

04. YOU BECOME WHAT YOU WORSHIP

How Worship Shapes Identity, Desires, and Daily Life

What we worship most becomes what we love most—
and what we love most shapes how we live.



BIG IDEA

Worship is more than singing—it's what we treasure most. It shapes our hearts, decisions, habits, and destiny.

KEY SCRIPTURE

Matthew 6:21

Additional:
Psalm 95:1–7
Romans 12:1–2
Colossians 3:1–2

MEMORY VERSE

Matthew 6:21

"For where your treasure is, there your heart will be also."

MAIN QUESTION

What (or who) are we really worshipping?

ESTIMATED TIME

45
MINUTES

SESSION SNAPSHOT



OPENING ACTIVITY
10 min



TEACHING
15 min



DISCUSSION
15 min



CHALLENGE & CONNECTION
5 min



PRAYER
5 min

SESSION GOALS

By the end of this session, students should understand:

- Worship is more than music—it's who or what we value most.
- Our worship shapes our hearts, desires, and daily choices.
- God deserves our highest worship because He is worthy.
- We were made to worship and will always worship something.
- True worship leads us to love God and live for His glory.



OPENING ACTIVITY

"WHAT DO YOU TREASURE?"

SUPPLIES:

Whiteboard or large paper, markers

1 ASK THE QUESTION (2 MIN)

Ask students: "If you had to pick ONE thing you couldn't live without, what would it be?"

Write answers on the board or paper.

2 POSSIBLE ANSWERS MAY INCLUDE:

phone • family • sports • music • money • success
friends • freedom • video games • security • God
pop culture • followers • other ideas

3 ASK THIS FOLLOW-UP (1 MIN)

"Why do you think that's so important to you?"

Let a few students share.



4 TRANSITION TO TEACHING (1 MIN)

Say: "What we treasure reveals what we worship. Today we'll discover what the Bible says about why worship matters and how it shapes who we become."



LEADER TIP

Teenagers are always being shaped by something. Help them see that worship is a daily choice—not just a Sunday song. Connect truth to their real world.

YOUR ROLE

- ✓ Facilitate, don't lecture.
- ✓ Encourage participation.
- ✓ Listen with respect.
- ✓ Create a safe space for honesty.
- ✓ Point everything back to Jesus.

WHAT YOU'LL NEED

- Whiteboard or large paper
- Markers
- Bible
- Your Leader Sheet



NEXT: We'll look at how worship shapes us—our identity, desires, choices, and the way we live every day.