**Welcome to**

**Christ Lutheran Church**



**Outdoor Worship Service**

*Philippians 1:12-30*

*June 14, 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 *Anxiety***

**PRAYER OF THE DAY**

Pastor: Let us pray. Gracious Lord, calm our anxious hearts. We know we are called to spread the gospel far and wide. Help us stand firm, side by side, supporting each other so that we can follow your call together. In Jesus’ name we pray,

**All: Amen.**

**\*OPENING SONG** “Forever”

Give thanks to the Lord

Our God and King

His love endures forever

For He is good He is above all things

His love endures forever

Sing praise sing praise

With a mighty hand

And an outstretched arm

His love endures forever

For the life that's been reborn

His love endures forever

Sing praise sing praise

Sing praise sing praise

*Refrain:*

Forever God is faithful

Forever God is strong

Forever God is with us

Forever forever

From the rising to the setting sun

His love endures forever

And by the grace of God

We will carry on

His love endures forever

Sing praise sing praise

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**THE WORD**

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

**CHILDREN’S MESSAGE** Pastor Chad

**CREED**

Pastor: We are all children of God and this is what we believe.

**All: We trust in God,**

**who created us and loves us.**

**We trust in Jesus,**

**who was born like us,**

**who lived and loved others,**

**who died and rose again.**

**We trust in the Holy Spirit**

**who surrounds us with love.**

**We belong to the Church.**

**We are baptized into one family.**

**We will live forever in God’s love.**

**Amen.**

**scripture reading** Philippians 1:12-30

**12**I want you to know, beloved, that what has happened to me has actually helped to spread the gospel, **13**so that it has become known throughout the whole imperial guard and to everyone else that my imprisonment is for Christ; **14**and most of the brothers and sisters, having been made confident in the Lord by my imprisonment, dare to speak the word with greater boldness and without fear.

**15**Some proclaim Christ from envy and rivalry, but others from goodwill. **16**These proclaim Christ out of love, knowing that I have been put here for the defense of the gospel; **17**the others proclaim Christ out of selfish ambition, not sincerely but intending to increase my suffering in my imprisonment. **18**What does it matter? Just this, that Christ is proclaimed in every way, whether out of false motives or true; and in that I rejoice.

Yes, and I will continue to rejoice, **19**for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance. **20**It is my eager expectation and hope that I will not be put to shame in any way, but that by my speaking with all boldness, Christ will be exalted now as always in my body, whether by life or by death. **21**For to me, living is Christ and dying is gain. **22**If I am to live in the flesh, that means fruitful labor for me; and I do not know which I prefer. **23**I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better; **24**but to remain in the flesh is more necessary for you. **25**Since I am convinced of this, I know that I will remain and continue with all of you for your progress and joy in faith, **26**so that I may share abundantly in your boasting in Christ Jesus when I come to you again.

**27**Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel, **28**and are in no way intimidated by your opponents. For them this is evidence of their destruction, but of your salvation. And this is God’s doing. **29**For he has graciously granted you the privilege not only of believing in Christ, but of suffering for him as well— **30**since you are having the same struggle that you saw I had and now hear that I still have.

**SERMON** Pastor Chad Langdon

\***SONG OF THE DAY** “Let My Life Be Like a Love Song”

*Refrain:*

(So) Let my life be like a love song

Let my life be like a love song

Let my life be like a love song

To Your heart

Lord the love You give You give so gen'rously

You were my sacrifice You gave Your life for me

And now I want to give just as I've received

To live a life that shines Your love

For those in need

*Refrain*

So let justice roll like an endless stream

Flowing through my life to the poor and weak

Let the things I do and words I speak

Reveal the awesome love You have shown to me

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Brenton Brown, Tom Slater

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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** “My Feet are on the Rock”

Oo Oo

I can see the clouds roll in

I can feel the winds they try to shake me

I will not be moved my feet are on the Rock

I can feel the waters rise

I can hear the howling lies that haunt me

Fear won't hold me now my feet are on the Rock

*Refrain:*

When I feel my hope about to break

I will cling to Your unchanging grace

Let the waters come and the earth give way

I'll be dancing in the rain

(My feet are on the Rock Oo Oo)

I can see the morning light

I can feel the joy on the horizon

Here my faith is found I stand on solid ground

*Bridge:*

On Christ the solid Rock I stand

All other ground is sinking sand

So stomp your feet and clap your hands

Our feet are on the Rock

My feet are on the Rock Oo Oo

My feet are on the Rock

CCLI Song # 7106247

Abbie Parker, Josh Bronleewe, Lindsey Sweat, Matthew Hein

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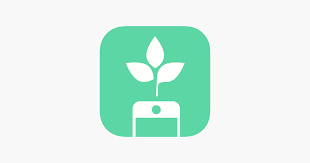
\***DISMISSAL**

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!

**NOISY OFFERING**

Today is the 2nd Sunday of the month and we usually do a Noisy Offering to support our Human Needs ministry. During the month of June the Human Needs Committee will donate $250 of these funds to Saint Francis Migration Ministries.  We will also designate $250 to assist teachers from CLC in setting up their classrooms for this fall. If you would like to donate to the Noisy Offering Fund, there is a smaller silver bucket available near the regular offering bucket or you can indicate “Noisy Offering” in your online giving.

**FAMILY PROMISE UPDATE**

**Our next CLC Family Promise week is June 28 to July 5.   That week the families will continue to shelter-in-place so they will not be staying at our church.   As hosts for that week however, we are responsible for meals (as we were in March).   If you are interested in signing up to provide a meal for 10-15 people, please email or text me. (**[millerelaine72@gmail.com](mailto:millerelaine72@gmail.com) **or 620-474-6133). We can also use donations of pre-packaged snack items (granola bars, crackers, fruit cups, juice boxes, etc.)**

**Thanks to all in advance!**

**Elaine Miller**

**Mental Health Matters**

**Anxiety as Stay-At-Home Orders are Lifted**

from Sylvia Schmidt, LPC---

*As we “open up” and begin to get back into our lives, there are likely to be many conflicting feelings within ourselves as well as conflicts in our close relationships about what is “safe” and what is not. Everyone is at a different place in what we are comfortable doing and the amount of risk we think we are taking. We tend to make judgments about others who are not doing “it” the way we think is best, or we don’t even know ourselves what is “best and safest” as the science and information we see continues to change. Fake news—whatever that is—adds more fuel to the frustration fire.*

*Anxiety is a natural and important emotion for humans—and other animals-- to have. The split-second decisions to fight/flee/freeze when feeling threatened often save our lives, and certainly kept our species surviving in the face of much larger and ferocious creatures than ourselves. That same survival instinct is present in many of us right now as we try to negotiate the world in ways we’ve never had to before. The following article was written by Amanda Petrik-Gardner, LCPC who specializes in treating Anxiety Disorders. She has some insights that will hopefully normalize much of what many of us are feeling in these uncertain times.*

**Returning to Work, Stores, Restaurants...Oh My!**

As much as the pandemic and stay-at-home orders caused anxiety for many, there has also been an increase in anxiety as the stay-at-home orders lifted. I have noticed a fear of returning to work, restaurants, stores, seeing friends and family again, attending (small) events, walking near others, and living the life we once knew.

Where is this anxiety coming from? We love our jobs (well, some of us), we were so excited to go to stores and restaurants again, and we missed our friends and family dearly.

The root of much anxiety is the unknown. It's the fear of not having all the information and being uncomfortable with uncertainty. Let's take the current situation: There is still a lot of uncertainty about Covid-19. Will there be a second wave? Will I still get it? Is it really safe to return to work or public? Should I go near my family and friends? There is a lot of uncertainty about the future. Will school resume in-person in the fall for our children (or for me if I am a college student)? Should I continue working from home longer? What will the winter look like if this continues on?

So how do we manage the unknown? First is to become aware of where our anxiety is coming from. Begin tracking what anxious thoughts are popping up, causing you to feel on edge.

Second, acknowledge that the unknown is not always bad. We tend to equate the unknown with a negative outcome. However, reflect on how many unknown moments you have had in your lifetime. Millions! They do not all result in a negative outcome, even though our minds make that assumption. If it does result in an unpleasant outcome, we will manage that! Just like you and I have managed everything else life has thrown at us.

Last, let's become comfortable with uncomfortable feelings. It has almost become the new standard to not feel negative feelings. To not feel uncomfortable. To not feel anything but happy. This has resulted in our bodies becoming even more panicked by uncomfortable feelings. Instead of trying to push them away, let's notice them, sit with them (and I mean literally sit with them), and acknowledge what is happening in your mind and body. The more we embrace instead of push away feelings, our minds and bodies begin to recognize that we are not in danger. Instead, acknowledge we are experiencing a feeling that is either foreign or not the most pleasant to us, but we can handle that.

*Amanda Petrik-Gardner, LCPC*

*Topeka, Kansas*

*www.amandalcpc.com*