New York at Lincoln Center. Nashville, TN: Light Records, 1998.

(c) No Joy, No Strength. By Melvin Crispell

Location:

The Voices of Citadel. No Joy, No Strength. New York, NY: MUSICBLEND, 2006.

9. Song or Instrumental for the Period of Prayer

(a) Use Me. By Dewitt Jones and Kim Jones

Location:

GMWA National Mass Choir. Live in Indianapolis. New York, NY: Verity, 1997.

(b) It Is to You. By Byron Cage

Location:

The Prince of Praise and Worship. Inglewood, CA: Gospocentric, 2003.

(c) Standing in the Need of Prayer. Traditional. Arr. by John P Kee

Location:

Kee, John P. and New Life Community Choir. The Essential John P. Kee. New York, NY: Verity, 2007.

10. Sermonic Selections

(a) Souled Out. By Estee Bullock and Nate McNair

Location:

Walker, Hezekiah and LFC. Souled Out. New York, NY: Verity, 2007.

(b) Love You So. By Darius Brooks

Location:

Hayes, Charles G and The Warriors. The Remix. Chicago, IL: ICEE Records, 2005.

(c) Who Else But God. By Tye Tribbett

Location:

Tribbett, Tye & G.A. Victory Live. New York, NY: Sony BMG, 2005.

11. Invitational Song or Instrumental

(a) Give Me a Clean Heart. By Margaret Pleasant Douroux

Location:

African American Heritage Hymnal. #461

Lead Me, Guide Me: The African American Catholic Hymnal. Chicago, IL: GIA Publications, 1987. #124

Boyer, Horace Clarence. Lift Every Voice and Sing II: An African American Hymnal. New York, NY: Church Pub., 1993. #279

The New Century Hymnal: United Church of Christ. Cleveland, OH: The Pilgrim Press, 1995. #188

(b) Completely Yes. By Sandra Crouch

Location:

African American Heritage Hymnal. #551

12. Benediction Songs

(a) How Great Is Our God. By Chris Tomlin. Arr. by Jonathan Nelson

Location:

Nelson, Jonathan featuring Purpose. Right Now Praise. New York, NY: Integrity Music, 2008.

(b) Press Toward The Mark. By Norman Hutchins

Location:

Battlefield. Inglewood, CA: JDI Records, 1999.