



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're back for Week 3 of Image Bearers, where we're talking about identity—who you are and who God made you to be.
- Today's question is a big one:
 - "What do I care most about?"
- Because here's the truth:
 - What you care about the most shapes who you become.
 - That's what we're talking about today—worship.

HOOK – Everyone worships something

- When you hear the word "worship," you probably think of music or church. And that's part of it—but it's not the whole picture.
- Worship is whatever gets your best attention, your deepest focus, and your strongest emotions.
- If someone followed you around for a week and looked at what you talked about, posted about, stressed over, and celebrated, what would they say you care about most?
 - Because that's what you're worshipping, everyone worships something. The question isn't if you worship. It's what do you worship?

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**
 - "True worshipers will worship the Father in spirit and in truth."
- Jesus is talking to a woman who thought worship was all about location—like which mountain or building was the right one.
- But Jesus flips it and says,
 - "Worship isn't about a place. It's about your heart and who you're focused on."
- To worship in spirit means it's personal—it comes from inside you.
- To worship in truth means it's based on who God really is—not just how you feel in the moment.
- Worship is way bigger than singing. It's how you live.
 - And what you worship is forming you into a certain kind of person. If you worship attention, you'll become insecure.
 - If you worship success, you'll become anxious.
 - If you worship Jesus, you'll become more like Him.

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

- Think about your own life.
 - What's getting your best attention right now?
 - What do you care about the most?
 - What are you letting shape your identity?
- If we're not intentional, we start giving our worship to things that can't hold it—like popularity, appearance, or approval.
- And those things always let us down.
- But when we give our attention to God—when we worship Him in spirit and truth—He shapes us into people who are free, strong, joyful, and secure.
- It's here where we remind ourselves of His identity and He reminds us of our own.

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

- Here's the challenge:
 - This week, catch yourself when you're overly focused on something that doesn't deserve to shape who you are. Pause. Ask yourself, "Is this what I want to reflect?" Then shift your focus back to God.
- Worship doesn't have to mean singing—it can be thanking God when something good happens, praying when you're overwhelmed, or making a choice that honors Him even when it's hard.
- You were made to worship. Make sure what you're worshiping is worth it.

Closing Prayer and Dismissal to Small Group

- "God, help us pay attention to what's shaping us. Show us if we've been worshiping the wrong things without even realizing it. Teach us to worship You with our whole lives—not just with songs but with our attention, our choices, and our hearts. Amen."