

Lesson 5

Spirit and Truth

Study

To worship God is to put Him first, the focus of our adoration and reverence.¹ It is to shine the spotlight on Him! There are various ways to worship our heavenly Father. This chapter, however, focuses not only on the act of worshipping God, but also having a lifestyle that honors and worships Him. Paul urges us in Romans 12:1 to present our bodies as living sacrifices to God, holy and pleasing to Him. He goes on to say this is our “reasonable service,” which in other versions is translated “our spiritual worship.” When we present our bodies as living sacrifices to God, we are yielding ourselves, our lives, to Him, willing and agreeing to do everything we can to show others the love and grace of our loving Father.

What does it mean to honor God with our lifestyle? How do we live a “life of worship?” Is that even possible? If it is, what does that look like? What does God expect of His children as it pertains to a lifestyle of worship? What does He have to say about it?

While one definition of worship is to prostrate oneself, or to adore on one’s knees, it is not realistic or practical to always remain prostrate or on our knees to live a life of worship. If that is what is expected of us, how would we work, travel, shower, eat, or shop?

What is realistic and practical is to operate by the other definition of worship as spiritual service. We do things and live in ways that serve God or serve people as representatives of Jesus. And we do these things and live this lifestyle with a spiritual mindset oriented around the Kingdom of God and toward eternity.

How then do we incorporate worship—by either definition—and make worship the center of all we do? Let’s start with John 4:24 (NKJV), which says, “God is Spirit, and those who worship Him must worship in spirit and truth.” Notice that it says, “God is Spirit,” not God is a spirit. That hints at the fact that He’s not one of many, He

2

Think about your life. Does it point others to God? How can you allow God's love and grace to shine through you?



3

List and discuss three tangible ways you can begin to live a life of worship today.



Reflect

Work becomes worship when you dedicate it to God and perform it with an awareness of his presence. (Rick Warren)

Cause every task of your day to be a sacred ministry to the Lord. However mundane your duties, for you they are a sacrament. (Richard Foster)