

John 4: 23-24

<sup>23</sup>Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. <sup>24</sup>God is spirit, and his worshipers must worship in the Spirit and in truth."

After reading these two verses and pondering much about it, I reflected on the entire passage of John 4. We must not fail to take into account the context in which Jesus was saying this to the Samaritan woman that the time is coming when the true worshipers will worship the Father in Spirit and in truth. Speaking from my personal experience, I can say that true worship goes back to the fundamental tenet of repentance. When we literally take the time out each day to spend time in prayer and worship before Christ, he desires that we worship him in spirit and in truth. The core of this worship is that we surrender our will to him, confess our sins and repent. When we repent, we are acknowledging our weakness to him and that is where we truly realize how much we need Christ. Because our sin actually separates us from God, it is at the point of repentance where we can truly experience the Holy Spirit.

In the story of the Samaritan woman, when she told Jesus that she has no husband, Christ commended her for telling the truth. Of course, she did not come to know until a bit later that she was talking to the Messiah. Jesus is making a point here that he wants us to be like the Samaritan woman and worship him in spirit and in truth. Jesus wants us to be honest with him about our shortcomings, not put on a façade. I firmly believe that, that is where we can truly experience him. The meaning for the word 'repent' in the dictionary is, *to feel contrite for past conduct or to feel such sorrow for sin or fault as to be disposed to change one's life for the better; be penitent.* We ought to come into God's presence with a broken and contrite heart. Psalm 51:17 reads, my sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.

This is true worship. True worship is to repent and it is indeed one that liberates. With all that being said, since worship is not just a momentary act reserved for specific times or hours of the day let us lead a lifestyle of worship with every waking moment and let us do it in spirit and in truth.