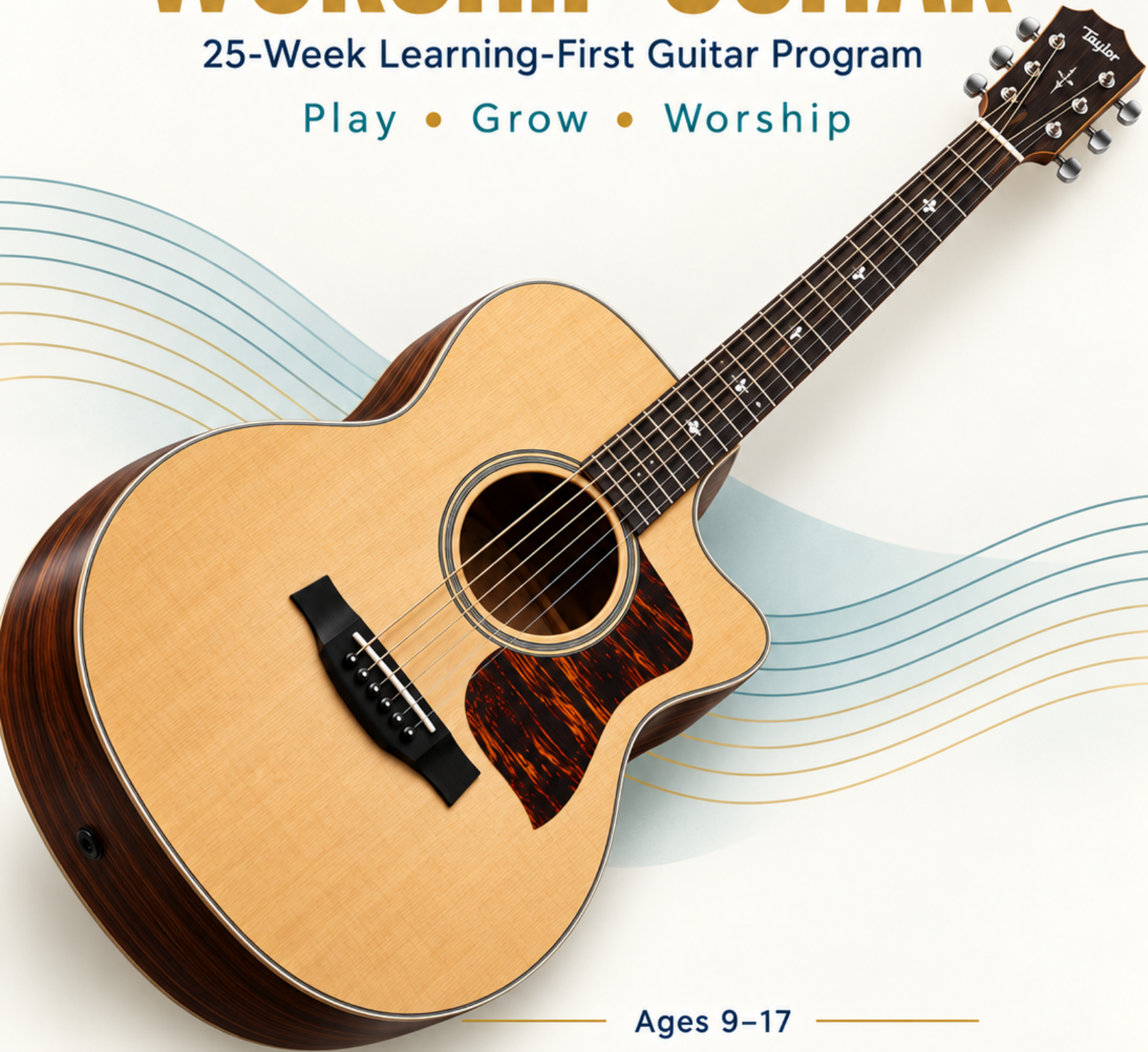


BEGINNER WORSHIP GUITAR

BEGINNER WORSHIP GUITAR

25-Week Learning-First Guitar Program

Play • Grow • Worship



Ages 9–17

Student: _____

Teacher: _____

LESSON 1

MEET YOUR GUITAR

Your first step: get comfortable, make a sound, and find the beat.



TODAY'S GOAL

By the end of today, I can hold my guitar, find the six strings, and play a steady downstroke.



TODAY YOU WILL



Hold it

Learn a comfortable guitar position.



Find it

Discover the main parts and six strings.



Play it

Make your first clean sounds.



Feel it

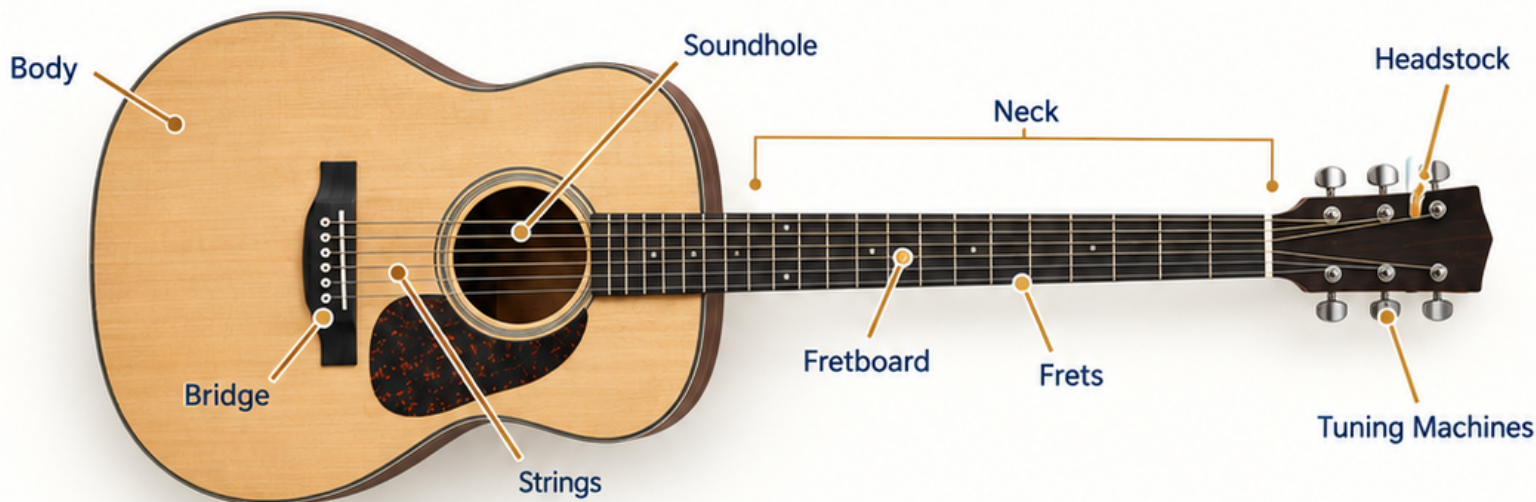
Play a steady four-beat rhythm.



No chords yet. Today is about getting comfortable with your instrument.

KNOW YOUR GUITAR

You do not need to memorize everything today. Start by knowing where things are.



HOLD IT COMFORTABLY

Sit tall, relax your shoulders, and keep the guitar close to your body.

1 Sit comfortably.



2 Bring the guitar to you.



3 Relax your shoulders and arms.



CORRECT



Relaxed and upright posture.

AVOID



Slouched posture can cause tension.

HOLD YOUR PICK

Hold the pick between your thumb and index finger. Let only a small part of the tip show.



! WATCH OUT!

Do not squeeze the pick too hard. Your hand should feel relaxed.

MAKE YOUR FIRST SOUND

The strings are numbered from the thinnest to the thickest.

1 GUITAR STRINGS



1 E (thinnest)
2 B
3 G
4 D
5 A
6 E (thickest)

**String 1 is the thinnest string.
String 6 is the thickest string.**

2 STRING HUNT

Teacher calls a number. Find the string.

Round 1: Touch it.

Round 2: Play it.

Round 3: Find it without looking for too long.



3 TRY IT!

OPEN STRING WALK

Play each open string slowly. Let every note ring.

6 → 5 → 4 → 3 → 2 → 1

1 → 2 → 3 → 4 → 5 → 6

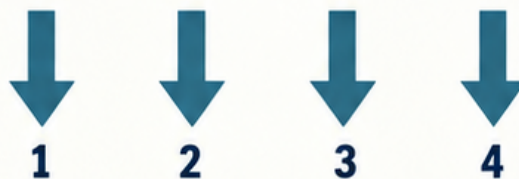
Success = six clear sounds without accidentally hitting another string.

4 DOWNSTROKE



Move the pick down across the strings. Keep your wrist relaxed.

Rest your left hand lightly on the strings.
Do not press them into the frets.



Keep the beat steady. Do not race.

5 RHYTHM ECHO

Teacher plays. Student copies.

PLAY IT

4 steady downstrokes

GROOVE IT

8 steady downstrokes

WORSHIP IT

Soft → Medium → Soft

SONG LAB

You already know enough to play with music.

This page shows the student participating while the teacher plays a simple progression. The student uses muted-string rhythm.

YOUR JOB

Listen to the music and play four steady downstrokes in every measure.

Beat	1	2	3	4
Strum	↓	↓	↓	↓

PLAY IT

Play: ↓ ↓ ↓ ↓
Keep going.

GROOVE IT

Match the teacher's volume.
If the teacher plays softly,
play softly.
If the teacher becomes stronger,
play stronger.

WORSHIP IT

Follow the teacher's cue:
**SOFT → BUILD → STRONG →
SOFT ENDING**



LISTEN!

Your guitar is only one part of the music. Listen while you play.

CAN YOU KEEP IT GOING?



Play with your teacher for
60 seconds without stopping.

If you lose the beat, find it again
and keep going.

THIS WEEK'S CHALLENGE

5 MINUTES

1 minute — Find strings 1–6.

2 minutes — Play: 6–5–4–3–2–1 and back.

2 minutes — Muted downstrokes: ↓ ↓ ↓ ↓

HOME PRACTICE

Day 1

☐

Day 2

☐

Day 3

☐

Day 4

☐

I DID IT!

- ☐ I can hold my guitar comfortably.
- ☐ I can find strings 1–6.
- ☐ I can play open strings.
- ☐ I can make a downstroke.
- ☐ I can keep four steady beats.

I CAN MAKE MUSIC ON MY GUITAR.