LUTHERAN CHAPEL



GENESIS 22:1-18 AND MARK 1:29-39 "TRUE HEALING"

Jesus heals.
What is healing? How does Christ heal today?

5TH SUNDAY AFTER EPIPHANY FEBRUARY 4, 2024

lutheranchapelchurch.org (704) 864-6491

LUTHERAN CHAPEL FEBRUARY 4, 2024 5TH SUNDAY AFTER EPIPHANY SERVICE OF HOLY COMMUNION

BOLD indicates congregational responses.

* Indicates that all who are able should stand to honor God.

GATHER

WELCOME

Who are you? We are children of God (1 John 3:2). What is our mission? The mission of Lutheran Chapel is to share God's love.

PRELUDE

"How Long, O God"

Nancy M. Raabe

ANNOUNCEMENTS

CONFESSION AND FORGIVENESS

P: In the name of the Father, and of the +Son, and of the Holy Spirit.

Matthew 28:19b

C: Amen.

CALL TO CONFESSION

1 John 1:8-9

P: If we say we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God who is faithful and just will forgive our sins and cleanse us from all unrighteousness.

P: Let us recite the gift of the Ten Commandments and the Great Commandment and use these teachings to examine our lives.

THE TEN COMMANDMENTS

Exodus 20:1-17

- 1. You shall have no other gods.
- 2. You shall not make wrongful use of the Name of the LORD your God.
- 3. Remember the Sabbath day and keep it holy.
- 4. Honor your father and mother.
- 5. You shall not murder.
- 6. You shall not commit adultery.
- 7. You shall not steal.
- 8. You shall not bear false witness against your neighbor.
- 9. You shall not covet your neighbor's house.
- 10. You shall not covet your neighbor's wife or (husband).

THE GREAT COMMANDMENT

You shall love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength...you shall love your neighbor as yourself.

P: Let us kneel or sit for a time of silent confession and self-examination.

P: Most merciful God,

C: we confess that we are captive to sin and cannot free ourselves. We have sinned against You in thought, word, and deed, by what we have done and by what we have left undone. We have not loved You with our whole heart; we have not loved our neighbors as ourselves. For the sake of Your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in Your will and walk in Your ways, to the glory of Your holy name. Amen.

P: In the mercy of almighty God, Jesus Christ was given to die for us, and for His sake God forgives us all our sins. As a called and ordained minister of the church of Christ, and by His authority. I therefore declare to you the entire forgiveness of all your sins, in the name of the Father, and of the +Son, and of the Holy Spirit.

C: Amen.



Text: Joachim Neander, 1650–1680; tr. Catherine Winkworth, 1827–1878, alt. Music: LOBE DEN HERREN, Ernewerten Gesangbuch, Part II, Stralsund, 1665

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C: And also with you.

*THE KYRIE Mark 10:47

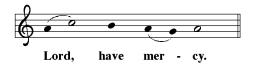


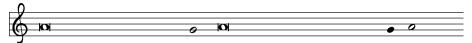
In peace, let us pray to the Lord.





For the peace from a-bove, and for our sal-vation, let us pray to the Lord.

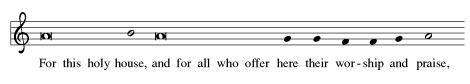


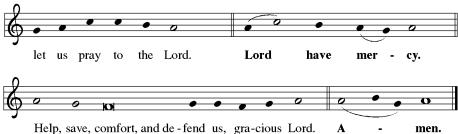


For the peace of the whole world, for the well-being of the church of God,





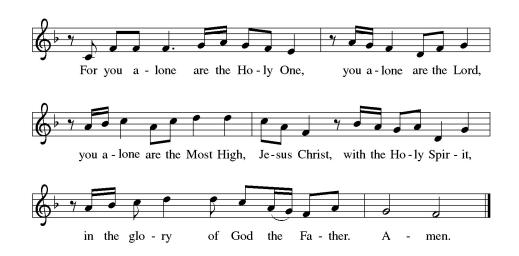




*GLORY TO GOD

Luke 2:14, John 1:29





PRAYER OF THE DAY

(In Unison)

P: The Lord be with you.

C: And also with you.

C: Everlasting God, you give strength to the weak and power to the faint. Make us agents of your healing and wholeness, that your good news may be made known to the ends of your creation, through Jesus Christ, our Savior and Lord. Amen.

WORD

CHILDREN'S MESSAGE

All children who want to come forward for the Children's Message are welcome to do so. Let the little children come unto our Lord always!

STORY OF SALVATION LESSON

GENESIS 22:1-18

The son of the promise, beloved, adored, and then the trial - sacrifice him on Mt. Moriah. Abraham's leap of faith asserts the LORD first before his own dreams, plans, and child...

¹After these things God tested Abraham. He said to him, "Abraham!" And he said, "Here I am." ²He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains that I shall show you." ³So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt offering, and set out and went to the place in the distance that God had shown him. ⁴On the third day Abraham looked up and saw the place far away. ⁵Then Abraham said to his young men, "Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you." ⁶Abraham took the wood of the burnt offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. ⁷Isaac said to his father Abraham,

"Father!" And he said, "Here I am, my son." He said, "The fire and the wood are here, but where is the lamb for a burnt offering?" ⁸Abraham said, "God himself will provide the lamb for a burnt offering, my son." So the two of them walked on together.

⁹When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. ¹⁰Then Abraham reached out his hand and took the knife to kill his son. ¹¹But the angel of the LORD called to him from heaven, and said, "Abraham, Abraham!" And he said, "Here I am." ¹²He said, "Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me." ¹³And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. ¹⁴So Abraham called that place "The LORD will provide"; as it is said to this day, "On the mount of the LORD it shall be provided." ¹⁵The angel of the LORD called to Abraham a second time from heaven, ¹⁶and said, "By myself I have sworn, says the LORD: Because you have done this, and have not withheld your son, your only son, ¹⁷I will indeed bless you, and I will make your offspring as numerous as the stars of heaven and as the sand that is on the seashore. And your offspring shall possess the gate of their enemies, ¹⁸and by your offspring shall all the nations of the earth gain blessing for

L: The Word of the Lord.

C: Thanks be to God.

Memory Verse: 1 Corinthians 10:13

themselves, because you have obeyed my voice."

¹³No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

STORY OF SALVATION TIMELINE

The timeline below offers an overview of the Story of Salvation lesson from Genesis to Revelation. <u>The + marks where we are now.</u> A **memory verse is in bold**. A weekly Bible study is available as an in-person study on Sundays at 9am in Sunday School or Thursdays at 11am as well as online at lutheranchapelchurch.org. There are also printed copies in the prayer racks. Claim the gift for yourself!

Creation: Fall: + **Promise**: Exodus: Conquest: Judges: Kings and Prophets: Exile: Restoration: 2nd Temple: JESUS: Apostles: Last Day: New Creation

PSALM 147



Text: Psalm 147:12-13, 1-2, 3-4, 14-15 Tune: Marty Haugen © 1987, GIA Publications, Inc.

1. Praise the Lord, O Jerusalem, chant praises to your God.

The strength of God is your fortress sure, and blessed are your children.

Refrain

2. All praise to you, O gracious God, your goodness fills the earth. You raise anew Jerusalem, and gather all your lost ones.

Refrain

3. You heal the hurt and broken heart, you bind up ev'ry wound, you number all the stars of night and call each one by name.

Refrain

4. The peace of God shall be your hope, God's finest wheat, your food, the word of God fills all the earth, as rapid as the whirlwind.

Refrain

SECOND LESSON

1 CORINTHIANS 9:16-23

God entrusted Paul with the responsibility of bringing the gospel to diverse people. Hence the focus of Paul's ministry is not his own rights or privileges as an apostle but the privilege of serving God by freely sharing the good news of Christ with others.

¹⁶If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! ¹⁷For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. ¹⁸What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

¹⁹For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. ²⁰To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. ²¹To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. ²²To the weak I became weak, so that I might win the weak. I have become all things to all

people, that I might by all means save some. ²³I do it all for the sake of the gospel, so that I may share in its blessings.

L: The Word of the Lord.

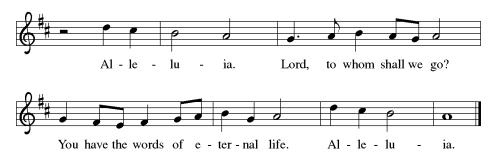
C: Thanks be to God.

TESTIMONY - Sharing the Light of Christ

Jenny Williamson

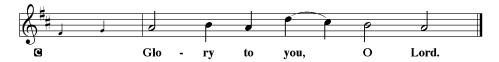
*GOSPEL ACCLAMATION

John 6:68



*GOSPEL MARK 1:29-39

Those who are able may stand to honor Christ during the reading of the Gospel. Response after the announcement:



Everywhere Jesus goes, many people expect him to set them free from oppression. Everywhere he goes, he heals people and sets them free. Disease, devils, and death are running for their lives. The forces that diminish human life are rendered powerless by Jesus.

²⁹As soon as [Jesus and the disciples] left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

³²That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³And the whole city was gathered around the door. ³⁴And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

³⁵In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶And Simon and his companions hunted for him. ³⁷When they found him, they said to him, "Everyone is searching for you." ³⁸He answered, "Let us go on to the neighboring

towns, so that I may proclaim the message there also; for that is what I came out to do." ³⁹And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

P: The Gospel of the Lord.



MESSAGE

"True Healing"

On the Fear of Isaac and Testing Abraham

On Healing

The Law is an aspect in the Word that shows our brokenness, sin and need for Jesus' saving power: We become sick. We suffer. We die. All is vanity.

The Gospel is an aspect in the Word that gives strength, wisdom and hope in Jesus' ultimate saving power: I can tell the LORD my hurt and my pain. The LORD gives strength of mind, body, and soul now and ultimately will bring full healing in resurrection life.

So What? Take care of the gift of my mind, body, and soul. Pray your problems and joys and lives to your Father in Heaven in Christ's Name. Ask for strength and help in times of trial.







Text: South African traditional; tr. Freedom Is Coming, 1984 Music: SIYAHAMBA, South African traditional; arr. Freedom Is Coming Tr. and arr. © 1984 Utryck, admin. Walton Music Corp.

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*THE APOSTLES' CREED

All are invited to confess our faith in God: Father, Son, and Holy Spirit. If you have not received the gift of baptism or would like to affirm your faith in Jesus and join His mission here, please indicate on the attendance registry and talk to an usher or the pastor.

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 Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into hell.

The third day He rose again from the dead.

He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body and the life + everlasting. Amen.

PRAYERS OF INTERCESSION

1 Timothy 2:1-4

AM: Let us pray for the whole people of God in Christ Jesus and for all people according to their needs.

A brief silence may be kept. Each prayer will conclude: Lord in Your mercy, and the congregation may respond **Hear our prayers.**

Prayers are commended in Jesus' Name.

AM: All these prayers and whatever else You see that we need we ask in the Name of Jesus Christ, the Light of the world.

C: Amen.

*THE SHARING OF THE PEACE

Matthew 5:22-24: Ephesians 4:1-3

P: The peace of the Lord be with you always.

C: And also with you.

THE MEAL

TITHES AND OFFERINGS

Malachi 3:10, Matthew 23:23, 2 Corinthians 9:7-8

MUSICAL OFFERING

CHAPEL RINGERS

"Holy Manna"

Susan E. Geschke



"Let the Vineyards Be Fruitful"

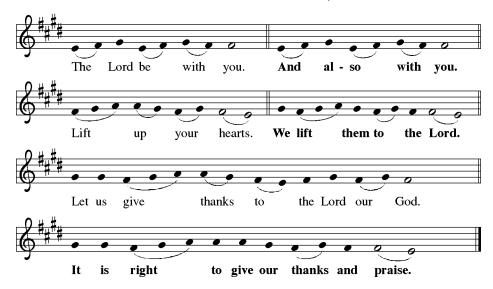


*THE OFFERTORY PRAYER

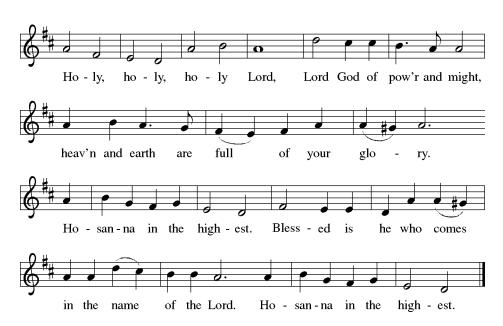
(In Unison)

C: Blessed are You, O God, maker of all things. Through Your goodness You have blessed us with these gifts: our selves, our time, and our possessions. Use us, and what we have gathered in feeding the world with Your love, through the one who gave himself for us, Jesus Christ, our Savior and Lord. Amen.

*THE GREAT THANKSGIVING



*PREFACE FOR THE DAY AND THE HOLY, HOLY, HOLY Isaiah 6:3, Matthew 21:9



*THE WORDS OF INSTITUTION

Matthew 26, Mark 14, Luke 22, 1 Corinthians 11

P: In the night in which He was betrayed, our Lord Jesus took bread, and gave thanks, broke it, and gave it to His disciples, saying: Take and eat; this is My body, given for you. Do this for the remembrance of Me.

Again, after supper, He took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in My blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of Me.

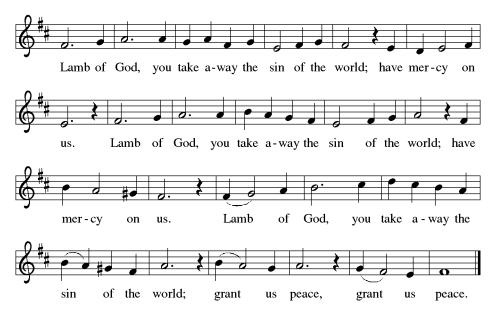
*THE LORD'S PRAYER

Matthew 6:9-13

P: Lord, remember us in Your kingdom, and teach us to pray:

Our Father, who art in heaven,
hallowed be Thy name,
Thy kingdom come,
Thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For Thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

*LAMB OF GOD John 1:29



*DISTRIBUTION OF COMMUNION

All baptized Christians are welcome to Holy Communion. Here we receive forgiveness, the gift of abiding in Jesus, the remembrance of His sacrificial love for us on the Cross, and the promise of eternal life (Luke 24:13-35, John 6:22-59, 1 Cor. 11:23-26). Please request grape juice or gluten free bread if needed. Taste and see the LORD is good (Psalm 34:8)!

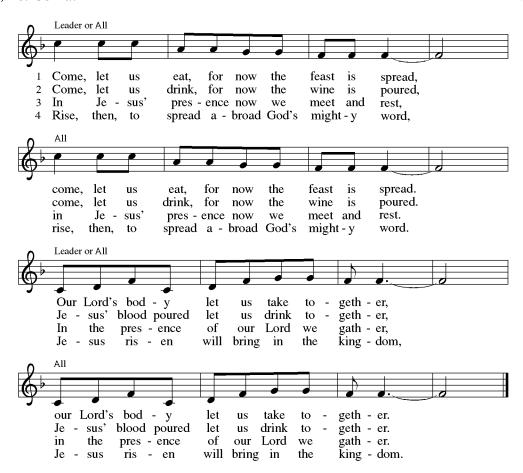
Please take your communion cup as you leave and discard in trashcan.

P: This is the body of Christ given for you. This is the blood of Christ shed for you.

COMMUNION MUSIC

"Come. Let Us Eat"

ELW #491



Text: Billema Kwillia, b. 1925, sts. 1–3; Gilbert E. Doan Jr., b. 1930, st. 4, alt.; tr. Margaret D. Miller, b. 1927, sts. 1–3, alt. Music: A VA DE, Billema Kwillia, adapt.

Text sts. 1–3 and tune © Lutheran World Federation; text st. 4 and music adapt. © 1972 Contemporary Worship 4, admin. Augsburg Fortress.

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1 You who dwell in the shel-ter of the Lord, who a-bide in this shad-ow for life,





And he will raise you up on ea-gle's wings, bear you on the breath of dawn,





2 The snare of the fowl-er will nev-er cap-ture you, and fam-ine will bring you no



fear; un-der God's wings your ref-uge, with faith-ful-ness your shield.



3 You need not fear the ter-ror of the night, nor the ar-row that flies by





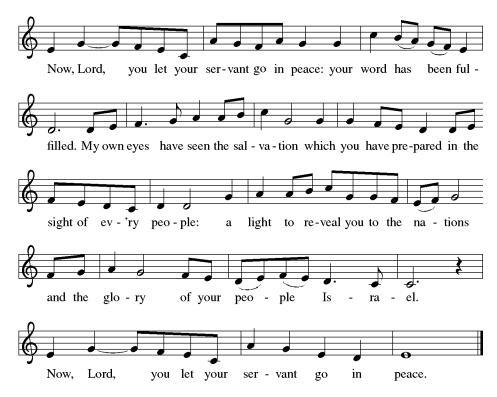
Text: Michael Joncas, b. 1957 Music: ON EAGLE'S WINGS, Michael Joncas Text and music © 1979 OCP Publications, 5536 NE Hassalo, Portland, OR 97213. All rights reserved. Used by permission.

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SENDING

*THE BLESSING

P: May the body and blood of our Lord Jesus Christ strengthen you and keep you in his grace. **C: Amen.**



*POST COMMUNION PRAYER

AM: Giver of every gift, Christ's body is our food, and we are Christ's body. Raise us to life by your power for the benefit of all and to your glory, now and forever.

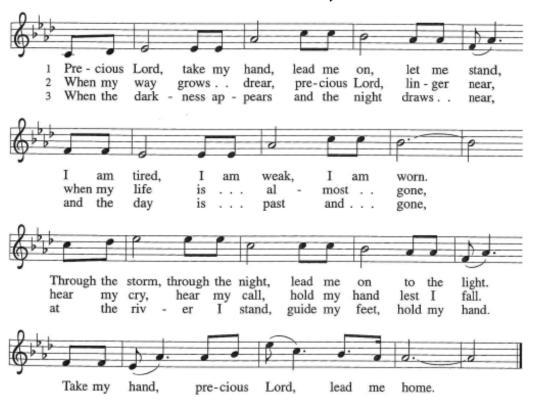
C: Amen.

*BENEDICTION

*RECESSIONAL HYMN

"Precious Lord, Take My Hand"

ELW #773



Text: Thomas A. Dorsey, 1899–1993 Music: George N. Allen, 1812–1877, adapt. Thomas A. Dorsey Text and music © 1938, 1966 Unichappell Music Inc., admin. Hal Leonard Corp.

PRECIOUS LORD Irregular

*DISMISSAL

P: Go in peace, serve the Lord!

C: Thanks be to God.

POSTLUDE

"Wondrous Love"

John Carter

+++++++

OUR ALTAR FLOWERS are given to the Glory of God by Josh & Amy Brown in honor of Corbin's 12th birthday.

THOSE SERVING AT LUTHERAN CHAPEL TODAY

Ministers	People of Lutheran Chapel
Pastor	Michael Comer
Administrative Assistant	Kim Rundzieher
Director of Music	Kathie Riebe
Assistant to the Director of Music	Juan Vizcarra
Assistant Minister	Norman Overcash
Lector	Jeanette Myers
Acolyte	Corbin Brown
Crucifer	Will Clark
Head Ushers	Steve Clark and Ervin Hoffman
First Aid/AED/CPR	Mark Thornburg

PARISH NEWS

NURSERY ATTENDANTS BY REQUEST: If your family is in need of a nursery attendant during the 10:00 service, please let our ushers know and they will contact one of our standby attendants.

RESTROOMS: Restrooms are located on the bottom floor of the Sanctuary. Additional restrooms are located in the Educational Building and *do not require the use of stairs*. If needed, please see an usher for assistance in locating them.

ESTHER CIRCLE: Esther Circle will meet in the Fellowship Hall on **Monday, February 5** at **10am.**

REBECCA CIRCLE: Rebecca Circle will meet at the <u>home of Janie Peak</u> on **Monday**, **February 5** at **7pm**.

LOVE YOUR NEIGHBOR SUNDAY: The Outreach Committee is sponsoring a *Love Your Neighbor Sunday* on **February 11**. Every member of the congregation is encouraged to pray for our congregation, your neighbors, friends, family and those you meet while out and about. Next, everyone is challenged to <u>invite these neighbors to worship with us on February 11</u>. There will be a reception following worship in the Fellowship Hall. *Love Your Neighbor Sunday* postcard invitations will be available to either mail or directly hand to a friend or neighbor if you so choose.

COURTYARD BEAUTIFICATION PROJECT-<u>UPDATE</u>: Planning with the Courtyard Beautification Committee continues. As you know, it is our desire to start the actual work as soon as possible. The committee has agreed however, to not begin until we have the funding needed to pay the contractor. Many of you have indicated your support and we appreciate that. We ask now that you prayerfully consider giving a donation as soon as possible. Donations can be designated to the Courtyard Beautification Project. If you have any question, please contact any member of the committee: Sylvia Fogle, Cathy Robinson, Katherine Sanders, Lucinda Thornburg, Fred Ward, Suzie Ward. Thank you.

2024 ALTAR FLOWER CALENDAR: If you'd like to donate altar flowers in 2024, **July 7** is the remaining date available. Please call or text Susan Lewis at 704-914-8451 to sign up.

NATIONAL LUTHERAN CHOIR CONCERT: On Friday, March 1, at 7:30 p.m. in Grace Chapel at Lenoir-Rhyne (Hickory Campus), the National Lutheran Choir will present a concert that explores the common struggle through life's journeys. Works from the Lutheran choral tradition by composers such as Heinrich Schutz, Knut Nystedt and F. Melius Christiansen will stand side by side with diverse selections from Florence Price, Stacey Gibbs, Alice Parker, Zanaida Robles and others, which highlight the stories of enslaved Africans, immigrants and refugees in the United States. Visit the Lenoir-Rhyne website to purchase tickets (\$25).

DAILY PRAYER

A HOME ALTAR ALTERS THE HOME!: Each morning and evening, pray to the LORD. Sunrise, sunset and at meals are times for daily prayer (*Psalm 1*). A simple order is: **Sign of the Cross + Psalms +Bible in a Year + Canticle + Hymns +Prayers + Blessing**.

FEAST OF PSALMS: Epiphany

	Sunday	Monday	Tuesday	Wednesday	Thursday	<u>Friday</u>	Saturday
AM	1,8	36, 40	46, 47	61, 62	71, 72	87, 93	99, 100
PM	19, 27	41, 45	48, 50	66, 67	84, 86	96, 97	103, 135

THE BIBLE IN A YEAR - Week 6 February 4 to February 11, 2024

02/04 Morning Reading: Matthew 22:23-46—Evening Reading: Exodus 34, 35

02/05 Morning Reading: Matthew 23:1-22—Evening Reading: Exodus 36, 37, 38

02/06 Morning Reading: Matthew 23:23-39—Evening Reading: Exodus 39, 40

02/07 Morning Reading: Matthew 24:1-28—Evening Reading: Leviticus 1, 2, 3

02/08 Morning Reading: Matthew 24:29-51—Evening Reading: Leviticus 4, 5

02/09 Morning Reading: Matthew 25:1-30—Evening Reading: Leviticus 6, 7

02/10 Morning Reading: Matthew 25:31-46—Evening Reading: Leviticus 8, 9, 10

02/11 Morning Reading: Matthew 26:1-25—Evening Reading: Leviticus 11, 12

Morning: "Song of Zechariah" (Luke 1:68-79) **Evening:** "Song of Mary" (Luke 1:46-55)

Traditional Song: "Blest Are They" ELW #728 **Sing a New Song:** "Borning Cry" W&P #69

PRAYER LIST FOR FELLOWSHIP: Braylon Beam, Steve Bell, **Olivia Berghello**, Faye Anne Boyette, Shirley Bradley, Buddy Carothers, **Charles Edwards**, Kathy Finch, Ervin Hoffman, Henry Hoffman, Carlton Peacock, Nancy Rankin, Trish Ratchford, Doug Rhyne, Bill & Kay Robinson, Pat & Barbara Robinson, Joe Veale, and Myra Weaver

FRIENDS OF THE FELLOWSHIP: Sheila Abernathy, John Austin, Sam Bell, Rick Belton, Stuart Boben, Deborah Carpenter, Jeff Cobb, Doris Coggins, Mary Collins, Carol Coutant, Tucker Doyne, Jameson Franklin, Mark Harrelson, Alfred Helms, Chuck Huffstickler, Wade Huss, Michael Jemison, Rick Knowles, Bill Lankford, Pastor Terrell Long, Scott Moose, Paul Nordberg, Rita Pasour, Randy Reel, Dakota Shuford, Christy Carpenter Smith, Denise Smith, Charlene Sorenson, Lisa Swilley, and Anthony Wynn.

To share concerns and updates for the prayer list you can contact the church office (704-864-6491) or call/text Pastor Comer (704-787-6439).

This QR code goes straight to the Daily prayers page on the website that list the commemorations for the week.

Wednesday, February 7 ~ Evening Prayer

Psalm 17 "Hear Us, O LORD!"

Thursday, February 8 ~ Story of Salvation Bible Study

Genesis 22:1-18 "The Testing of Abraham"

Sunday, February 11 ~ Service of the Word

Genesis 32:22-32 and Mark 9:2-9 "The Transfiguration of our Lord"

CHURCH ACTIVITIES THIS WEEK SUNDAY, FEBRUARY 4 - SATURDAY, FEBRUARY 10, 2024

	SUNDAY, FEDRUARY 4 - SAYORDAY, FEDRUARY					
Sun-04	9:00 am 10:00 am 11:30 am	Fellowship Bible Study/Sunday School Worship (Sanctuary) Chancel Choir Faith Group (Fellowship Hall)				
Mon-05		Preschool Esther Circle (Fellowship Hall) Rebecca Circle @ home of Janie Peak				
Tues-06	8:30 am 10:00 am 7:00 pm	Clothing Closet Workday				
Wed-07	8:30 am 5:30 pm 7:00 pm	Chapel Ringers				
Thur-08	8:30 am 10:00 am	Preschool Bible Study (Library)				
Fri-09	9:00 am	CBS (Fellowship Hall)				
Sat-10	9:30 am	Hungry Peeps Support Group (Fellowship Hall)				

A Word in Season – Proverbs and Psalms on Healing A moment to read, a lifetime to heed!

A cheerful heart is a good medicine, but a downcast spirit dries up the bones (Proverbs 17:22). Here are gifts that may cheer our hearts!

Holy Communion – Taste and see the LORD is good (Psalm 34:8). This is medicine for our souls. This is God's love and forgiveness for us.

Prayer for Healing – Talk to the LORD about your situation. Let the pastor and the church know for our prayer list. Cast your burden on the LORD and He will sustain you (Psalm 54:22).



Sing – Let everything that breathes praise the LORD (Psalm 150:6). Singing takes our focus off us and on Him. Music will encourage.

Make Thanksgiving -- Choose to focus on the good when you are down. From the sunrise to the gift of each breath - Enter His gates with thanksgiving (Psalm 100:4).

Go Out in the Good Creation – Despite sin and illness and sadness, the good Earth is still good. The LORD makes me lie down in green pastures; He leads me beside still waters; He restores my soul (Psalm 23:2-3).

Enjoy the Fruit of the Earth – You cause plants for people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine, and bread to strengthen the human heart (Psalm 104:14-15).

Meditate on Christ's Cross – Jesus is with us in the midst of suffering. By His bruises we are healed (Isaiah 53:5-12). His prayers on the cross are for us: into Your hand I commit my spirit (Psalm 31:5)



God's Love Is Free
...This gift is a sign of God's love for you!