

## THAT'S REAL

### PART 3 | HOLLOW WORSHIP

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Real, authentic worship can sometimes be difficult to muster. Seasons where you are just going through the motions at work, with kids, in relationships, spiritually, etc. can be difficult to get out of. But God wants your heart. He desires your uninhibited, focused attention. But how can we move from hollow to authentic worship?

**READ** | Matthew 15:8-9

Jesus confronted the pharisees when they complained that the disciples were not performing the ceremonial washing correctly. He retorts to the pharisees that they honored Him with their lips, but not their hearts. That they worshipped Him in vain because worship was at the heart of the ceremonially actions.

The pharisees focused on the rules and style of worship but what makes the difference between right worship and wrong worship is the heart.

**REFLECT** | Why is it sometimes easier to concentrate on the rules and ignore the heart behind our actions?

Moving Our Worship From Hollow to Authentic

Feeling tired, discouraged, distracted, in a rut, or complacent can create a hollow heart. Authentic worship looks a lot different and often contains these components:

- Bowing before Him with reverence (Philippians 2:10).
- Lifting up holy hands (1 Timothy 2:8).
- Dancing before the Lord (2 Samuel 6:14).
- Worshipping God with your life (Hebrews 13:15-16).

**REFLECT** | What does authentic worship look like in your personal life?

We can experience a variety of negative emotions on a daily basis that steers us toward hollow worship. Being reminded of what God has done for us can help refocus our worship. Remember that He came into our world, was beaten and nailed to a cross, took our sins, healed us, answered our prayers, protects us from things unseen, sets us on a firm foundation, and is preparing a place for us!

**REFLECT** | Name something that God has done for you personally.

**SUMMARY** | Hollow worship can be easy to slip into, especially during busy or hard seasons of life. But God deserves authentic worship. When you struggle to give God your heart, remember your salvation and the price that was paid. He deserves our authentic worship.

**PRAYER** | Make time to pray for one another before you dismiss your group.