



SERIES: JANUARY – BECOMING SPIRITUALLY FIT

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Scripture: Psalm 100

TITLE: Worship Confusion

What is worship? Chances are if I asked you for an answer, you'd say "praise" or "singing" or "gathering at church." And guess what – you'd be right. At least partially. So, you may be wondering, "Okay, Nat. If you're so smart, just what is worship?"

Let's go back to the Bible for the answer. Jesus said this in Matthew 15:8-9 (CSB):

"This people honors me with their lips, but their heart is far from me. They worship me in vain, teaching as doctrines human commands."

According to Jesus worship involves both attitude and action. It is not just merely acting a certain way or doing certain things—though surely our actions do matter. It is the marriage of right motives combined with right actions aimed towards God.

We can see the difference in the offerings of Cain and Abel. What was Cain's problem (besides jealousy, stubbornness, and murderous rage)? Cain brought an unacceptable sacrifice to the Lord and demanded that the Lord be pleased.

So right motives matter when it comes to worship. Any righteous action bathed in vanity, as Jesus put it, is but filthy rags. It is religious business.

And Jesus brings even more clarity to worship John 4:23-24. Jesus said,

"But an hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship him. God is spirit, and those who worship him must worship in Spirit and in truth."

What is Jesus saying? He is saying when we worship — right worship, good worship, pleasing worship depends on a right mental grasp of the way God really is — truth. If we worship an idol of our own creation, we are not really worshipping God.

When this happens, we begin to worship God for who He really is. You see, true worship is based on a right understanding of God's nature, and it is a right valuing of God's worth. We shouldn't worship our kids, parents, singers, actors, smart phones, golf, food, or anything else. God alone is worthy of worship. It's not religious activity, but sincere love-driven actions towards God. That is real worship.

Worship, biblically speaking, is the alignment of our hearts and actions directed towards God alone.

So here is my challenge for you today: worship in word and action. Begin by aligning your heart and your mouth. Begin by communicating praise and repentance to God. This is key. Then display love through action and service.

What is one way you can demonstrate the hands and feet of Christ? How can you show the supreme value of God in sacrifice for the good of others? Do it today.

Now that you know what real worship is, go win the day.