

GOD IS SPIRIT

“God is spirit, and those who worship him must worship in spirit and truth.”

John 4:24

One of the simplest and most profound statements about God comes from Jesus: “God is spirit” (John 4:24). With those words, Jesus helps us understand something essential about who God is and how he is to be known and worshiped.

To say that God is spirit means, first, that he is not material. God does not have a physical body. He is not confined to space, visible form, or physical location. As Scripture reminds us, “you saw no form” when God revealed himself (Deuteronomy 4:15-16). And God “does not live in temples made by man” (Acts 17:24). This is why true worship is not tied to a place, but to the heart. God is not approached through geography, but through devotion grounded in truth. Furthermore, because God is spirit and is not limited by physical form, he cannot be represented by images. Any attempt to do so misrepresents who he is.

But God’s spirituality means more than simply “not physical.” And God is not one spiritual being among many. He is the one true God, distinct from all created beings. He is spirit in the fullest sense. He is invisible, eternal, and not bound by the limitations of time and space. As Paul writes, God is “the King of the ages, immortal, invisible” (1 Timothy 1:17). His spirituality speaks to the fullness of his being, not merely the absence of a body.

It is also important to understand that God is not an impersonal force. He is real and personal. God is not an idea, an energy, or a vague influence. He is a true being who knows and acts. He is self-aware, knowing himself perfectly, and he is active, making purposeful decisions. He sees, speaks, loves, and judges. In other words, God is not less than personal, but more.

For everyday faith, the spirituality of God means we relate to him personally, not mechanically. We do not manipulate God through rituals or locations. We know him, trust him, and worship him from the heart, according to his truth.

How does knowing that God is spirit change the way you think about worship and your relationship with him?