

Sermon Study Notes – Key Points, Questions & Application

Sermon – What Is God Worth? Your Worship = Your Answer

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

Pastor Martin Lifer, Eastminster Church | February 1, 2026

Key Scripture References

Primary Passages:

- Romans 1:22-25 – *Though* they claimed to be wise, they became fools.... They **exchanged the truth of God for a lie and worshiped and served the creature more than the Creator**
- Matthew 4:8-10 – The devil offers Jesus all the world's kingdoms and their glory, if Jesus will worship the devil. Jesus totally rejects the temptation: "Away, Satan! For it is written, **'You shall worship the Lord your God, and Him only shall you serve.'**"

Supporting Passages

- Psalm 115:8 – Those who make idols become like them.
- Ephesians 5:18-19 – Be filled with the Spirit, singing
- Revelation 5:9-13 – Worthy is the Lamb

Our Habits Are Not Neutral

Our habits direct our hearts in **ONE** of **TWO** directions:

1. **Aligning our hearts & lives with Jesus**—"I grew closer to Jesus this week!"
2. **Moving our hearts & lives away from Jesus**—conditioning us to **ignore Him**.

Good news: "Blessed are those hungering and thirsting for righteousness, for they will be filled." *Matthew 5:6*

They Worshiped the Creature More Than the Creator!

Romans 1:25 – "They worshiped the creature **more than** the Creator."

Not *"instead of"*— **"MORE THAN."**

"I worship God an hour on Sundays, occasionally remember Him." **But if anything – anything – gets first place above God, we have a deadly problem.**

We Are Created to Be Worshipers

"Worship" comes from Old English "worthship" = worth-ship.

Worship: To adore and praise, to glorify and **VALUE** something supremely and so to look up to and reflect it.

God the Giver is worth infinitely more than any gifts, any created thing.

You WILL Worship Something

It is **GUARANTEED** that you will worship something.

You will:

- Value something as worth your time
- Arrange your schedule around something
- Give your heart and resources to something

- **Count certain things as worth your weekends** (and the way you spend your weekends often reveals your real religion)
- Devote yourself to something that energizes you, makes you **shout for joy**

"I'm not expressive." **Oh yes you are—about your team, pop star, technology, sports, whatever stirs your passion, because you value it so highly.**

C.S. Lewis – Human Beings Naturally Praise Something.

"The world rings with praise" — of a beloved, a favorite author, actors, **animals**, teams, nations, mountains, heroes...

And **"just as men praise whatever they value, they urge us to join them."** In other words, **you'll praise and tell others the greatness of something. You will worship.**

Your Worship Will Form You

You will look up to and reflect what you're worshipping.

Every human being is undergoing spiritual formation by what/whom you worship.

Psalm 115:8 – "Those who make idols **become like them**"—dead, unable to respond to God.

G.K. Beale: "We are being molded into ONE of TWO images: the distorted image of creation" [i.e. an idol]; or "the image of the Creator" [i.e. Christ/ Christlikeness]

Human-Sourced Worship Deforms Us

Human-sourced worship makes us addicted idolaters.

John Calvin: "The human heart is a **factory of idols**. From the womb, we are experts in inventing idols" [and manufacturing them].

Forsaking God to glorify created things (including ourselves) = IDOLATRY.

David Foster Wallace Got It.

The brilliant Gen X author – raised by atheistic parents, and an agnostic himself, nevertheless said in his Commencement Address at Kenyon College:

"There is no such thing as atheism,... as not worshipping. Everybody worships. The only choice we get to make is what to worship."

And **"pretty much anything you worship will eat you alive. If you worship money and things — if they are where you tap real meaning in life — then you will never have enough. Worship your own body and beauty... and you'll always feel ugly, and when time and age start showing, you will die a million deaths before they finally plant you..."** Worship intellect and being smart — and you'll always feel stupid. **"The insidious thing about these forms of worship ... is that they're unconscious. They are default settings.** They are the kind of worship you just slip into day after day."

His advice: "Choose your temple wisely. Worship something that won't destroy you."

We know: The One who won't destroy us and Who, in fact, will save us: JESUS.

Satan's Temptation and Jesus' Faithfulness to Worship God Only: The Heart of How Jesus as the New Adam Saves Us.

Matthew 4:8-10 – Satan shows Jesus all the kingdoms of the world and their glory.
Devil: "All these I'll give You, if You fall down and worship me." In other words – *"I'll give You the shortcut: no cross, no taking on people's sin, no giving up everything."*

Jesus chooses: Nothing on earth, not even all the world's kingdoms and glory, but only the kingdom of heaven and his heavenly Father.

Verse 10: "Away Satan! ... 'You shall worship the Lord your God and Him ONLY you shall serve.'"

Jesus' answer: Worship of God above all things, forsaking everything for the Father's glory.

That's our salvation, our gospel, our answer – through Jesus and His Answer!

Reality Check: Screen Time

Average daily screen time of American adults: 7+ hours/day (Gen Z: 9+ hours)

Real question: What's your average worship time?

Suppose we say we only spend 4.5 hours a day on screens; how much time do we spend on Jesus, on worship? 4.5 hours? What about 4.5 minutes a day?

The Father wants **WORSHIPERS**.

Your mind will be renewed if you dial back screen time and give Christ some time.

Roger Flournoy, Jr. (*living with cerebral palsy*): "God Created Me to Worship!"

"Worship is my life. God created me to worship. If I don't worship, it's like I don't eat — I'd die.... One day I'll be in eternity with Jesus."

Oswald Chambers: "Worship is giving back the best to the best."

Foretaste of Eternity: Worshiping the Father and the Son

Revelation 5

Verse 2 – Who is worthy to open the scroll?

Verse 5: "The **Lion from Judah** has overcome."

Verse 6: "I saw a **Lamb standing as though slain**" (dead but raised)

Verses 9-10: "Worthy are You... You were slain and purchased to God by Your blood... made them **priests** to our God."

Verse 13 (climax): "Every creature in heaven, on earth, under earth, in sea — all saying: 'To Him Who sits on the throne and to the Lamb be praise [*blessing*] and honor and glory and power forever!'"

May that be your life. May that be your eternity. This – worshiping in joyful freedom God the Father and Jesus the Son – is what we are made for!

Discussion Questions

- 1. What Do You Actually Worship – Actually Value Most Highly?** • What gets your time, heart, resources, weekends? What makes you shout for joy?
- 2. Default Settings** • What worship patterns do you slip into day after day?
- 3. Screen Time vs. Worship Time** • Hours/day on screens? Minutes/day worshipping Jesus?
- 4. This Week's Challenge** • Will you commit to 15-20 minutes worship EVERY DAY?

Closing Challenge

Worship on the Lord's Day deeply, Spirit-led. And glorify in DAILY worship that engages you fully, body, soul, mind and strength – not checking boxes but opening yourself fully to the Lord.

15-20 minutes worship EVERY DAY