

WEEK 3

HIGH SCHOOL DISCUSSION GUIDE

IMAGE BEARER

THIS WEEK

BIG IDEA

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

BIBLE

John 4:19-24

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.

Let's Break the Ice // Discipleship Moment Follow-Up:

- Last week, we encouraged each other to turn to God in the middle of the chaos, either around us or within us. Does anyone want to share how you experienced God's peace this week?
- When you're bored, overwhelmed, or trying to feel something, what do you tend to turn to first?
- Think about the last thing that made you excited, stressed, or obsessed. What does that say about what has your attention?

Bible Study

- Read Together: As a group, read John 4:19-24 NIV
 - Telos Bible Page Numbers: John 4:19-24 (pg 1037)

Discussion Questions:

- Jesus says the Father is looking for people who worship "in spirit and in truth." What does that mean and why does it matter?
- Everyone worships something—whatever shapes your values, habits, and decisions. What are some of the most common "false gods" students worship today (even if they'd never call it worship)?
- Why do you think what we worship ends up shaping who we become? Have you seen that play out in your own life?
- What do you think happens when you worship something that can't carry the weight of your identity (like popularity, relationships, or success)?

Make it Real:

- What's something you've been focusing on too much lately? How has it started shaping your attitude or identity in a way that's not healthy?

💡 Leader Cheat Sheet:

Worshipping God in Spirit and in Truth

- **To worship in *spirit* means** giving God your *whole heart*, not just going through the motions. It's about being real with God—connecting with Him deeply, not just pretending or performing.
- **To worship in *truth* means** focusing on *who God really is*, not just how we feel in the moment. It's about worshiping based on what's true in the Bible, even when life is confusing or hard.
- **Simple summary:**
Worshipping in spirit and truth means being real with God and rooted in who He really is.

Discipleship Moment:

- **Think about what you think about:** Pay attention to what's been shaping you lately. Ask yourself: "What's getting most of my time, energy, and attention—and is it helping me become who God made me to be?"

Pick one thing that's been pulling your focus away from God—maybe it's social media, a relationship, or a habit.

Then choose to fast from it for 24 hours.

Use that time instead to do something that re-centers your worship:

- Read Scripture
- Pray
- Listen to worship music
- Journal about your identity in Christ

Group Prayer:

- Pray that we would only build our lives around God. Ask that He would help us identify the idols in our lives, and ask Him to help us to place Him above all else.