

## Spirit, Not Stuff

### Description

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John 4:13-27

People put a lot of time, thought, and energy into external parts of worship such as music, lighting, liturgy, décor, and personal appearance. While each of these things is good, they are not enough by themselves. What God wants from us is true worship that involves our hearts, minds, and bodies.

Jesus tells the Samaritan woman at the well that people would soon begin to worship in spirit and truth instead of focusing where they worshiped, since Jews and Samaritans disagreed about this. Jesus knew that worship would very soon be not about location, but about a fundamental change in heart and thinking.

In Romans 12:1, the apostle Paul asked the people to offer their bodies “as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Through Jesus, we can truly worship, enjoying a relationship with God that is all about His Spirit dwelling within us and not about any of the external “stuff” that loses meaning with time and repetition.

Author: Jen George

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