

March 4

# PROGRAM

## REHAB WORSHIP SERIES

Prayer Concerns: Lee Ray Forney; Mable Crab in the passing of her husband, Guy Crab; Rich Kunst in the passing of his mother, Carolyn Kunst.  
Today's Sanctuary flowers provided by the Flower Committee to the glory of God.  
Today's choral selections are provided by the Temple Choir under the direction of Joan Nevill. Organist: Barbara Waite. Pre-service & Communion music by Candace Adye. Ushers March 4: Kathy Zelle, captain; Chuck Taylor, Warren Heinsohn, Jack Buttrum, Ed Ancona, Thornton Patberg (balcony)  
Ushers March 11: Greg & Linda Stilwell, captains; Chuck Taylor, Jacque Hardin, Dick Osmon, Nelson & Joyce Rivers  
Greeters March 4: Sue Anderson, Patricia Helm, Nancy Hughes, Janet Kissel  
Greeters March 11: Marty Van Stone, Betty Schofield, Wanda Erwin, Carla Bolin

## ORDER OF WORSHIP

**PRE-SERVICE MUSIC**

Piano

**WELCOME**

**PRELUDE**

"A New Commandment" by D. Blackwell

**CALL TO WORSHIP**

Leader: Come away from the rush and worry of the world. Come to worship God.

People: **We come seeking peace and rest for our souls.**

Leader: Ease your spirits, Quiet your minds. God is with us.

People: **Praise be to God who beckons us to come away.**

**CHORAL INTROIT**

"Turn Your Eyes Upon Jesus"

**\*CHIMES & SERVICES OF LIGHT**

**\*HYMN #529**

"How Firm A Foundation"

**\*PASSING OF THE PEACE**

Leader: May the peace of Christ be with you.

People: **And also with you.**

Leader: Please turn to those around you and pass the peace of Christ.

**SPECIAL MUSIC**

"God So Loved the World" by John Carter

**CALL TO PRAYER**

Leader: The Lord be with you.

People: **And also with you.**

Leader: Let us pray as one.

**PASTORAL PRAYER**

**All: We worship you, O God the Liberator, who delivered the captives from Egypt. You gave them the Law so that they might love one another. Write Your commandments on our hearts, O God. Give us spirits of joyful obedience. And now, hear us as we pray, each in our own hearts and our own ways...**

**LORD'S PRAYER**

Matthew 6:9-13 "Pray then like this: '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 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. Amen.'"

**GIVING TITHES & OFFERING**

"Jesus Calls Us" by W. Held

**\*DOXOLOGY** *The congregation stands as the Ushers return the offering to the Altar.*

#95 in Hymnal

**ANTHEM**

"Just As I Am" by Manuel

**KIDZ MOMENT**

**SCRIPTURE READINGS**

Exodus 20:1-17

The Ten Commandments

Then God spoke all these words:

2 I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; 3 you shall have no other gods before me.

4 You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth, 5 You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, 6 but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

7 You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name.

8 Remember the sabbath day, and keep it holy. 9 Six days you shall labor and do all your work. 10 But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. 11 For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it.

12 Honor your father and your mother, so that your days may be long in the land that the Lord your God is giving you.

13 You shall not murder.

14 You shall not commit adultery.

15 You shall not steal.

16 You shall not bear false witness against your neighbor.

17 You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor. angels."

**FAITH WE SING #2152**

"Change My Heart, O God"

**MESSAGE** by Pastor JillAnn Knonenborg

"Program"

Will you pray with me. Gracious God as I strive to deliver your message this morning, may You increase and we decrease. For it is written that in losing our lives we will find them. Amen.

So I grew up in a church called St. Mark's up in Bloomington, and as a kid I was pretty familiar with the Bible I would say. I knew about Jesus feeding 5000 people. I knew about Jonah getting swallowed by a big fish. I knew about God creating the world. And yet, my first memory of the Ten Commandments came from CNN. The news anchor was in a courthouse in Alabama standing next to the stone tablets. Ya'll remember that? I don't want to get into the politics of that right now, but it showed me early that we have a strange relationship with these ten laws. We struggle to understand how they fit in our modern life. Spoiler alert: I am not going to go into all 10 of them today. I'm confident that you guys understand don't murder, don't steal, don't cheat on your spouse -even if truth be told we don't follow them all the time.

Because in this season of Lent, when we so often focus on what we should give up whether it's chocolate or social media, we should think about what we should take on. Christian faith can easily become a list of shall nots. In fact for many folks today, the only thing they know about Christianity is what we're supposedly against. But what are we for? Take the Sabbath day and keep it holy. The Fourth Commandment or third if you're Lutheran. Apparently the Lutherans number them differently. I don't know why. In Hebrew Shabat means rest. It's the holiest day of the week because God set it apart for worship and fellowship. When we look around, we see that rest is a fundamental part of creation. Any farmer worth his salt knows to rest his field in off years to fertilize soil. Certain animals rest for the entire winter, and preparing to rest takes the entire fall. Even in music, the composer must include rests to make room for breathing. And yet, when was the last time you rested. I don't mean sleep-though that helps a lot. I don't mean the last time you were forced to stop doing something because you were waiting in line or you were on hold or even in a hospital bed.

When was the last time you ceased from your labors and let yourself feel alive? Many of us long for that kind of rest, and it'll look different for each person. For one it might mean a bike ride through the woods. For someone else, it means dinner with an old friend. For me it means playing my guitar or curling up in front of the TV with my husband. You may still need to figure out what Sabbath looks like for you. So here's two rules. 1 It must please God. And 2 it can't accomplish anything. It must be completely unproductive in any conventional sense. Because for some reason God thinks being unproductive once in a while is just as important as not killing people. So if you're not a serial killer, I hope I can say that to everyone in this room, but you don't rest each week. God is just as concerned about the state of your soul. In Moses's time, both murder and violating the Sabbath were punishable by death. Sabbath is not a when I can work it into my schedule if I can get a babysitter sort of thing. Sabbath is non-negotiable. Why is that? I think back to when I was an undergrad. Come exam time busyness became a competition. If one person said I haven't slept in two days and I have 3 tests tomorrow, then someone else would jump in with well, I've been living on espresso for 4 days and I haven't even started my 30 page term paper yet. For some reason, we took pride in being exhausted and overworked, and I wonder what were we trying to prove?

Our culture worships busyness as an idle. It worships productivity. It worships quotas and deadlines and overtime. I heard on ABC News that the average American spends eleven hundred dollars a year on caffeinated drinks. And we spend 41 billion.. billion with a b- 41 billion dollars on sleep medication in 2015. According to CBS, job loss drove 5000 Americans to take their own lives during the Great Recession because they were so ashamed of being unemployed and so convinced that their lives were now useless. Our culture teaches us that if I can't work, I'm nothing. I saw it over and over again when I interned as a hospital chaplain. A man would have his leg amputated and he would tell me he wished he could just die because he couldn't do anything anymore. A grandmother was getting sicker and she cried herself to sleep every night. She was so embarrassed to have to ask for help. If we can't do, if we can't go, if we can't work ourselves into the ground we feel like we've lost everything that gives life meaning. But God doesn't see us as automatons built to work until we collapse. Sabbath is meant to be our weekly reminder that we were not created to work. We were not created to buy, sell, and produce. We were created to just be in the loving presence of God.

Sometimes putting our faith into action doesn't mean throwing another fundraiser or serving on another committee or being the Pinterest perfect parent. Sometimes obedience to God means stopping to rest when this world only wants us to run. And it is not easy. I am the worst at this. We've got to push aside that voice that tells us to feel guilty or ashamed for resting. We, like hibernating bears, will have to prepare to rest or else we just won't make the time. Observant Jews celebrate the Sabbath from sundown on Friday until sundown on Saturday, which means they spend most of Friday cooking the meals that they'll eat, answering emails- all the checklist stuff- so that they can focus on God and the people they love when Sabbath starts. And yes, in order to keep a regular Sabbath some things might just not get done. And that's okay. You were not born to complete to-do lists.

There is a second part of the Sabbath commandment that you won't hear as often. At least I've not heard it in any VVS Ten Commandments songs. You shall not do any work. You your son or daughter you're male or female slave your livestock or the foreigner in your town. In other words Sabbath is a right for everyone, regardless of gender, age, nation, or even religion. God doesn't guarantee a right to Sabbath time just for people who can afford it or people who quote unquote deserve it. Sabbath is a fundamental part of being alive. To deprive anyone of that right is a crime against God. When we make it difficult or straight up impossible for others to practice Sabbath we have denied their humanity. No one should have to choose between taking one day off from work each week and feeding their kids. No one should be afraid of losing their job because they ask for an extra 15 minute break. And no child should live amidst such violence that they're too afraid to rest. As God's servants, we have an obligation to make Sabbath possible for all people. There may be nothing more countercultural to us than Sabbath. Walter Brueggemann is my favorite biblical scholar. I'm a total fan girl. In his book Sabbath As Resistance, he begins by writing, "I have come to think that the commandment that defines the most difficult and most urgent of the Commandments in our society because it summons us to conduct that debases the most elemental requirements of a commodity propelled society. A society that specializes in control and entertainment. Bread and circuses along with anxiety and violence."

In this Lenten season, we are called to defy expectation. You are called to give yourself permission to rest. In the coming week, I challenge you to discover what it is that gives you rest. What is it that gladdens your body and soul that fills you up rather than drains you. Then commit to do it. Get the help that you need to make that time and then let yourself enjoy doing it. God did not put you on this earth to work until you drop. God put you here to love you. So let Him. Amen.

**\*HYMN TFWS #2130**

"Be Still My Soul"

**\*CHIMES & SERVICE OF LIGHT**

**BENEDICTION**

**POSTLUDE**

"Amen, We Praise Your Name" by J. W. Kerr