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RHYTHMS OF HEAVEN

Week 1 | Worship: The Thirst Trap

PRAYER

Heavenly Father, we pause right now to give You the worship You deserve. You are holy, loving, faithful, and worthy of all our praise. Thank You for inviting us into a relationship with You. As we gather today, help us hear Your voice and grow in understanding what it means to worship You—not just with songs, but with our whole lives. Holy Spirit, guide our conversation and open our hearts. In Jesus' name, Amen

OPENING QUESTION (OPTIONAL)

What is the most beautiful place you've ever visited that made you stop and say, 'God is real!'

WORD

16 Jesus said to her, “Go, call your husband, and come here.”
17 The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’;
18 for you have had five husbands, and the one you now have is not your husband. What you have said is true.”
19 The woman said to him, “Sir, I perceive that you are a prophet.
20 Our fathers worshiped on this mountain, but you say that in Jerusalem is the place where people ought to worship.”
21 Jesus said to her, “Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father.
22 You worship what you do not know; we worship what we know, for salvation is from the Jews.
23 But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him.
24 God is spirit, and those who worship him must worship in spirit and truth.”
25 The woman said to him, “I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things.”
26 Jesus said to her, “I who speak to you am he.”
27 Just then his disciples came back. They marvelled that he was talking with a woman, but no one said, “What do you seek?” or, “Why are you talking with her?”
28 So the woman left her water jar and went away into town and said to the people,
29 “Come, see a man who told me all that I ever did. Can this be the Christ?”

John 4:16–29 (ESV)

DISCUSSION QUESTIONS

1. What are some small, everyday ways we can develop personal rhythms of worship (e.g. prayer, reflection, song, gratitude)?
2. What does it look like to worship “in truth” in your current season of life?
3. How might your personal story—just like the woman at the well—become a testimony that draws others to Jesus through your worship?
4. Is there anything holding you back from fully worshipping God in Spirit (letting Him fill you) and in Truth (with nothing to hide from him - complete freedom)?

REFLECTION

Worship is not confined to a location, a music style, or a ritual. Jesus flips the script in John 4 by showing that true worship is a heart posture—centred in Spirit and grounded in truth. In this conversation with a Samaritan woman, Jesus breaks cultural and gender norms to reveal a deep truth: the Father is looking for those who will worship Him authentically, from the inside out. Our spirit thirsts for fulfilment, like this Samaritan woman, and like the Israel Houghton song “Your Presence is Heaven” says: “Jesus, You’re the Cup that won’t run dry.” The woman at the well came at noon, the hottest part of the day, likely to avoid the shame and judgment of others. Her life was marked by broken relationships and societal rejection. But Jesus met her there—right in her mess—and brought clarity about who He truly is. He offered her living water: a new identity, a new rhythm of life rooted in knowing God personally. When she encountered this truth, her response was worship, and her worship turned into witness. She left her jar behind and ran to tell her whole village about Jesus. To worship in Spirit means to be led by the Holy Spirit and not just go through the motions. To worship in truth means to come as we are—honest, vulnerable, and open—knowing that God’s love meets us in that place. Jesus himself is also Truth - so when we come to him, he sees beyond any facade that we may try to hold in front of him and others. At the same time, when we come to him, we are unburdened because we don’t feel the need to perform because he does not condemn us if we are in him (Romans 8:1). “ you will know the truth, and the truth will set you free.” (John 8:32) Worship rhythms are not just about Sunday services or playlists; they’re about who we are when no one’s looking, how we respond to God in our everyday lives. In a city like Brisbane, with its busyness and distractions, the call to worship in Spirit and truth invites us to pause, be present with God, and allow our hearts to be shaped by Him daily. Let us towards Him, with Him and in Him, because where the Spirit of the Lord is, there is freedom.

Closing Prayer

Lord Jesus, thank You for meeting us in the middle of our story—just like You met the woman at the well. You know everything about us, and yet You still invite us to worship You in Spirit and in truth. Help us to develop real, personal worship rhythms that are not just based on routine, but on relationship. We give You our hearts again today. For anyone here who is ready to surrender their life to You, we invite You to be Lord of it all. Teach us to worship with our time, our words, and our actions—every single day. Let our lives be a song of praise to You. In Jesus’ name, Amen.