

Thought For The Week

Articles: *Worship in Spirit and in Truth: Sunday and Everyday* - ~300 words, ~1700 words

Worship in Spirit and in Truth

Sunday and Everyday

(Adapted and expanded from Tom's sermon, June 21, 2026)

As Christians, few topics are more central to our faith than worship. On this particular Lord's Day, coinciding with Father's Day, Tom delivered a timely and convicting message titled "Worship in Spirit and in Truth: Sunday and Everyday." Drawing from the heart of Scripture, Tom reminded the congregation that true worship is not confined to a single hour on Sunday morning. Instead, it encompasses both our corporate gatherings on the Lord's Day and our daily lives as living sacrifices offered to God. This balance—daily devotion and faithful assembly—is essential for the full Christian life God calls us to live.

The message began with powerful Scripture readings that set the tone. Mike read from John 4:23-24: "But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and in truth; for the Father is seeking such to worship Him. God is spirit, and those who worship Him must worship in spirit and in truth." Roger followed with Romans 12:1-2 (NASB): "Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect."

Tom opened by greeting everyone, wishing a happy Father's Day to fathers in the congregation and those listening by phone. He humorously noted that the holiday had slipped his mind until the night before, making it too late to prepare a dedicated Father's Day sermon. Yet the chosen topic remained profoundly fitting, pointing us to our Heavenly Father who seeks genuine worshipers.

Tom shared transparently about his own spiritual journey. For years he had a clear picture of Sunday worship—the singing, prayers, preaching, and observance of the Lord's Supper felt like authentic worship. The rest of the week, however, felt like ordinary life: long work shifts, physical aches, trying to be a decent person, helping others, and sharing the gospel when opportunities arose. He knew prayer and Bible reading were important but had not fully connected them to worship. The idea of worshipping "every day" remained vague.

A conversation at work with a co-worker challenged him. They discussed biblical worship practices such as a cappella singing versus instrumental music and observing the Lord's Supper weekly rather than monthly. The co-worker countered by emphasizing worship throughout the week, suggesting that the specific Sunday practices were optional. Caught off guard, Tom realized he needed a deeper study. This experience sent him back to the Scriptures and highlighted a common struggle: distinguishing between corporate assembly and daily walk while recognizing how both are vital and interconnected. One without the other leaves our faith incomplete. Both must be done

according to God's revealed will.

The Foundation: Worship in Spirit and Truth (John 4:23-24)

At the core of the sermon stood Jesus' words to the Samaritan woman at the well. Worship is not primarily about location, rituals, or external forms. It is about a heart posture of reverence, love, and obedience offered sincerely ("in spirit") and according to God's revealed truth. God is Spirit, and He seeks worshipers who align their inner lives and outward practices with His will.

This teaching guards against two common errors. Some are diligent in Sunday assemblies yet maintain cold hearts and unchanged lives during the week. Others claim to worship God "in spirit" daily while neglecting the commanded gathering of the saints or ignoring specific instructions for corporate worship. Jesus calls us to both: heartfelt sincerity and faithful obedience to truth. Many today say, "I worship God in my own way; I don't need church." Scripture rejects this false dichotomy. True worshipers are those whose hearts are right with God **and** whose practices align with His word.

Daily Worship: Presenting Our Bodies as Living Sacrifices

The apostle Paul provides the heartbeat of daily worship in Romans 12:1. By the mercies of God, we are urged to present our bodies as a living sacrifice—holy and acceptable to God—which is our spiritual service of worship. Unlike Old Testament animal sacrifices that were one-time events, this is an ongoing, everyday offering of our entire lives: our time, energy, talents, and bodies.

Our bodies are the temple of the Holy Spirit (1 Corinthians 6:19-20), making every decision about how we treat them an act of worship. Paul broadens this further in 1 Corinthians 10:31: "Whether you eat or drink, or whatever you do, do all to the glory of God." Ordinary activities—preparing a meal, driving to work, repairing something at home, or caring for family—become worship when done with a focus on glorifying God.

Tom illustrated this beautifully with everyday examples from the congregation. Jim's woodworking in his garage, Carolyn's gardening, and Carol's practice of meditating on Bible verses while working in the garden all become acts of worship when offered to the Lord. Colossians 3:23-24 reinforces this: "Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ."

This perspective transforms even difficult jobs. Long, draining shifts that many (including Tom himself) do not particularly enjoy can become worship when viewed as stewardship under the Lord. A thankful heart, constant prayer, and rejoicing in all circumstances (1 Thessalonians 5:16-18) are also daily expressions of worship.

The Old Testament pattern supports this lifestyle approach. Deuteronomy 6:4-9 commands loving the Lord with all our heart and talking of His words throughout the rhythms of daily life—sitting at home, walking along the road, lying down, and rising up. Psalm 1:2 describes the blessed person who delights in the law of the Lord and meditates on it day and night. Worship was never meant to be compartmentalized to one day a week. It is a comprehensive lifestyle of devotion to God woven into every moment.

The Vital Role of the Sunday Assembly

While daily worship is foundational, God also commands corporate gathering on the first day of the week. Acts 20:7 records the disciples gathering on the first day to break bread. First Corinthians 16:2 directs the collection to occur on that day. Revelation 1:10 refers to it as “the Lord’s Day.” Hebrews 10:24-25 strongly warns against neglecting to meet together, urging us instead to stir one another up to love and good works, especially as the day of the Lord draws near.

There is something irreplaceable about gathering in person. We receive mutual encouragement, solid biblical teaching, shared observance of the Lord’s Supper, unified singing of praises, public witness as the body of Christ, and deep fellowship. While phone services are a blessing for those unable to attend, many testify that something essential is missing when they cannot be physically present. The assembly refreshes and recharges us after the draining demands of the week—amid worldly evil, sin in our culture, media bombardment, and spiritual attacks from Satan. Consistent attendance equips us with strength and courage for the days ahead.

Daily Worship and Sunday Assembly Working Together

These two dimensions of worship are not in competition; they are complementary and mutually strengthening. The Sunday assembly equips us for daily living as sacrifices. We are taught, corrected, encouraged, and renewed so we can live faithfully Monday through Saturday. In turn, our daily devotion makes Sunday worship authentic rather than empty ritual. Jesus warned in Matthew 15:8-9 against vain worship where lips honor God but hearts are far from Him, and doctrines of men replace God’s commands.

The early church exemplified this balance. Acts 2:42 describes their devotion to the apostles’ teaching, fellowship, breaking of bread, and prayers while they lived out their faith daily in homes and workplaces. Paul and other believers worshiped and served Christ every day, not merely on Sundays. When both elements thrive, they create harmony as God intends.

Worshiping God His Way: Authority and Warnings

True worship must follow God’s authority, not human preferences. Colossians 3:17 commands that whatever we do in word or deed be done in the name of the Lord Jesus. Scripture records serious warnings against unauthorized worship. In Genesis 4, Cain offered what he chose while Abel brought what God required; God accepted Abel but rejected Cain. Sincere effort alone is insufficient.

The tragic account of Nadab and Abihu in Leviticus 10:1-3 shows the severity: they offered unauthorized fire before the Lord and were consumed by divine fire. God takes worship seriously. Tom applied this to contemporary practices, noting that the church’s commitment to a cappella singing stems not from financial limitations but from following what God has commanded. Similarly, weekly observance of the Lord’s Supper follows the New Testament pattern. Changing elements of worship may seem minor to us, but it is significant to God.

Following man-made traditions or creeds instead of Scripture alone leads to vain worship. The New Testament pattern for the assembly is simple and clear: teaching the word, singing, prayer, the Lord’s Supper, and giving. In worship, God is the audience. We gather to please and honor Him, not to be entertained. While comfort and edification are blessings, our primary concern must be

faithfulness to biblical directives rather than personal preferences.

Conclusion: A Call to Balanced, Faithful Worship

Daily worship as living sacrifices and faithful Sunday assemblies go hand in hand. One feeds and authenticates the other. We cannot neglect either and fully be the Christians God calls us to be. Tom urged the congregation to commit this week to offering their whole lives to God every day and gathering faithfully on the Lord's Day to worship Him His way.

If you have been neglecting daily devotion or the assembly, today is the day to recommit. If you have never become a Christian, need to return to the Lord, or simply need the prayers of the church, respond to God's call. The Father is still seeking true worshipers who will come to Him in spirit and truth.

This sermon challenges us to examine our lives. Are we offering every part of our days—work, home, relationships, thoughts—as worship? Are we prioritizing the Lord's Day gathering for the strength and fellowship it provides? In a world full of distractions and competing demands, let us renew our commitment to worship God His way, both on Sunday and every day. May our hearts be sincere, our practices faithful, and our lives a continual living sacrifice pleasing to our Heavenly Father.

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Worship in Spirit and in Truth

Sunday and Everyday

True worship lies at the heart of the Christian life. In his June 21 message, Tom reminded us that God seeks worshipers who honor Him both on the Lord's Day and every day of the week.

The sermon opened with powerful readings. Mike shared John 4:23-24: true worshipers will worship the Father "in spirit and in truth," for God is Spirit and seeks such people. Roger read Romans 12:1-2, urging believers to present their bodies as living sacrifices—this is our spiritual worship—and to be transformed by renewing our minds.

Tom acknowledged his own past confusion. Sunday services with singing, prayer, preaching, and the Lord's Supper felt like real worship, while the rest of the week seemed like ordinary life. A workplace conversation challenged him to think more deeply about the balance between corporate assembly and daily devotion. He realized both are essential and must follow God's word.

Daily Worship as a Living Sacrifice Romans 12:1 calls us to ongoing surrender. Everything we do—eating, working, gardening, woodworking—can glorify God (1 Corinthians 10:31; Colossians 3:23-24). Whether on long shifts or in quiet moments meditating on Scripture, a thankful heart, constant prayer, and rejoicing turn ordinary days into worship (1 Thessalonians 5:16-18). Deuteronomy 6 and Psalm 1 show this was always God's design: His word woven into every part of life.

The Lord's Day Assembly Scripture establishes the first day of the week as special (Acts 20:7; 1 Corinthians 16:2; Revelation 1:10). Hebrews 10:24-25 commands us not to neglect gathering. In corporate worship we find encouragement, teaching, the Lord's Supper, unified praise, fellowship, and renewal for the week ahead. Phone services help, but nothing replaces being present with the saints.

Sunday equips us for daily sacrifice, while daily faithfulness makes Sunday authentic rather than ritual. Jesus warned against vain worship that honors with lips but not the heart (Matthew 15:8-9). We must worship God's way—following the New Testament pattern of teaching, singing, prayer, the Supper, and giving—rather than man-made traditions.

Daily devotion and faithful assembly go hand in hand. Let us commit to offering our whole lives to God every day and gathering as commanded. If you have neglected either, today is the day to respond.

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