

26-0621a - Detailed Summary

26-0621a - *Worship in Spirit and in Truth: Sunday and Everyday*, Tom Freed

Bible Readers: Mike Mathis and Roger Raines

This detailed summary by Grok, xAI, (Transcription by TurboScribe.ai)

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Worship in Spirit and in Truth: Sunday and Everyday

Scripture Readings

1st Reading (0:04 - 0:55): Mike Mathis

John 4:23-24: Mike opened the service by reading from John chapter 4 verses 23 and 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 Him in spirit and in truth.” He concluded by affirming that this completed the reading of God’s word.

2nd Reading (1:00 - 1:48): Roger Raines

Romans 12:1-2: Roger then presented the second reading from Romans chapter 12 verses 1 and 2 in the New American Standard Bible: “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.” This concluded the Scripture readings for the morning.

Summary of Transcript (0:04 - 23:59), Preacher: Tom Freed

(1:52 - 5:18) Introduction: A Personal Journey into the Full Picture of Worship

Tom greeted the congregation warmly, wished everyone a happy Father’s Day, and acknowledged the many great fathers present while noting that the Heavenly Father is the greatest Father of all. He admitted that Father’s Day had slipped his mind until the night before, and by then it was too late to prepare a Father’s Day sermon. Instead, the message he brought was titled “Worship in Spirit and Truth: Sunday and Everyday.” As Christians, Tom emphasized, one of the most important things we do is worship God, and that is exactly what the congregation was doing on this Lord’s Day morning. Jesus declared that the Father is seeking those who will worship Him in spirit and in truth, and Tom expressed his conviction that this is what the church is striving for. He explained that this conviction is one of his main reasons for being part of this congregation—he believes they are doing what the Bible says.

Tom was honest about his own past confusion regarding the full picture of worship. For a long time he had Sunday worship well mapped out: the singing, prayer, preaching, and Lord’s Supper felt like real worship. That, he thought, was what worship was. Monday through Saturday, however, was simply “life”—getting through long shifts, dealing with aches and pains, trying to be a decent person, helping others when possible, and sharing the word when opportunities arose. He knew Christians were supposed to pray and read the Bible, but he had never really connected those daily activities with worship. It remained a gray area. Although people said we are supposed to worship every day, he had never put it all together.

Recently at work, a conversation with a co-worker about how we should worship God brought the issue into sharp focus. They discussed singing acapella versus using instruments on Sunday and the biblical teaching to observe the Lord's Supper every first day of the week rather than once a month. The co-worker pushed back, asking what about worshiping God all week long—you do not have to do any of those things. Tom was caught off guard and did not have a clear answer. The exchange made him realize he had not thought deeply enough about the difference between the Sunday assembly and the daily walk with God. It sent him back to the Scriptures.

Tom acknowledged that some in the congregation already understand this balance well, but he suspected others might share the same confusion he once felt. What he discovered was both simple and profound: God calls us to worship Him every single day in our ordinary lives, and He also calls us to gather together on the first day of the week for corporate worship. These two are distinct yet deeply connected. One without the other leaves us incomplete, and both must be done according to God's word. This morning, he said, he wanted the congregation to open their Bibles and see what Scripture actually teaches.

(5:21 - 8:02) What Is Worship According to the Bible?

At its core, Tom explained, worship means giving God the worth, honor, and obedience He deserves with our hearts, our minds, and our daily lives. Jesus gave the foundation for this understanding in John 4:23-24 while speaking to the Samaritan woman at the well: "But the hour is coming, and is now here, where the true worshipers will worship the Father in spirit and in truth. The Father is seeking such people to worship Him. God is spirit, and those who worship Him must worship in spirit and in truth."

This is one of the most important statements Jesus ever made about worship. It is not limited to a building, a particular day, or a certain style of music. Worship is a heart posture of reverence, love, and obedience offered to God in spirit—from the inside out—sincerely and in truth according to what God has revealed in His word. It is not something we invent or do however we feel like doing it. God is seeking true worshipers, people whose hearts are right and whose practice lines up with His will.

Tom asked how many people we know who worship however they feel instead of according to what God wants or says. We must make sure we do it according to His will. This verse helps us avoid two common mistakes: we can be very active in worship on Sunday yet have cold hearts during the week, or we can claim to worship God in spirit all week while ignoring what He actually commands when we gather—or even worse, not gathering at all. Tom noted that he knows many people who say, "I do not have to go to church or worship on Sunday; I do it my own way." Jesus calls us to both heart and truth.

(8:05 - 13:31) Daily Worship: Our Living Sacrifice

The heart of daily worship is found in Romans 12:1, where Paul writes, "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." This is powerful, Tom said. Paul is teaching that true worship is not mainly what we do for one hour on Sunday. It is presenting our whole lives—our bodies, our time, our energy—as a living sacrifice to God. This is not a one-time act like the Old Testament animal sacrifices. It is an everyday, ongoing offering. It is not just showing up for one hour on Sunday to worship God; it is an everyday, ongoing reality.

Remember, Tom continued, that our bodies are the temple of the Holy Spirit (1 Corinthians 6:19-20). That truth makes how we treat and use our bodies every day an act of worship. First Corinthians 10:31 instructs us, “Whether you eat or drink, or whatever you do, do all to the glory of God.” Even ordinary things—eating a meal, driving to work, fixing something around the house—can be done for God’s glory and therefore become acts of worship.

Tom gave practical examples from the congregation. Jim working in his woodworking shop in the garage, or Carolyn gardening—these activities can be seen and used as acts of worship when we focus on God. He also mentioned Carol, who has Bible verses written out and meditates on them while working in her garden; that focus on God turns even small tasks into worship. Colossians 3:23-24 tells us, “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 verse has helped Tom personally on long, draining shifts. Your job is not just a paycheck. When you work heartily unto the Lord, it becomes worship. Tom acknowledged that hopefully some enjoy their jobs, but he personally does not really enjoy his. Still, one thing we need to focus on is that we are not working for someone who just cares about making money and does not care about us—we are working for the Lord. The jobs we have can be draining and hard; they are not always enjoyable. But when we have the mindset that our jobs are given to us by God and that we are working for the Lord, we become good stewards. That perspective can change our mindset and turn work into worship.

First Thessalonians 5:16-18 commands us to “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” Worship is not limited to certain times or places. A thankful heart, constant prayer, and rejoicing even on hard days are daily acts of worship.

The Old Testament already pointed to this daily rhythm of worship. Deuteronomy 6:4-9 commands us to love the Lord with all our heart and to talk about His word when we sit at home, when we walk along the road, when we lie down, and when we get up. God wanted His people to weave His truth into the normal flow of everyday life. As we walk throughout our day, if the opportunity arises we can talk about God, bring Him up, and speak of Him at home all the time. Psalm 1:2 speaks of the blessed person whose delight is in the law of the Lord and who meditates on it day and night. We need to be constantly meditating on God’s word, reading it, and hiding it in our hearts. This daily focus on God’s word was never meant to be limited to one day a week; it was intended to be a lifestyle. In the Old Testament, God’s people knew this, understood it, and lived it every day. It was not just a Sabbath-day observance.

(13:34 - 16:46) The Sunday Assembly: Why the Lord’s Day Gathering Matters

Next Tom turned to the Sunday assembly and why the Lord’s Day gathering matters. The biblical pattern shows us the importance of the first day of the week. In the book of Acts we read that on the first day of the week the disciples were gathered together to break bread, and Paul spoke with them. First Corinthians 16:2 instructs that the collection is to be taken on the first day of the week. Revelation 1:10 calls it the Lord’s Day. God clearly commands us not to neglect the gathering.

Hebrews 10:24-25 urges us to “consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the day drawing near.” There is something special that happens when we gather

together that we cannot get by ourselves. When we come together on the Lord's Day we receive blessings that strengthen us for our daily worship: mutual encouragement, solid teaching from God's word, observing the Lord's Supper together, singing praises as one voice, being a public witness as the body of Christ, and—most importantly—fellowship.

Tom noted that the phone service is great, but he knows people have said that when they cannot be here they realize they are missing something. There is something about being here, about worshiping together, about fellowship. That is why God has commanded us to gather every Sunday. This gathering also refreshes and renews us after a draining week, giving us strength and courage for the days ahead.

Tom admitted that he sometimes misses because of work, but he knows that even missing one weekend leaves him feeling off. Not being here for a couple of weeks a month means really missing out on the opportunity to recharge our spiritual batteries. The world is rough out there, especially nowadays. It can be draining. There is evil and sin all around—even in our own homes through television shows, movies, and the internet. We are constantly bombarded and attacked by Satan. At work we face difficult things as well. Coming here on Wednesday and Sunday recharges us and gets us ready for the week ahead. It is very important that we do not miss the Lord's Day.

(16:50 - 18:44) How Daily Worship and Sunday Assembly Work Together

Tom explained how daily worship and the Sunday assembly work together in God's design. The Sunday assembly equips and strengthens us for daily worship the rest of the week. We come together to be taught, encouraged, corrected, and renewed so that we can offer our bodies as living sacrifices Monday through Saturday. At the same time, our daily worship makes the Sunday gathering authentic and meaningful instead of empty ritual.

Jesus warned against vain worship in Matthew 15:8-9: "This people honors Me with their lips, but their heart is far from Me. In vain do they worship Me, teaching as doctrines the commandments of men." If our hearts are cold and our lives are unchanged during the week, Sunday can easily become just going through the motions.

The early church showed us the perfect balance. They devoted themselves to the apostles' teaching, to fellowship, to the breaking of bread, and to prayers (Acts 2:42) while living out their faith every single day. We see the same pattern in the lives of Peter and Paul—Paul worshiped and lived as a Christian every day, not just on Sunday. The early Christians lived this way: they worshiped God every day and also observed on Sunday everything God has commanded. Daily devotion and the Sunday assembly work together in perfect harmony. They support and strengthen each other just as God intends for us today.

(18:47 - 23:05) Worshiping God His Way: Authority, Warnings, and the Authorized Pattern

We must worship God His way, especially in the assembly. Jesus taught that we must worship God in spirit and in truth. Colossians 3:17 commands, "Whatever you do in word or deed, do everything in the name of the Lord Jesus," that is, by His authority. Scripture gives clear warnings against adding to or changing what God has directed.

In Genesis 4, Cain brought an offering of his own choosing while Abel brought what was required by God. God accepted Abel's offering but rejected Cain's. This shows that sincere effort is not

enough; we must worship God His way. In Leviticus 10:1-3, Nadab and Abihu offered unauthorized fire and were judged by God—they were consumed by fire from the Lord. This demonstrates how seriously God takes it when we worship Him in ways He has not authorized.

Tom asked how many of us think or have talked to people who think it is no big deal what they do in worship. Those people probably would have thought it was a big deal where Nadab and Abihu got the fire for the Lord's worship, yet God considered it a very big deal and consumed them with fire. How many people today think it is no big deal to use instruments in worship music? This is a huge issue in our churches—not because we are broke and cannot afford instruments (though it might look that way), but because the main reason we sing only is that this is all God has commanded. The reason we take the Lord's Supper on the first day of the week is likewise by the example of the early church. We might not think it is a big deal to change a few things about worship, but it is a huge deal to God. We need to be careful to worship God the way He wants to be worshiped.

Jesus rebuked the traditions of men that make worship vain. Again in Matthew 15:8-9 He said, "This people honors Me with their lips, but their heart is far from Me. In vain do they worship Me, teaching as doctrines the commandments of men." If we follow man-made creeds, traditions, or doctrines instead of the Bible alone, our worship becomes vain. We must follow the Bible and the Bible alone for everything we do in worship, and Tom expressed his belief that this congregation does exactly that. Just what God says—that is all we need to do.

The New Testament shows us a simple authorized pattern for the assembly: the teaching of the word, singing, prayer, the Lord's Supper, and giving. Remember that in worship God is the audience. We are not gathered here to be entertained; we are gathered to please and honor Him. Worship does not revolve around us—it revolves around Jesus. Tom acknowledged that we all hope to feel comfortable at church and get something out of it, and many people choose their church based on how they feel, whether they are entertained or made happy. But we must make sure we worship primarily the way God wants to be worshiped according to the Bible, not according to what is pleasing to us.

(23:08 - 23:59) Conclusion: Daily Worship and Sunday Assembly Go Hand in Hand

In conclusion, Tom said, daily worship as a living sacrifice and faithful Sunday assembly go hand in hand; one feeds the other. You cannot have one without the other and be the Christian God calls you to be. Let us commit this week to offering our whole lives to God every day and to 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 make it right. If you have never become a Christian, or if you need to come back to the Lord, or if you simply need the prayers of the congregation, this is your moment. The Lord is calling you to respond. Please come forward as we sing.