



Spiritual Health – Do I Live A Life Of Worship?

January 22, 2023

Word — A healthy Christian knows God through the applied word of God under the direction and empowerment of the Holy Spirit.

Worship — A healthy Christian manifests a lifestyle of worship and prayer based on close daily communion with God.

Warmth — A healthy Christian engages in meaningful life-on-life relationships that reflect the love of God and leave people impacted and changed.

Witness — A healthy Christian lives under the commission of Christ to win and grow disciples, integrating outreach into all aspects of life.

Works — A healthy Christian builds up the body of Christ through their spiritual gifts and passions.

Wisdom — A healthy Christian manages their skills, money, and time putting them under the Lordship of Jesus.

What Does A Healthy Christian Look Like?



How do we worship God in prayer?

...pray without ceasing,... 1 Thessalonians 5:17 (ESV)

...praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,... Ephesians 6:18 (ESV)

1. We are to pray all kinds of prayers.

...with all prayer and supplication... Ephesians 6:18 (ESV)

2. We are to pray all the time.

...pray at all times... Ephesians 6:18 (ESV)

And he told them a parable to the effect that they ought always to pray and not lose heart. Luke 18:1 (ESV)

...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6 (ESV)

Continue steadfastly in prayer, being watchful in it with thanksgiving.
Colossians 4:2 (ESV)

3. We are to pray with perseverance.

...To that end, keep alert with all perseverance... Ephesians 6:18 (ESV)

...casting all your anxieties on him, because he cares for you. 1 Peter 5:7 (ESV)

And he told them a parable to the effect that they ought always to pray and not lose heart. Luke 18:1 (ESV)

And the Lord said, “Hear what the unrighteous judge says. And will not God give justice to his elect, who cry to him day and night? Will he delay long over them? I tell you, he will give justice to them speedily. Nevertheless, when the Son of Man comes, will he find faith on earth?” Luke 18:6–8 (ESV)

4. We are to be alert and pray for others’ needs.

...To that end, keep alert with all perseverance... Ephesians 6:18 (ESV)

5. We are to pray for other Christians.

...praying for all the saints... Ephesians 6:18 (ESV)

6. We are to pray for spiritual, not just physical, needs.

...(Pray) and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak. Ephesians 6:19–20 (ESV)

What are the wrong ways to worship God?

1. Don't worship a different God.

...My glory I will not give to another. Isaiah 48:11 (ESV)

(for you shall worship no other god, for the Lord, whose name is Jealous, is a jealous God), Exodus 34:14 (ESV)

No, I imply that what pagans sacrifice they offer to demons and not to God. I do not want you to be participants with demons. 1 Corinthians 10:20 (ESV)

2. Don't worship God by self-styled worship.

They have turned aside quickly out of the way that I commanded them. They have made for themselves a golden calf and have worshiped it and sacrificed to it and said, 'These are your gods, O Israel, who brought you up out of the land of Egypt!' " And the Lord said to Moses, "I have seen this people, and behold, it is a stiff-necked people. Exodus 32:8-9 (ESV)

Now Nadab and Abihu, the sons of Aaron, each took his censer and put fire in it and laid incense on it and offered unauthorized fire before the Lord, which he had not commanded them. And fire came out from before the Lord and consumed them, and they died before the Lord. Leviticus 10:1-2 (ESV)

3. Don't worship God with the leftovers of my life.

When you offer blind animals in sacrifice, is that not evil? And when you offer those that are lame or sick, is that not evil? Present that to your governor; will he accept you or show you favor? says the Lord of hosts. And now entreat the favor of God, that he may be gracious to us. With such a gift from your hand, will he show favor to any of you? says the Lord of hosts. Oh that there were one among you who would shut the doors, that you might not kindle fire on my altar in vain! I have no pleasure in you, says the Lord of hosts, and I will not accept an offering from your hand. Malachi 1:8-10 (ESV)

4. Don't ignore financial worship.

Will man rob God? Yet you are robbing me. But you say, 'How have we robbed you?' In your tithes and contributions. You are cursed with a curse, for you are robbing me, the whole nation of you. Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the Lord of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need. I will rebuke the devourer for you, so that it will not destroy the fruits of your soil, and your vine in the field shall not fail to bear, says the Lord of hosts.

Malachi 3:8–11 (ESV)

What is the right way to worship God?

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:1–2 (ESV)

- Give all of my life as a sacrifice to God, living holy and pleasing to Him.

Life Group Questions

1. Review the message on your sermon handout. What did you learn that was new? What parts were reviews?
2. How would you describe your prayer life?
3. Both Paul and Jesus told us to persevere in prayer. What prayers have you asked for that God hasn't answered? **Read Luke 18:1-8.** How does this help you persevere when those prayers remain unanswered?
4. When Paul was in prison, he didn't ask the Ephesians to pray about his physical needs but that he would be able to speak the gospel with greater clarity and boldness while in chains. What does this teach us about how we should pray?
5. **Read Ephesians 6:18.** What is one lesson I can apply from this verse to pray in a more effective way?
6. **Read Leviticus 10:1-3.** What is the danger of worshipping God in a way we choose instead of the ways he prescribes? Using the Bible as our guide, what kinds of worship should be in church? In an attempt to be relevant, how have some churches left biblical worship?
7. **Read Malachi 1:6-14.** God was angry because his people gave Him the leftovers of their life instead of their best. In what ways can we find ourselves doing the same thing today?
8. **Read Malachi 3:6-12.** God's people didn't worship with their giving. What happens when we put ourselves first instead of God in our financial world? How much do you think Christians should give? Is this an area God is calling you to change?
9. **Read Romans 12:1-2.** What does it look like to obey this verse?