

**Introduction:** “I was looking for life in all the wrong places.”

- **What is boredom?**

*“The condition of becoming weary by dull, uninteresting, or monotonous activity or focus.”*

- Webster's Dictionary

- **Why are we bored?**

- **Why do “the blues” and boredom go hand-in-hand?**

- **Could “boredom” be a gift in disguise?**

**God's answer to boredom = Authentic worship**



## What is Authentic Worship?

- **Definition** – Worship is our **response to God** for who He is and what He has done.

*"I urge you therefore, 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."*

Romans 12:1

- **Summary** – Worship is the complete and total giving of ourselves for that which we believe has \_\_\_\_\_ and will provide the \_\_\_\_\_.

## How are we to worship authentically?

*"Jesus declared, 'Believe Me, woman, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is Spirit, and His worshipers must worship in spirit and in truth.'"*

John 4:21-24

**3 Principles for authentic worship:**

1. Authentic worship can happen \_\_\_\_\_. John 4:21-22

2. Authentic worship flows from the \_\_\_\_\_. John 4:23

3. Authentic worship is rooted in an \_\_\_\_\_ view of God and of  
ourselves.

John 4: 24

**How can you experience greater intimacy in worship?**

- Private worship = A.C.T.S.
- Public worship = The 3 “P’s”

**Conclusion:**

Worship is not a service you come to or an activity you practice; worship is a life-focus, an expression of your deepest longings, passions, and devotion to whom or what you love the most.

**Discussion Questions:**

1. What does boredom tell us about our lives?
  
  
  
  
  
2. Why do "the blues" follow boredom or even success so often?
  
  
  
  
  
3. What did you learn about worship that was new or a great reminder to you?
  
  
  
  
  
4. Which of Jesus' principles on worship made the deepest impact on you?
  
  
  
  
  
5. How will you seek to be a more authentic worshipper this week?