Everything is Worship: Worship Starts at the Altar?

Romans 12:1 (NIV) 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.
True and Proper Worship is to offer your <u>bodies</u> as living sacrifices.
True and Proper Worship doesn't start with an upbeat <u>song</u> . It starts with an <u>altar</u> .
In True and Proper Worship, we have <u>life</u> to the <u>fullest</u> .