

IN SPIRIT AND IN TRUTH



Surrendered Deborah Nell

Married five times, she was now with a man who was not her husband.

But this woman knew a thing or two about worship.

"Sir, I perceive that you are a prophet. Our fathers worshiped on this mountain; and you say that in Jerusalem is the place where men ought to worship."

Jesus said to her, "Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father."

Holy ground is no longer confined to a "holy place" like Jerusalem or Mount Sinai or the Temple.

Holy ground is wherever a human heart opens itself to the Spirit of God with integrity.

"You worship what you do not know; we worship what we know, for salvation is from the Jews.

But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him.

God is Spirit, and those who worship him must worship in spirit and truth."

John 4:19-24

In Spirit and in Truth.

In Spirit

You can worship God with your body, bending low and bowing, raising your arms, singing and shouting praises to God ---and still be locked up in yourself.

You can worship God with your mind, thinking the most elevating thoughts, praying eloquent prayers, and still be confined to the earth.

It is when your spirit---the essential You---opens to the Spirit, who is God, that you actually emerge from your self-prison and rise into the realm of God.

The word “spiritual” is almost meaningless these days. It is applied to everything from diet to dance.

To worship God is Spirit is to simply open our whole being to God, to focus on God alone---when we pray, when we work, when we walk down the street, when we give ourselves over to God in sleep.



Letting Go Deborah Nell

In Truth

Any prayer, any act of worship which is not done in truth is a pretense, an abomination to God.

Any prayer, any act of worship which is not done in truth is blasphemy.

A true heart is a heart that keeps repenting of all deceit—including self-deceit.

A true prayer is a prayer that proceeds from a child-like heart.

True worship is worship in the light, that casts no shadow, conceals nothing.

But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him.



The Truth Will Set You Free

Prayer- Have mercy on us Lord , help us to worship you in spirit and truth. We want to open our true hearts to you, hiding nothing. Help us to open our whole being to you and to you alone. Help us to open with true repentant, child-like hearts. Help us to let go, until your pure light shines in our hearts, taking the place of all our concerns and idols and we can truly worship you and you alone.

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