

## Sunday School Lesson for the Month of February 2024

# How To Worship God!

(John 4:24)

**(Sunday, February 4, 2024)**

The phrase, ***“God is Spirit,”*** in this 24<sup>th</sup> verse, is the classic biblical definition of the Nature of God. God is not an exalted man! ***“God is not a man!”*** (Numbers 23:19) ***“For a spirit does not have flesh and bones.”*** (Luke 24:39) He is “the invisible God!” (Colossians 1:15; 1 Timothy 1:17; Hebrews 11:27; 1 Timothy 6:16; Exodus 33:20; John 1:18; 6:46) No man can comprehend God! God is incomprehensible. God revealed Himself in Scripture and in Jesus Christ.

Because God is spirit, those who would truly worship Him must worship in spirit and truth. Worship must come from the inner spirit. It must also be consistent with the truth. The term Spirit in the (B) part of verse 24 does not refer to the Holy Spirit, but to the human spirit. It speaks to the inner person, the real self. True worship, Jesus says, is not a matter of externals. It’s not a question of worshipping at a certain place, at a certain time, using certain rituals, or wearing certain clothing. True worship is a matter of the heart. Using a Greek Word that refers especially to worshipping God, Paul wrote in Romans 1:9, that he served God in his ***“spirit!”*** David says in Psalm 103:1, ***“Bless, the Lord, O my soul: and all that is within me, bless His Holy Name.”*** David’s worship of God came from deep within. Worship must be within!

**There are four basic requirements for worshipping God in Spirit!**

### **I. You must be Spiritually Alive!**

You can’t worship God apart from the new birth. Unbelievers cannot worship in spirit, because their spirit is dead in sin. They don’t have the capacity to respond to spiritual truth. There must be a transformation brought about by salvation. For genuine worship, there must be a change in the life of the individual.

**(Sunday, February 11, 2024)**

**II. Your Heart must be focused on God!**

The word of God in your heart excites your spirit to worship. To do this, you must read the word, hear the word taught, and especially meditate on it. The Lord told Joshua in Joshua 1:8, ***“this book of the law shall not depart from your mouth, but you shall meditate on it day and night!”*** Biblical meditation may be defined as focusing your whole mind on one subject. The Church has lost the ability for deep thinking and meditation on God’s truth. There is too much shallow thinking. Shallow thinking produces shallow worship. We should be in the deep waters of bible study. Instead, we are wading around in shallow water barely getting our feet wet with the word. The deeper you meditate on the word, the higher your spirit will rise in worship!

**(Sunday, February 18, 2024)**

**III. Your Heart must be undivided!**

David prayed in Psalm 86:11-12, ***“unite my heart to fear thy name. I will give thanks to thee, O Lord, my God with all my heart.”*** Worship arises from an undivided, undistracted heart. That’s why you can’t worship God while entertaining sin in your life. You can’t do both at the same time. Psalm 66:18 says, ***“if I regard wickedness in my heart, the Lord will not hear.”*** Jesus taught in the sermon on the Mount that you can’t worship if you are holding something against your brother. He said, ***“leave your offering there before the altar and go your way; first be reconciled to your brother, and then come and present your offering.”*** Divided allegiance will keep you from true worship. If you would truly worship God, you must be constantly dealing with the sin in your life.

**(Sunday, February 25, 2024)**

**IV. You must be Spirit-Controlled!**

Philippians 3:3 defines true worshippers, as those who worship in the spirit of God. The Holy Spirit must energize our worship if it is to be acceptable, and for Him to do that, we must be spirit-controlled people. To be spirit-controlled means, to constantly yield to the Will of God. What hinders us from worshipping in spirit is selfish desires and one cannot have a heart divided between worshipping God and fulfilling self! Nor can you be spirit-controlled if you yield only a portion of your life to be controlled by God. If allowed, self will always hinder our worship.

If you want to worship in spirit and in truth, you must put away worldly distractions and focus on Him!