

# Image Bearer – Week 3

## High School Ministry Teaching Guide

### BIG IDEA

Worship is more than singing; it's what shapes us.  
Everyone worships something.

### BIBLE

John 4:23-24

## ABOUT THIS WEEK

Everyone worships something—whatever you focus on most shapes who you become. God created you to worship Him in spirit and truth, not just with songs but with your whole life. What you worship will shape your identity.

#### WHAT?

- If I followed you around for a week and looked at what you spent your time on, what would I say matters most to you?
- Everyone is a worshiper. The only question is what (or who) you're worshipping.
- Worship isn't just a church thing. It's what we give our time, attention, energy, affection, and trust to.
- Whether it's your phone, constantly living for the approval of others, idolizing a relationship – all of these reveal what you care most about, and they are shaping you whether you realize it or not!
- In John 4:23-24 Jesus is talking to a Samaritan woman with a complicated past. She wants to talk about the location of worship-Jesus redirects the conversation to the *heart* of worship.
- God wants worship that is both **true** (based on who He really is) and **spiritual** (from the core of who you are).
- Worship isn't about a place or a song. It's a way of life that orients everything around God.
- What you worship will shape your identity. Because we become like what we behold.

#### SO WHAT?

- Our world is full of things fighting for you worship – fame, success, affirmation, experiences, etc. But they all for short.
- For example: If you give your heart to success, you'll constantly fear failure. If you give you constantly live for people's approval, you'll never feel secure.
- But if you give your heart to Jesus, you'll be rooted in a love that never changes.
- What do your habits reveal about what (or who) you're worshipping?
- What's shaping your identity right now?

#### NOW WHAT?

- **Challenge:** Take a serious look at your life this week and ask, "What is forming me?" Begin to retrain your attention towards God because that's how transformation begins.
- **Next Step:** Each day, spend 10 minutes in prayer, journaling, or listening to worship music. When you're done, write one sentence finishing this thought: "God, You're worth more than \_\_\_\_\_."