

Matthew 15:1-11 NLT

Some Pharisees and teachers of religious law now arrived from Jerusalem to see Jesus. They asked him, “Why do your disciples disobey our age-old tradition? For they ignore our tradition of ceremonial hand washing before they eat.”

Jesus replied, “And why do you, by your traditions, violate the direct commandments of God? For instance, God says, ‘Honor your father and mother,’ and ‘Anyone who speaks disrespectfully of father or mother must be put to death.’ But you say it is all right for people to say to their parents, ‘Sorry, I can’t help you. For I have vowed to give to God what I would have given to you.’ In this way, you say they don’t need to honor their parents. And so you cancel the word of God for the sake of your own tradition. You hypocrites!

Isaiah was right when he prophesied about you, for he wrote,

‘These people honor me with their lips, but their hearts are far from me. Their worship is a farce, for they teach man-made ideas as commands from God.’”

Then Jesus called to the crowd to come and hear. “Listen,” he said, “and try to understand. It’s not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth.”

Worship isn’t just the songs we sing, it’s the life we live!

So, how should we express our worship?

All the time, we lay down our lives as an act of worship

Romans 12:1 NLT

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him.

Sometimes, we bow in reverence

Psalm 95: 6 NIV

Come, let us bow down in worship, let us kneel before the Lord our Maker

Sometimes, we lift our hands in adoration

Psalm 63:4 NIV

I will praise you as long as I live, and in your name I will lift up my hands.

Sometimes, we dance in celebration

Psalm 149:3 NIV

Let them praise his name with dancing and make music to him with timbrel and harp

Sometimes, we worship with a sacrifice of praise

Hebrews 13:15 NLT

Therefore, let us offer through Jesus a continual sacrifice of praise to God