

Welcome to Christ Lutheran Church



Outdoor Worship Service

Philippians 2:14-30

June 28, 2020

9:00 am

SPECIAL INSTRUCTIONS

To keep everyone safe, especially the most vulnerable among us, please adhere to the following guidelines:

- Practice strict social distancing. Do not get closer than 6 feet to anyone outside your family. If you plan to sing aloud, try to keep 10-15 feet apart from everyone.
- Once you find your spot, stay where you are and do not move around. This is important for children too.
- The playground is closed.
- Masks are strongly encouraged. They are available if you would like one.
- Communion will be brought to you. Further instructions will be given at that time. If you do not want to receive Communion, that is ok.
- The building is closed except for the bathrooms.
- Respect others' space, boundaries, and feelings out of love.

WELCOME AND ANNOUNCEMENTS

Welcome to worship, we are glad you are here! Please take a moment to pray for our brothers & sisters in Christ who cannot be with us today.

GATHERING

We gather together as God's people.

INVOCATION

Pastor: We begin our worship in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Pastor: This is the day that the Lord has made.

All: Let us rejoice and be glad in it. *(Psalm 118:24)*

Pastor: Give thanks to the Lord, for he is good,

All: And his steadfast love endures forever. *(Psalm 136:1)*

MENTAL HEALTH MOMENT

Stress

PRAYER OF THE DAY

Pastor: Let us pray. Gracious Lord, life is full of challenges and stresses. Some of these burdens we happily bear, yet sometimes it can get overwhelming. Help us recognize who you have given to us and who can help us carry those burdens together, including your Son, Jesus Christ, who gives us rest for our souls and in whose name we pray.

All: Amen.

***OPENING SONG** “Oceans (Where Feet May Fail)”

You call me out upon the waters
The great unknown where feet may fail
And there I find You in the mystery
In oceans deep my faith will stand

Chorus:

And I will call upon Your name
And keep my eyes above the waves
When oceans rise
My soul will rest in Your embrace
For I am Yours and You are mine

Your grace abounds in deepest waters
Your sov'reign hand will be my guide
Where feet may fail and fear surrounds me
You've never failed and You won't start now

Chorus

Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever You would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Saviour

Chorus

THE WORD

We hear God's Word for our lives & offer response.

CHILDREN'S MESSAGE

Pastor Chad

SCRIPTURE READING

Philippians 2:14-30

2 ¹⁴Do all things without murmuring and arguing, ¹⁵so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world. ¹⁶It is by your holding fast to the word of life that I can boast on the day of Christ that I did not run in vain or labor in vain. ¹⁷But even if I am being poured out as a libation over the sacrifice and the offering of your faith, I am glad and rejoice with all of you— ¹⁸and in the same way you also must be glad and rejoice with me.

¹⁹I hope in the Lord Jesus to send Timothy to you soon, so that I may be cheered by news of you. ²⁰I have no one like him who will be genuinely concerned for your welfare. ²¹All of them are seeking their own interests, not those of Jesus Christ. ²²But Timothy's worth you know, how like a son with a father he has served with me in the work of the gospel. ²³I hope therefore to send him as soon as I see how things go with me; ²⁴and I trust in the Lord that I will also come soon.

²⁵Still, I think it necessary to send to you Epaphroditus—my brother and co-worker and fellow soldier, your messenger and minister to my need; ²⁶for he has been longing for all of you, and has been distressed because you heard that he was ill. ²⁷He was indeed so ill that he nearly died. But God had mercy on him, and not only on him but on me also, so that I would not have one sorrow after another. ²⁸I am the more eager to send him, therefore, in order that you may rejoice at seeing him again, and that I may be less anxious. ²⁹Welcome him then in the

Lord with all joy, and honor such people, ³⁰because he came close to death for the work of Christ, risking his life to make up for those services that you could not give me.

SERMON

Pastor Chad Langdon

*SONG OF THE DAY “Kindness”

Open up the skies of mercy
And rain down the cleansing flood
Healing waters rise around us
And hear our cries Lord let 'em rise

Chorus:

And it's Your kindness Lord
That leads us to repentance
Your favor Lord is our desire
And it's Your beauty Lord
That makes us stand in silence
And Your love
Your love is better than life

We can feel Your mercy falling
You are turning our hearts back again
Hear our praises rise to heaven
And draw us near Lord meet us here

Chorus

CCLI Song # 3028373
Chris Tomlin, Jesse Reeves, Louie Giglio
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*PRAYERS OF INTERCESSION

Response after each prayer

Pastor: ...Lord, in your mercy,

All: Hear our prayer.

THE MEAL

We receive the Lord's Supper as nourishment for our lives.

***SHARING OF THE PEACE**

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

All: And also with you.

***WORDS OF CONFESSION**

Pastor: God of all mercy and consolation, come to the help of your people, turning us from our sin to live for you alone. Give us the power of your Holy Spirit that we may confess our sin, received your forgiveness, and grow into the fullness of Jesus Christ, our Savior and Lord.

All: Amen.

Pastor: Let us now confess our sins to God in the presence of one another.

Silence for reflection & confession

Pastor: Most merciful God,

All: 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.

***WORDS OF INSTITUTION**

Pastor: 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. (Mark 14:22-25)

***LORD'S PRAYER**

All: Our Father in heaven, hallowed be your name.

Your kingdom come, your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins,

as we forgive those who sin against us.

Save us from the time of trial, and deliver us from evil.

For the kingdom, the power and the glory are yours,

Now and forever. Amen. (Matthew 6:9-14)

DISTRIBUTION

Instructions: Remain where you are. The elements of Holy Communion will be brought to you.

- *Receiving the bread: When the pastor comes to your area, extend your arms and cup your hands. The bread will be dropped into your hands. Gluten-free wafers are available upon request.*
- *Receiving the wine: An assistant will bring the (red) wine & (white) grape juice on a tray. Please touch only the cup that you are taking. After drinking, keep the cup and dispose of it after the service.*

The Church believes that the full body & blood of Christ are present in each element, so if you choose to only receive the bread or the wine, you are still receiving the full benefit of Communion.

If you do not wish to receive the Sacrament or brought your own bread & wine, simply cross your arms when the pastor comes near.

***WORDS OF FORGIVENESS**

Pastor: In the mercy of Almighty God, Jesus Christ was given to die for us, and for his sake God forgives you of all your sins. By grace you have been saved. In the name of Jesus Christ, your sins are forgiven. May Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

All: Thanks be to God!

SENDING

Blessed & nourished by God, we are sent into the world to share God's love with others.

***BENEDICTION**

Pastor: May the Lord bless you and keep you. May the Lord make his face shine upon you and be gracious to you. May the Lord look upon you with favor and grant you peace, in the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

(Numbers 6:22-27)

***SENDING SONG**

“Thrive”

Here in this worn and weary land
Where many a dream has died
Like a tree planted by the water
We never will run dry

Pre-Chorus:

So living water flowing through
God we thirst for more of You
Fill our hearts and flood our souls
With one desire

Chorus:

Just to know You and to make You known
We lift Your name on high
Shine like the sun make darkness run and hide
We know we were made for so much more
Than ordinary lives
It's time for us to more than just survive
We were made to thrive

Into Your Word we're digging deep
To know our Father's heart
Into the world we're reaching out
To show them who You are

Pre-Chorus

Chorus

Joy unspeakable
Faith unsinkable
Love unstoppable
Anything is possible
(repeat 3 times)

Chorus

Oh oh
Oh oh

We were made to thrive.

CCLI Song # 7006228
Mark Hall, Matthew West
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***DISMISSAL**

Pastor: Go in peace and serve the Lord.

All: Thanks be to God!

OFFERING

If you would like to give an offering today, there are 4 ways to do that:

1. Drop your money into the Offering Bucket as you leave.
2. Text GIVE to 833-613-0706 and follow the prompts.
3. Visit our website www.christ-lutheran.org and click the tab: Give Online.
4. Download the app called “Tithe.ly” and follow the instructions.



Thank you for your continued generosity during these times!

JULY WORSHIP/BUILDING SCHEDULE

Our Council has decided to keep the church building closed to activities & groups through the month of July. Our Sunday worship schedule will remain the same:

- 9:00am Outdoor with Communion
- 10:30am Virtual on Facebook Live

WEDNESDAY NIGHT BIBLE STUDY

Every Wednesday night at 7:00pm, Pastor Chad is leading a Bible study via Facebook Live on his personal Facebook page. We’ve been focusing on different aspects of mental health, where these issues show up in the Bible, and what we can learn from them. This Wednesday we will be talking about the mental health issues associated with **SUBSTANCE ABUSE**. Please join us!

COULD YOU FOSTER A DOG?

Chris Ward needs someone to foster her dog, Angel, while she undergoes rehab. We aren't sure how long she will be there (it could be up to a few weeks). Angel is an old dachshund who minds well and gets along with other dogs. She is currently being boarded at her vet, but we'd like to get her into a real home as soon as possible. Please contact Chris (316-461-4031) if you are willing, interested, or have questions. Thanks!

SANDWICH SATURDAY

- Our next date to provide sack lunches is Saturday, July 25. We will need help on Friday, July 24 at about 5:00pm to make the PB&J sandwiches and put together the rest of the lunches. We will practice social distancing and do everything as safely as possible.
- We need boxes! If you have some large boxes, we could use them to transport the 200+ sack lunches downtown. The most useful kind are long & wide, but not very deep or high. If you have some, feel free to drop them off at church. Thanks!

THANK YOU!

Dear Church Family,

Thank you for your continued support in our journey. You have been our rock through good and bad. I cannot express how much love you all have given us. Christ Lutheran is an amazing church. I can only pray our family can share the love of God to others that you have given us. Thank you for all the memorials also. God bless you.

~ Juanita, Jacob, Sydney & Caleb Freed

Mental Health Matters

Stress & the Pandemic

We are in difficult times amid a worldwide pandemic, national protests, and other life stressors. All of us are watching the headlines and wondering, "What is going to happen next?" For many people, the uncertainty is the hardest thing to handle and increases our level of anxiety and stress. I've found a couple helpful articles related to stress & the pandemic. The first is an article from the June 2, 2020 NATURE Career Column written by Clinical Psychologist Luana Marques where she shared methods that can help a person beat stress during coronavirus pandemic. The second also offers helpful stress management techniques and is by Dr. Dan Mordecai, a Kaiser Permanente national expert on mental health and wellness.

~ Elaine Miller, LMSW

"It is okay not to be okay." I find myself repeating this aphorism to my patients, colleagues, and family. During the ongoing coronavirus pandemic, many of us are experiencing stress, anxiety, and a range of accompanying emotions as we worry about our families, friends, and futures. How can we cope with these very normal feelings?

Growing up in Brazil, it was through life experience and sage advice from my grandmother and mother, a single parent with limited means, that I learned skills to navigate stressful times. When I was reluctant to enter crowded spaces, my grandmother took me to the mall each day to practice facing my fears. Eventually, the jolt of fear I felt in crowds

became only a flicker of discomfort. I learned to cope with challenges by approaching them head on.

During my training to become a clinical psychologist, I learned the mechanism behind the skills that my family had taught me: I realized that many of the strategies I had first used in Brazil had strong similarities with cognitive behavioral therapy (CBT). This therapy is used to treat a variety of anxiety and stress disorders. During the coronavirus pandemic, the CBT skills that I learned in graduate school are helping me and my patients to cope with the stresses we are all feeling.

Although these skills might seem basic, there is robust evidence that they have a positive impact on physical and mental health. I encourage you to practice them to build resiliency during this pandemic.

Unplug and anchor

After the 2013 bombing of the Boston Marathon in Massachusetts, people who had watched more than six hours of bombing-related news reported more symptoms of acute stress, such as being easily startled and a sense of restlessness, than did people who witnessed the bombing directly. It is often a good thing to unplug, for your physical and mental well-being.

This is even more difficult now than it was in 2013. We are inundated with information and news from our e-mail inboxes, phones, computer pop-ups and news channels. Try to minimize your exposure to news by checking only once or twice a day. Just as importantly, take the time to heal and relax after interacting with the news: anchor on to something that brings you back to the present. Take a deep breath, drink a hot beverage, or go for a walk. This sounds simple but is proven to help with stress reduction and will help you cool off the stress response.

Healthy habits

It's tempting, when home all the time, to 'treat yourself' to a late night and unhealthy food — and this might be fun for an evening or weekend, but will probably not be a good habit to fall into. Research suggests that healthy eating, adequate sleep, and periodic exercise are all associated with improved mental health and a stronger immune system. Just like brushing and flossing your teeth, eating, sleeping and exercise should be part of your daily routine. One way to ensure that they are is to make a daily schedule that budgets time for these activities. Make your routine fun and perhaps find a way to practice healthy habits with colleagues, friends, and family through virtual connection.

Be of service

Helping and supporting others makes us happier. Consider volunteering to cook for a neighbor, calling an elderly friend who is isolated or praying for someone whom you love. The challenges associated with the pandemic can feel frightening because so much is outside of our control. By mobilizing your skills and resources to become part of the pandemic response, you can reduce feelings of helplessness.

~Luana Marques

Tips for Managing Anxiety & Stress **in Challenging Times**

By Dr. Dan Mordecai

Keep up social connections

Maintaining social connections is one of the most important things you can do to support your own mental health as well as others. Make a point of reaching out to those you love to keep your relationships strong even as we

keep our physical distance. This is especially important for those with depression, anxiety, and other mental health conditions. Ask them how they are doing—offer to lend an ear and let them know you care.

Offer to help others

Simple gestures can mean a lot, like offering to shop for a neighbor or friend who may be more vulnerable, or letting people know you are available to help. Not only will they feel less isolated and alone, you will likely feel better as well.

Take a media break

If you find yourself spending significant time reading or watching media coverage and notice it's making you anxious, consider limiting yourself to checking the news at just one or two times per day, and for a limited amount of time. Use trusted sources to stay up to date, like the Centers for Disease Control and Prevention website, then take a break. The CDC also has good resources on stress and coping.

Practice good self-care

Get plenty of nutrients by eating fruits and vegetables, exercise regularly and get enough sleep. We know that sleep has a direct impact on the immune system, so set a regular time each night to wind down and get some solid rest.

Modify your exercise routine

If you are exercising at home now instead of the gym, have fun with modifying your routine. There are many resources available on the internet for working out without special equipment. Exercise is good for your mental health.

Take a few deep breaths

Taking time to pause for just three full, deep breaths can re-set the body's "flight or fight" response. Try doing this several times throughout the day and see the difference it makes.

Share your feelings

It is normal, especially in times like these, to feel anxious and stressed. Know that you are not alone and that it is ok to share your feelings with a trusted friend, family member, colleague, clergy, or your physician or mental health provider.

Practice gratitude

Practice gratitude by making a daily habit of writing down a few things you are grateful for. Better yet, send it to a friend and get them to share their list with you.

If you are suffering from depression, anxiety, substance use, or other mental health concerns reach out to your primary care provider or you can contact Comcare Crisis Center at 316-660-7500.

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