



Do you love to worship God
or do you find it difficult?

Not everyone who worships is a true worshiper.
True worshipers worship Him
in spirit and in truth.

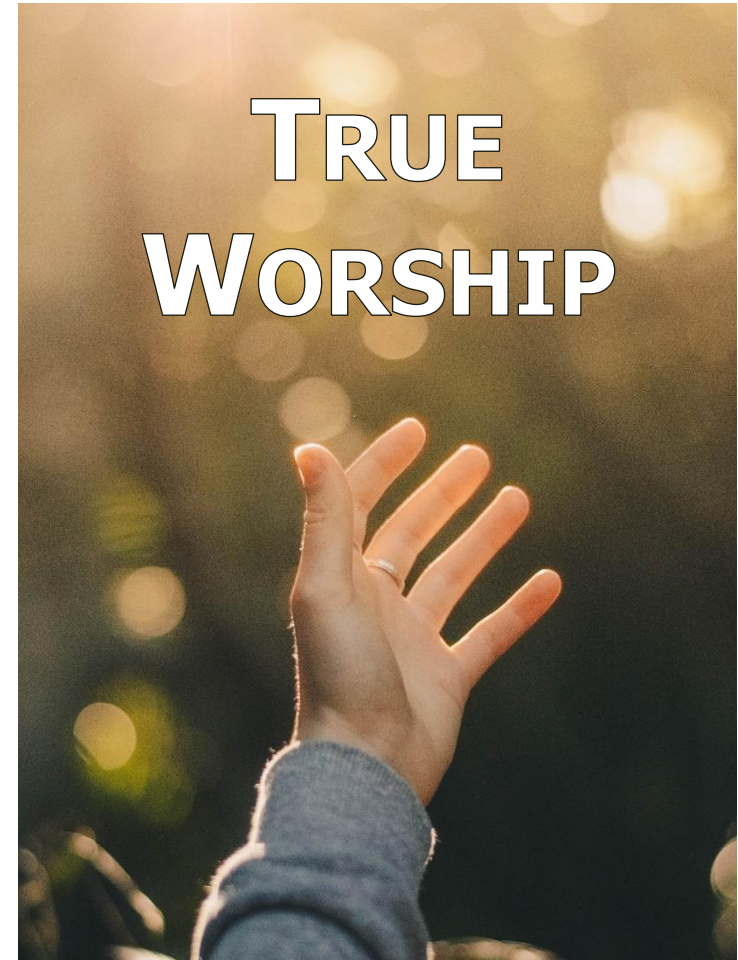
This booklet explains what this means
and will help you to start to enjoy worshipping God
both freely and boldly.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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'True Worship'
by
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Unless otherwise indicated
all Scripture quotations are taken from
the World English Bible British Edition (WEBBE)
(Any words in brackets are not in the original text
but are included to help understanding)

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focus on God and Jesus and the Holy Spirit alone. Worship is not a means to an end – it is complete in itself. And then when the blessings come, you can thank Him for them and continue to truly worship.

True Worship

Believe what God's Word says. Come boldly and joyfully to worship God. Turn away from all distractions and decide to worship no matter what is going on, whatever you feel like. Don't think you're not good enough. And keep worshipping God as you live your life. Decide to be a true worshiper in spirit and in truth.

Revelation 5:11-13 describes a wonderful picture of the worship in heaven. It says – *'I saw, and I heard something like a voice of many angels around the throne, the living creatures, and the elders. The number of them was ten thousands of ten thousands, and thousands of thousands; ¹²saying with a loud voice, "Worthy is the Lamb who has been killed to receive the power, wealth, wisdom, strength, honour, glory, and blessing!" ¹³I heard every created thing which is in heaven, on the earth, under the earth, on the sea, and everything in them, saying, "To him who sits on the throne, and to the Lamb be the blessing, the honour, the glory, and the dominion, forever and ever! Amen!"'*

When you worship here on earth, you're joining in with the thousands upon thousands in heaven. Be encouraged and enjoy your true worship of God – He does.

TRUE WORSHIP

God made people with a need and a desire to worship, so everyone worships something or someone. Whatever you make a central focus of your life is what you worship. It could be sport, fashion, music, slimming, making money, all sorts of things. You probably won't use the word worship, but if you spend a lot of time thinking about something and it controls the decisions you make in your life then you are worshipping it. God made everyone to worship because He knows that when you make Him your focus and worship Him, your life will be better – you will be more contented and fulfilled.

But First

You cannot truly worship God if you're not born-again. This is what the Bible calls accepting Jesus as your Lord and Saviour. When you acknowledge that Jesus is God and decide that you want to follow Him you are making Him your Lord. When Jesus died on the Cross, He was suffering all the punishment that everyone deserves, so you could be free and become God's child. When you believe that Jesus died for you and accept that sacrifice personally for yourself, you make Him your Saviour.

If you've never accepted Jesus as your Lord and Saviour then make today the day you do. God loves you totally and unconditionally, but it's only as you're born-again that He becomes your Father and you are able to truly worship Him.

Romans 10:9 says - *'if you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.'* Tell God you are sorry for the wrong

things you do, say and think. Believe that Jesus is Lord, that He died for you and that He is now alive. Accept Him as your Lord and Saviour. Say it with your voice and believe it in your heart. If you've done that sincerely, you are now born-again. Jesus has come to live in you and your spirit has been made brand-new – believe it and thank Him. Everything you've ever done wrong or ever will do wrong is forgiven, and you'll be with God for eternity.

As a child of God, you now have a whole new family of brothers and sisters. Tell a trusted Christian that you are now born-again so they can help you in your new life in Jesus. And you have the Bible to help you understand and experience more of God's love for you and all Jesus has done and won for you. It will help you to live your life in the best possible way – His way.

So What Exactly is Worship?

The online dictionary has a list of synonyms for the word 'worship', including – revere, reverence, venerate, pay homage to, honour, adore, praise, bow down before, glorify, exalt, extol, be devoted to, love, hold dear, cherish, treasure, admire, esteem, hold in high regard, hold in awe.

All of these attitudes and actions apply to worshipping God and you can express them in songs, speech or silently in your heart. You can express your worship physically as well – you can clap your hands, you can raise your hands to God, you can kneel, you can dance. Expressing your worship with your body can seem strange at first, but I encourage you to go for it. You'll find it really helps and you will feel more free in your worship. But don't worry about it – ultimately God looks on the heart. Your sincerity and your love for God is what really matters.

Focus on God

Are you someone who tends to be self-conscious? When you worship in church, do you wonder what other people are thinking about you – what your voice is like, how you express your worship physically? Do you wonder if they are admiring you or criticising you?

Or do you find yourself distracted by other thoughts – an issue which you're struggling with, what you've got to do that week, what other people are doing, what you're having for dinner?

You are not the only one. The devil never comes up with any new tricks – he just uses the old ones over and over again. The Bible says in [Hebrews 4:15](#) that Jesus – '*has been in all points tempted like we are, yet without sin.*' So when Jesus was on earth, He Himself was tempted by self-consciousness and other distractions when He was worshipping His Father God. But He never sinned – the moment the thoughts came He turned away from them and focused back on God. That's what Christians need to do too. Train yourself to put your focus back on God every time you're distracted while worshipping. It isn't always easy, but the more you do it, the easier it becomes. And the sooner you take action when those thoughts come, the easier it is to turn away from them.

No Added Motive

Worshipping with any added motive is not true worship even when the motive is good and spiritual. When we worship, blessings come and we praise and thank God for them. But don't worship to get them. If you focus on getting healed, blessed, delivered, experiencing more of God etc. while you worship, it isn't true worship because it's about you. True worship has to

Worshipping in Truth

Worshipping in truth means thinking, speaking and singing only truth when you worship and doing it sincerely. In [Isaiah 29:13](#) God says – *“This people draws near with their mouth and honours me with their lips, but they have removed their heart far from me.”* The people He’s describing were singing songs of worship, but they didn’t believe the words they were singing – they were just going through the motions. Just singing worship words is not worship. God says he doesn’t want to hear that sort of worship. In [Amos 5:23](#) He says – *“Take away from me the noise of your songs! I will not listen to the music of your harps.”*

You have to use your mind to decide what is God’s truth and what isn’t. And you can’t do that if you don’t know the truth of God and all He has done for you and won for you in Jesus. The place to find out what is God’s truth is the Bible. You need to test anything you hear which is supposedly from God against the Bible. If it doesn’t line up with the Bible, it’s not from Him. And you need to go to the New Testament, as everything changed when Jesus died and rose again.

Don’t presume all worship songs express God’s truth correctly. Some of them are based on an Old Testament viewpoint, not on the truth of all Jesus did for you on the Cross. For example, there are many songs based on [Psalm 51:10](#) – *‘Create in me a clean heart, O God. Renew a right spirit within me.’* This was totally appropriate for people to pray and sing before Jesus died. But now he has died and risen and you are born-again, you have a brand-new perfect spirit, so why would you ask Him for another one? How can He respond to that?!

Choose to Worship

Sometimes you’ll find you just want to worship and it will flow easily. Something good happens and you praise God. You see an answer to prayer and you praise God. When you’re reading the Bible, God makes something come alive to you in a new way and you praise Him. Sometimes you wake up with a song of worship in your mind and on your heart.

But at other times, worship isn’t spontaneous and perhaps you don’t feel like it. It’s then that you need to make a decision to worship anyway. It’s when you start worshipping God you’ll find your heart starts to lift.

God is Within

Before Jesus died, God’s people had to go to the mountain or the tabernacle or the temple to be in God’s presence. But in [John 4:21](#) Jesus said – *“Believe me, the hour comes, when neither in this mountain, nor in Jerusalem, will you worship the Father.”* You live in that hour.

When Jesus died God opened up the way for everyone who would believe to be in His presence all the time. God lives within you. That sounds weird, but it’s not – it’s wonderful. It means that you don’t have to go to a special place to worship or wait for a particular time. You don’t have to go to church to worship God; you don’t have to do it first thing in the morning or last thing at night; you don’t have to wait for God to call you or direct you. You can worship at any time and in any place, because you don’t come into His presence when you worship. As a born-again believer you are already in His presence. Just worship – it will bring joy to you and to God.

Come Boldly

God loves you and He loves you totally unconditionally. He is not holding anything against you and He is not angry with you. Everyone has done, said and thought wrong things – this is what the Bible calls sin. But instead of punishing people for their sin, God punished Jesus in their place. When Jesus died on the Cross, He was suffering that punishment personally for you. Because of this you can come boldly and worship God. Romans 8:1 says – ‘*There is therefore now no condemnation to those who are in Christ Jesus.*’ You are not condemned and God is not going to condemn you.

Don’t get concerned about sin when you worship God. You wouldn’t want a child of yours to feel they have to tell you everything they had said, thought or done wrong before they could ask you for a biscuit or give you a hug. You’d find that quite disturbing. You’d tell them that you love them and that nothing can stop you loving them, and you’d reassure them that they could come to you freely to tell you things or ask you for things or just to love you. God is your father and that’s what He wants you to do too. He wants you to relax and enjoy your relationship with Him.

If you are hung up on sin when you worship God, decide now to put it to one side and trust Him to prompt you when you do need to confess, because everyone needs to at times.

Come to Him boldly and just love and worship Him – that’s what He wants; not guilt and self-examination. Relax as you worship Him, knowing you are safe and accepted. God wants to enjoy your worship. His love for you is totally unconditional. He loves you and longs to hear your songs and words and thoughts of worship – they delight Him. And, wonderfully, He sings songs of

joy over you as well! Zephaniah 3:17 says – ‘*He will rejoice over you with joy. He will calm you in his love. He will rejoice over you with singing.*’ Isn’t that wonderful!

True Worshipers?

Did you know that there are worshipers and then there are true worshipers? Are you a worshiper? If so, are you a true worshiper?

How do you know which you are? In John 4:23-24 Jesus explained what being a truer worshiper means – “*The hour comes, and now is, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such to be his worshipers.*”²⁴*God is spirit, and those who worship him must worship in spirit and truth.*” This is the mark of being a true worshiper – worshiping in spirit and in truth.

Worshiping in Spirit

Worshiping in spirit means worshiping from the very core of your being – your spirit. When you were born-again God gave you a brand-new perfect spirit. You can’t truly worship in spirit if you’re not born-again.

But you can’t feel your spirit, so how do you know if you are worshiping in spirit? Your new creation spirit is worshiping all the time – it’s what it was born-again to do. Worship with your whole heart and mind and trust that your spirit is worshiping.

And worshiping in the Holy Spirit means just letting worship flow in your own language or in tongues, without using your mind.