

Sermon Study Notes – Key Points, Questions & Application

Sermon – Worship First Step: Honest to God for a Change

Sermon Series – **Grow Hungry for Jesus: His Habits of the Heart**

Pastor Martin Lifer, Eastminster Church | January 11, 2026

Key Scripture References

Primary Passage: John 4:23-24 – "True worshipers worship the Father in Spirit and Truth."

Supporting Passages

- Genesis 2:7 – The LORD God formed man and breathed His Spirit into him
- Genesis 3:8-9 – Adam and Eve hid from God
- Romans 12:1-2 – Present our bodies as living sacrifice, holy and acceptable to God (as) your spiritual worship; don't be conformed to this age but be transformed
- Psalm 107:9 – The LORD satisfies the longing soul, and the hungry soul He fills with good.

What Does God Want Us to Be?

Good question for a new year—or every morning: What does God want me to be? To be becoming?

Last week: Prioritize—**One Thing Is Necessary.** Like newborn babies, crave pure spiritual milk (1 Peter 2:2-3).

Today: Worship is the **follow-through** of prioritizing one thing. If Bible reading, prayer, and other practices aren't framed as **worship**, they're empty.

Our Design and Purpose

Westminster Catechism #1: Q: What is the chief end of man?

A: To glorify God and to enjoy Him fully and completely forever.

- **Romans 11:36** – "To God alone be glory"
- **1 Corinthians 10:31** – "Whatever you do, do it all to the glory of God"
- **John 4:23** – "The Father seeks people who worship Him in Spirit and Truth."
God seeks people who are open to truly worshipping Him.

We Are Made for Worship

Isaiah 43:7 – "Everyone called by My name, **whom I created for My glory.**"

He made us for Himself. "Our hearts are restless until we find our rest in Him" (Augustine).

Nephesh (נֶפֶשׁ) = "Soul"

Early Hebrew meaning: **An inclined and open throat, open to be fed.**

Genesis 2:7 – "The Lord God **breathed into man's nostrils the breath of life**, and man became a **living soul** (nephesh chayah)."

Our souls (throats) are made to be filled by God Himself with His own breath (Spirit).

Genesis 1:26-28 – **We Are Made in God's Image**

"Let us make man **in our image, according to our likeness**" (unlike any other creature).

The triune God made us to:

1. Represent and faithfully serve Him
2. **Commune with Him in His blessing** (today's focus)
3. Reign with Him on earth (future glory)

The Problem: Hiding from God

Genesis 3:8-9 – After the fall, Adam and Eve **hid from the presence of the Lord.**" The LORD God called, "Where are you?"

They're missing in action. They chose anti-worship—worshiping themselves instead of God.

Do you hear that question today? "Where are you?" "I'm too busy, God. I've got things to do, kids to worry about, a game in 15 minutes."

Sin Leads to Total Deformity

Genesis 6:5 – "Every form of man's heart was only evil continually."

Martin Luther: "*Homo incurvatus in se*" = "Man curved in on himself"

We're all about us. Even when we "worship," it's about what **I** can get from God.

Isaiah 29:13 – "These people honor Me with their lips, **but their hearts are far from Me.**"

The Gospel Solution

Deuteronomy 30:6 – "The Lord your God will **circumcise your heart...** to love the Lord, so that you may live."

How? Jesus comes to secure the **New Covenant** (the Table we're coming to today).

Jesus makes it possible to:

- Grow up united with Him
- Worship and be one with the triune God
- Reign with Christ in the age to come

The Challenge: Worship at Home

Sunday worship is key—but how often do you worship in your home?

"I'm busy. Life takes over. The devil takes over. Social media takes over."

This Week: Not a Guilt Trip, but an Opportunity

Can you commit to 2-3 fifteen-minute worship times at home this week?

- If married: worship together as a couple
- If kids at home: worship as a household
- If single: worship with a couple friends

Don't just do activities—take time to worship.

How to Worship at Home

James 4:10 – "Humble yourselves in the presence of the Lord, and He will lift you up."

1 John 1:8-9 – "If we confess our sins, He is faithful to forgive us and cleanse us."

Romans 12:1-2 – "Present your bodies as a living sacrifice—your spiritual worship. Do not be conformed to this age but be transformed by the renewing of your mind."

True worshipers worship in spirit and truth — on Sunday AND at home.

Don't keep saying "I don't hear You, God." **He's saying, "Where are you?"**

Come to Him as individuals, couples, families. Take a small step to begin worshiping in Spirit and in Truth.

Psalm 51: Great guide for family worship—repentance, confession, rejoicing.

Jesus Satisfies!

Worship as New Covenant children—fed by Jesus daily, not just on Sunday.

Worship is the most formative and essential of all spiritual habits (disciplines).

Psalm 107:9 – "He satisfies the longing soul (nephesh—open throat), and the hungry soul He fills with good."

John 6:51 – "I am the living bread. Whoever eats this bread will live forever."

There is nothing better than Jesus! Don't deprive yourself or your household. Live with Christ. Worship Him this week.

Discussion Questions

1. Where Are You? • Where are you this week in relation to God's presence?

2. Curved In on Yourself?

- Be honest to God: In what ways do you tend to make even worship and other spiritual things about you rather than worshiping God?
- How can you seek God's Spirit to change your heart so that you truly seek and worship God?

3. Worship at Home • When did you last worship outside of Sunday? What keeps you from it?

4. The Challenge • Can you commit to 2-3 fifteen-minute worship times at home this week?

- Humble yourselves in His presence
- Confess sin to one another
- Present your bodies as living sacrifices
- Be transformed by renewing your minds