



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? What are we talking about today?

INTRODUCTION

- We live in a world that's obsessed with identity.
 - Your phone, your feed, and your friend group are constantly telling you who you are and what should matter to you.
- But if we're honest, we don't just become who we are by accident—we're shaped by what we focus on.
- Today we're asking: "What do I care most about?"
- And the deeper question behind that is: What am I actually worshipping?

HOOK – Everyone worships something

- When you hear the word "worship," you might think of music—singing, hands up, eyes closed. And yes, that's part of it. But worship is way bigger than a moment in a room.
- Worship is whatever gets your deepest attention, your strongest loyalty, and your loudest "yes."
- If someone followed you around for a week and tracked how you spent your time, energy, money, and emotion—they'd know what you worship.
- Everyone worships something. The only question is what—or who?

How does God want us to Worship?

- Today we're going to look at a story about a woman who had a conversation with Jesus where He tells her about the type of worship that pleases God.
 - Set up and Read **John 4:23-24**
-

- Jesus says this to a woman who thought worship was about a place—like a mountain or a temple. But Jesus shifts the focus.
- He says real worship isn't about location.
 - It's about posture.
- It's not about performance.
 - It's about presence.
- To worship in spirit means it comes from your whole self—your emotions, your attention, your choices.
- To worship in truth means it's rooted in who God really is—not just what feels good or convenient in the moment.
- Worship isn't just what you do for 15 minutes on a Sunday. It's the direction of your life. And whether you realize it or not, what you worship is shaping who you're becoming.
 - If you worship control, you'll live with fear.
 - If you worship approval, you'll always feel insecure.
 - If you worship Jesus, you'll become more like Him—strong, loving, grounded, and free.

SO WHAT? Why does it matter to God and to us?

- This matters because your habits of worship will eventually form your sense of identity.
 - If you give your energy to stuff that can't love you back, you'll eventually feel lost and empty.
 - But if you re-center your heart on God, you start to remember who you are.
- You were created to worship—not because God's insecure and needs your praise, but because your soul actually runs best when it's connected to the One who made you. Worship isn't just a command. It's an invitation to real life.
- It's an invitation to embrace God for who He is, and to be reminded of who you are.

NOW WHAT? What does God want us to do about it?

- So what do we do with this?
 - First, name the things that have been quietly shaping you.
 - Ask, "What's getting most of my focus lately—and is it leading me toward who I want to become?"
 - Second, take one step this week to shift your focus back to God.
 - That might look like praying honestly when you're overwhelmed.
 - It might look like playing worship music instead of something that makes you anxious.
 - It might look like obeying God in something hard.
- Worship doesn't just happen with songs. It happens with every "yes" you give Him.

Closing Prayer and Dismissal to Small Group

- "God, show us what we've been worshipping without realizing it. Help us turn our attention and our hearts back to You—not just during songs but in our everyday lives. Shape us into people who reflect You because we've been with You. Amen."