

First Presbyterian Church of Kingwood

Sunday, March 22, 2020 | Online Liturgy for Traditional Worship

Prelude Jesus Walked This Lonesome Valley (arr. John L. Cornelius, II)

Welcome

Call to Worship (based on Psalm 25)

L: Show us your ways, O Lord.

P: Teach us to follow you.

L: Guide us in your truth and feed us your word.

P: For you are the True God who has saved us.

L: Our hope is in you.

P: All of our days, we are hoping in you..

Hymn #28 Oh God, Our Help in Ages Past

*O God, our help in ages past, our hope for years to come,
our shelter from the stormy blast, and our eternal home!*

*Under the shadow of Thy throne, Thy saints have dwelt secure;
sufficient is Thine arm alone, and our defense is sure.*

*Before the hills in order stood, or earth received her frame,
from everlasting Thou art God, to endless years the same.*

*A thousand ages in Thy sight are like an evening gone;
short as the watch that ends the night before the rising sun.*

*Time, like an everrolling stream, bears all its sons away;
they fly, forgotten, as a dream dies at the opening day.*

*O God, our help in ages past, our hope for years to come,
be Thou our guard while life shall last, and our eternal home*

Prayer of Confession (based on 1 Timothy 1)

Jesus came into the world to save sinners. So let us open ourselves up to the abundance of grace and faith and love that can only be found in Jesus Christ. We humbly confess our sins. We believe in Jesus as our Lord and Savior. And we are willing to receive cleansing in our hearts and minds.

Assurance of Pardon (based on Psalm 25)

L: Gracious God, remember your compassion. Rekindle your great mercy and love, which have always been part of your actions toward those who love you. Do not hold against us our sins and our rebellious ways. Instead, deal with us according to your mercy and love. Then, your goodness may be proclaimed in all the world, O Lord.

Gloria Patri

*Glory be to the Father, and to the Son, and to the Holy Ghost;
as it was in the beginning, is now, and ever shall be:
world without end. Amen, Amen.*

God's Story for all God's Children

Wondering questions:

1. *If your complaints and cries for help reached up to heaven and God heard them, what would he hear?*
2. *What would you think, what would you do, if you saw something strange like a bush on fire but not burning up and someone called your name from the fire?*
3. *Can you trust the God who always was, who is, and who always will be, to provide for you, care for you and lead you out of a time of trouble? Will you trust him?*
4. *What will you do today, tomorrow, the next day, to live your trust in God?*

Anthem Nearer, My God, To Thee (Lowell Mason arr. Dan Forrest)

Prayers of the People and the Lord's Prayer

(The document referenced can be found at the end of this liturgy)

Scripture Reading Psalm 23

Song of Preparation They Will Know We Are Christians By Our Love

*We are one in Spirit, we are one in the Lord
We are one in Spirit, we are one in the Lord
And we pray that our unity will one day be restored
And they'll know we are Christians by our love, by our love
Yeah, they'll know we are. Christians by our love*

*We will work with each other, we will work side by side
We will work with each other, we will work side by side
And we'll guard each man's dignity and save each man's pride
And they'll know we are Christians by our love, by our love
Yeah, they'll know we are Christians by our love*

Sermon What if...or...Even if?
John 20:19-23

Apostle's Creed

I believe in God the Father Almighty, Maker of heaven and earth, and in Jesus Christ his only Son our Lord; who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day he rose again from the dead; He ascended into Heaven, and sitteth on the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Offertory He's Got the Whole World in His Hands (arr. Moses Hogan)
Melissa Lubecke, soprano; John Cornelius, piano; Rob Hunt, organ

(You can continue to give His tithes and your offerings online at www.fpc-kingwood.org)

Doxology

*Praise God from whom all blessings flow;
Praise him, all creatures here below;
Praise him above, ye heavenly hosts;
Praise Father, Son, and Holy Ghost. Amen.*

Prayer of Dedication

Hymn #421 All the Way My Savior Leads Me

*All the way my Savoir leads me; what have I to ask beside?
Can I doubt His tender mercy, who through life has been my guide?
Heavenly peace, divinest comfort, here by faith in Him to dwell!
for I know whate'er befall me, Jesus doeth all things well;
for I know whate'er befall me, Jesus doeth all things well.*

*All the way my Savior leads me; cheers each winding path I tread,
gives me grace for every trial, feeds me with the living bread:
though my weary steps may falter, and my soul athirst may be,
gushing from the Rock before me, lo, a spring of joy I see;
gushing from the Rock before me, lo, a spring of joy I see.*

*All the way my Savior leads me; O, the fullness of His love!
Perfect rest to me is promised in my Father's house above:
when my spirit, clothed immortal, wings its flight to realms of day,
this my song through endless ages: Jesus led me all the way;
this my song through endless ages: Jesus led me all the way.*

Announcements

Benediction

Postlude O God, Our Help in Ages Past (Healy Wilan)

Guide for Self-Care for the week beginning Sunday March 22

In this time of physical distancing and social connecting, wherever you are, know that you are in God's time. And know that you must take care of yourself for this duration.

Self-care is essential to stay physically and spiritually healthy. My grandmother used to stress Paul's words in Romans 12, that we are to "offer ourselves as a living sacrifice," not an exhausted one! Self-care is not selfish. Neither is it self-absorption. It is stewardship of the gift God gave you of your body, mind, and spirit. Self-care is a method of spiritual formation, and I invite you to practice it. Incorporate this spiritual practice in your life while we are going through this strange time.

My prayer for you comes from John 14:1-4 (NIV) where Jesus comforts his disciples. I pray this is a comfort to you as well:

14 "Do not let your hearts be troubled. You believe in God; believe also in me. ² My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? ³ And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. ⁴ You know the way to the place where I am going."

During times of stress or boredom, it is easy to overeat or eat sparingly; to stay up too late or sleep too long; or to give in to addictions or give up on exercise. God knows our every habit, compulsion, and desire. We need boundaries, and we need rest. Self-care can be a spiritual act of worship. Respecting our bodies and their limitations is a way that God communicates his love, counsel, and will to us. Presbyterian minister, Eugene Peterson puts Psalm 139:14 like this: "I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!"

The spiritual practice of Self-care includes:

- Thanking God for the way that he has made you.
- Encouraging rather than neglecting yourself.
- Recognizing and practicing your spiritual gifts.
- Exercising and eating sensibly.
- Choosing healthy rather than unhealthy relationships.

Self-care honors God by nurturing and protecting the limits and desires of your body, mind, and spirit. When practicing the spiritual formation of Self-care, you can expect the following:

- Being comfortable in your own skin.
- Living within limits without burnout.
- Valuing yourself as Jesus values you.
- Practicing self-awareness rather than self-absorption.
- Having a deep awareness of God's love for you.

I invite you to make a list of the things that you like about yourself and thank God for making you. Then, examine your body life, and consider what practices and patterns you can change to better care for your body, mind, and spirit. Seek ways to cooperate with God in an effort to honor your body as his temple. Keep a record of how much you sleep, or what you eat, and then ask God how long he wants you to sleep or what he wants you to eat. Then, cultivate ways to nurture and care for yourself: exercise, clean sheets, bathing or showering, for example. Spend time with your hobbies that bring you life. Focus on how Jesus wants you to care for yourself right now. And when you come down hard on yourself, remember that you can begin again. Confess harsh self-treatment to God, and ask him for the grace to receive who you are.

As we practice Self-care, we intentionally receive ourselves as God's own beloved. Receiving this steadfast love into our bodies, minds, and spirits, grants us the ability to love and forgive ourselves and others. Amen.