

UN-HOLLOW WORSHIP  
Ephesians 5:1 & Matthew 15:1-2, 7-9  
UN Week 2

*“Imitate God, therefore, in everything you do, because you are His dear children.” – Ephesians 5:1 (NLT)*

*“Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, <sup>2</sup> “Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat!” - Matthew 15:1-2*

*“You hypocrites! Isaiah was right when he prophesied about you: <sup>8</sup> ‘These people honor me with their lips, but their hearts are far from me. <sup>9</sup> They worship me in vain; their teachings are but rules taught by men.’” - Matthew 15:7-9*

HOW DO WE EXPRESS OUR WORSHIP?

- Sometimes we BOW in reverence.  
*“Come, let us bow down in worship, let us kneel before the LORD our Maker.” - Psalm 95:6*
- Sometimes we lift our HANDS in adoration.  
*“I will praise you as long as I live, and in your name I will lift up my hands.”  
- Psalm 63:4*
- Sometimes we DANCE in celebration.  
*“Let them praise his name with dancing ...” - Psalm 149:3*
- Sometimes we worship with a SACRIFICE of praise.  
*“Through Jesus, therefore, let us continually offer to God a sacrifice of praise ...” - Hebrews 13:15*
- Daily, we lay down our LIVES as an act of worship.

*“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” - Romans 12:1*