



**International Bible Lesson**  
International Bible Study Commentary  
L.G. Parkhurst, Jr.

**True Spiritual Worship**  
**Romans 12:1-8**

*I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service (Romans 12:1—KJV).*

*Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship (Romans 12:1—NASB).*

*I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship (Romans 12:1—NRSV).*

Worship involves more than spending one hour per week with other believers in a church. Worship includes our whole way of life throughout the week. What difference would it make to us and the world if everyone heeded Paul's appeal to worship God spiritually every day? Spiritual worship includes thanking God throughout the day for His multiple mercies toward us. Think what each day would be like if God never showed us any mercy throughout the day. How many accidents and troubles have God's mercies saved us and others from day by day? Primarily, God showed His love and mercy when He sent Jesus to save us from our sins while we were still sinners (see Romans 5:8). In response to God's manifold mercies toward us, Paul appeals to us to present our bodies to God as a living sacrifice. In the Old Testament, whole burnt offerings were sometimes offered. In the New Testament, our spiritual worship involves offering our whole selves alive to God and dedicating the use of our bodies to God's service, to truly loving God and others as the Bible teaches. As God commanded the Jews to offer their best animals

in sacrifice, so God commands the followers of Jesus to offer the very best of themselves when they serve God and others. When we set ourselves apart to live wholly for God, whatever we do each day can become a holy sacrifice to God. When we live according to the Bible's teachings, our whole lives become acceptable spiritual worship to God.

**Thinking Further**

1. As Christians, what and how should we sacrifice to God?
2. As Christians, how can we be transformed?
3. What would happen if everyone in the Church had the same function?
4. How should Christians think about themselves?
5. In the Church, why do members have different gifts?