

04. YOU BECOME WHAT YOU WORSHIP

How Worship Shapes Identity, Desires, and Daily Life



CORE TEACHING

Teach the main ideas
clearly and simply.

1 EVERYONE WORSHIPS SOMETHING Matthew 6:21

Worship is not limited to music or church services. Worship is what captures our hearts, desires, attention, and loyalty.

People may worship: success, approval, comfort, relationships, money, popularity, entertainment, or themselves.

➤ **Emphasize:** *What we treasure shapes who we become.*

2 WORSHIP SHAPES IDENTITY Romans 12:1-2

What we consistently focus on slowly shapes: our thinking, desires, habits, speech, and priorities.

The world constantly tries to form us through: social media, trends, influencers, entertainment, and peer pressure.

➤ **Emphasize:** *Worship always forms us into something.*

3 JESUS IS WORTHY OF OUR WORSHIP Psalm 95:1-7

God alone deserves: worship, trust, obedience, and devotion.

Biblical worship is: joyful, reverent, Christ-centered, and life-shaping.

➤ **Emphasize:** *Worship begins with seeing Christ rightly.*

4 TRUE WORSHIP CHANGES DAILY LIFE Colossians 3:1-2

Worship is not just singing, emotions, or church attendance.

True worship changes: how we speak, what we pursue, how we treat others, what we love, and how we live.

➤ **Emphasize:** *Worship is meant to shape everyday life.*



DISCUSSION QUESTIONS

Guide your group
to think deeper.

1 What do teenagers tend to "treasure" most today?

Follow-up: How do those things shape people's lives?

2 How can social media shape what we value or admire?

Follow-up: What kinds of messages are we constantly absorbing?

3 Why is worship more than just singing songs?

Follow-up: What does real worship look like during the week?

4 What are some things people look to for identity or meaning besides Christ?

Follow-up: Why do those things eventually disappoint?

5 How does worship shape the kind of person someone becomes?

Follow-up: What habits help keep Christ at the center?



DISCUSSION TIP: Listen carefully for: insecurity, identity struggles, pressure to fit in, or unhealthy sources of validation.

Keep pointing students toward Christ as the only lasting foundation.



REAL LIFE CONNECTION

Students are constantly being discipled by: algorithms, influencers, trends, advertising, and online culture.

The question is not: "Will we be shaped?"

The real question is:
"What is shaping us?"

Jesus calls believers to center their lives on Him rather than the constantly changing values of the world.



WEEKLY CHALLENGE

Put faith
into action
this week.

Ask students to pay attention this week to:

- ✓ what consumes their attention
- ✓ what affects their emotions most
- ✓ what they think about constantly
- ✓ what they look to for meaning or worth



Challenge: Spend intentional time each day worshipping Christ through Scripture, prayer, gratitude, and obedience.



PRAYER FOCUS

Thank the Father for being worthy of worship. Ask the Spirit to help students love Christ above everything else and to reshape their hearts, desires, and lives through true worship.



LEADER NOTES

Tips to help you lead
with confidence.

- ✓ Avoid turning this into a lecture about music styles.
- ✓ Focus on worship as heart-direction and life-formation.
- ✓ Encourage honesty without shaming students.
- ✓ Help students think critically about cultural influences.
- ✓ Keep pointing students toward the beauty and worthiness of Christ.



What captures your heart shapes your life.