



# THE GOOD LIFE

Practices for  
Abundant Living

# Our Worship of God

May 30, 2021

9:15 am

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*If we forget to rest, we will work too hard and forget our more tender mercies, forget those we love, forget our children and our natural wonder. God says: Please don't. It is a waste of a tremendous gift I have given you. If you knew the value of your life, you would not waste a single breath. So, I give you this commandment: Remember to rest. This is not a life-style suggestion, but a commandment – as important as not stealing, not murdering, or not lying. Remember... this gift of sacred rest.*

~ Wayne Muller

**Welcome**

Pastor Michael McEntyre

## **Call to Worship (responsive)**

God of rest and stillness,  
for everything there is a time,  
and time is now our most precious commodity.  
Our clocks are always running.  
From birth to death; during times of joy and sorrow;  
work and play; business and pleasure;  
speech and silence.

**Slow us down Lord,  
And for now simply remind us that  
Only one thing is needed,  
That we be still for you  
And know that you are God. Amen.**

## Opening Song

## Keep Me in the Moment

*I've been thinking 'bout time  
And where does it go  
How can I stop my life  
From passing me by I don't know*

*I've been thinking bout family  
And how it's going so fast  
Will I wake up one morning  
Just wishing that I could back*

*I've been thinking 'bout lately  
Maybe I could make a change and let you change  
So with all of my heart this is my prayer*

*Singin' Oh Lord keep me in the moment  
Help me live with my eyes wide open  
'Cuz I don't wanna miss what you have for me  
Oh lord show me what matters  
Take away what I'm chasing after  
'Cuz I don't wanna miss what you have for me*

*When I wake up in the morning  
Lord search my heart  
Don't let me stray  
I just wanna stay where you are  
All I got is one shot one try  
One go around in this beautiful life  
Nothing is wasted  
When everything's placed in your hands*

*Singin' Oh Lord keep me in the moment  
Help me live with my eyes wide open  
'Cuz I don't wanna miss what you have for me  
Oh lord show me what matters*

*Take away what I'm chasing after  
'Cuz I don't wanna miss what you have for me*

*I've been thinking 'bout Heaven  
And the promise you hold*

*So it's all eyes on You  
Until the day You call me home*

*Singin' Oh Lord keep me in the moment  
Help me live with my eyes wide open  
'Cuz I don't wanna miss what you have for me  
Oh lord show me what matters  
Take away what I'm chasing after  
'Cuz I don't wanna miss what you have for me  
Oh Lord keep me in the moment  
keep me in the moment  
keep me in the moment*

*'Cuz I don't wanna miss what you have for me*

## **Lighting of the Christ Candle**

*As we light the Christ Candle in the Sanctuary, we invite you to  
light a candle in your place of worship as a reminder  
of God's presence who invites us to rest and reflect together.*

## **Scripture Reading**

April DeGraff

### **Genesis 2:2-3**

And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

The Word of the Lord.  
**Thanks be to God.**

## **Sharing Our Gifts**

**Litany for Rest and Balance (responsive)**

God, we hear your invitation to us:

**“Come to me, you who are weary and heavy burdened.  
I will give you rest.”**

*What makes it hard for you to rest?*

*~silence for reflection~*

We acknowledge our soul’s need of connection with you.

**We turn our intentions toward you now.**

**Song for Reflection**

Restless

*You dwell in the songs that we are singing  
Rising to the heavens  
Rising to Your heart Your heart  
Our praises filling up the spaces  
In between our frailty and ev'rything You are  
You are the Keeper of my heart*

*And I'm restless I'm restless  
'Til I rest in You 'til I rest in You  
I am restless I'm restless  
'Til I rest in You 'til I rest in You  
Oh (God)  
I want to rest in You*

*Oh speak now for my soul is list'ning  
Say that You have saved me  
Whisper in the dark the dark*

*'Cause I know You're more than my salvation  
Without You I am hopeless tell me who You are  
You are the Keeper of my heart*

*Oh I want to rest in You*

*(Oh) Still my heart hold me close  
Let me hear a still small voice  
Let it grow let it rise  
Into a shout into a cry*

*And I am restless I'm restless  
'Til I rest in You 'til I rest in You  
I am restless so restless  
'Til I rest in You 'til I rest in You  
Oh God  
Let me rest in You*

## **Litany for Rest and Balance (responsive)**

We confess our tendency to overlook rest

**As a necessary part of soul and self care.**

We confess our pride in thinking that our work is so important

**That we may not set it down.**

We confess our readiness to believe

**That what we do determines our worth.**

We confess our obsessions

**With productivity, results and measurable progress.**

We confess our tendency to forget

**That your love is better than life.**

We confess our neglect

**Of the good soil of our souls.**

**We ask now for body, mind, spirit, whole-person nourishment.**

*What are some things you do to rest your body, your mind, your spirit?*

*~silence for reflection~*

We ask now for rest and resurrection.

For new life.

**For healing and consolation of our souls.**

We ask for help in managing our time and activities so that our infillings

**Can keep up with our out-pouring.**

Where we have overspent ourselves.

**Refresh us.**

Where we have misplaced our priorities

**Re-arrange us.**

Where we have said yes when we should have said no

**Remind us.**

*Are there things you said “yes” to that you need to transition out of to make room for what is most important?*

*~silence for reflection~*

We thank you for meaningful work; for blessings and burdens.

**We thank you for rest.**

May we become present to our great need for Daily Bread:

**The Presence of Christ in our lives.**

**Amen.**

## **Song of Response**

Made New

*You're calling me over  
You're pulling me close  
With love You surround me  
You give me hope*

*You're taking me deeper  
You're making me whole  
With grace You redeem me yeah  
You restore my soul*

*Now I'm made new because of You yeah*

*You hold my head up  
You remind me who I am  
You hold my head up  
I'm alive in You again  
I'm made new I'm made new*

*You're making me stronger  
You're healing my heart  
With Your hands You hold me in  
You set me apart*

*Now I'm made new because of You yeah*

*You hold my head up  
You remind me who I am  
You hold my head up  
I'm alive in You again  
I'm made new I'm made new*

*You are my salvation I will not fear no  
You're the strength of my life  
I won't fear whoa (no)*

*You are my salvation I will not fear no  
You're the strength of my life  
I won't fear whoa (no)*

*You hold my head up  
You remind me who I am  
You hold my head up  
I'm alive in You again  
I'm made new I'm made new  
You hold my head up*

## **Sharing Our Gifts**

## **Life of the Church**

## **Benediction (unison)**

**We are ordinary people, going about our lives,  
Realizing that we are Beloved through and through,  
Realizing that Heaven is available to us now,  
Realizing that what we do here on earth matters,  
Realizing that Christ's invitation is for us, too;  
And stepping in - gratefully, joyfully, and with intention –  
to this Kin-dom work.**

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# Worship Notes

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*Keep Me in the Moment*, CCLI Song # 7133995, Jeremy Camp | Jordan Sapp | Matthew West

*Restless*, CCLI Song # 5762008, Audrey Assad | Matt Maher

*Litany For Rest and Balance*, from Fran Pratt's book "Call and Response"

*Made New*, CCLI Song # 7026321, Colby Wedgeworth | Josiah James | Lincoln Brewster

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# Week at a Glance

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## Sunday, May 30

- 9:15 am Online Worship Service
- 10:00 am Student Ministry Group online
- 10:00 am Sunday Morning Small Groups/Bible Study
- 11:15 am Worship Service on the front lawn

## Monday, May 31

Memorial Day Holiday – Offices Closed

## Tuesday, June 1

- 1:00 pm -3:00 pm Crafty Critters in the Parlor

## Wednesday, June 2

- 12:00 pm Zoom at Noon with Pastor Carol
- 6:00 pm The Calling
- 6:30 pm Handbells Rehearsal
- 7:45 pm Chancel Choir

## Friday, June 4

- 12:15 pm Jesus Calling: Women's Devotional and Prayer Time via Zoom

## Sunday, June 6 – New Worship Schedule

- 9:15 am Worship Service on the front lawn
- 10:15 am Spiritual Formation Hour
  - Adult and Youth small groups & First Kids Sunday School
- 11:15 am In-person Worship in the sanctuary and streamed online

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# Announcements

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## Visitors and Prayer Requests

If you are visiting with us online, we are so glad to have you with us! If you would like to receive more information about First Baptist and our ministries, you can fill out a visitor card at [fbc-columbia.org/guest](http://fbc-columbia.org/guest)

## New Worship Schedule-Beginning June 6

We will move our outdoor, in-person, on-lawn service to 9:15 am. This will allow those who might not be ready to worship indoors the opportunity to continue worshipping outside even as the weather warms up.

Our 11:15 am service will be a hybrid service for both in-person, indoors worship in the sanctuary and online. The hybrid service will maintain social distancing in the sanctuary with designated seating areas. Masks will be required at all times for attendees, even if vaccinated.

Adult Small Groups, Youth, and First Kids Sunday School will be meeting in-person beginning June 6.

## Children's Ministry Worship and Small Groups -Beginning June 9

### **During Worship (9:15 am and 11:15 am)**

During both worship services childcare will be available for children birth through kindergarten (completed). Children can be dropped off at the nursery. Children may go to the playground or gym, but will always begin in the nursery.

Children in first grade through 5<sup>th</sup> grade are asked to worship with their families. A worship bag with a clipboard, coloring pages, and a children's bulletin will be available for each child.

### **During the Spiritual Formation Hour (10:15 am)**

Nursery care will continue for children birth through 3 years old in the nursery.  
During Worship (9:15 am and 11:15 am)

During both worship services childcare will be available for children birth through kindergarten (completed). Children can be dropped off at the nursery. Children may go to the playground or gym, but will always begin in the nursery.

Children in first grade through 5<sup>th</sup> grade are asked to worship with their families. A worship bag with a clipboard, coloring pages, and a children's bulletin will be available for each child.

### **During the Spiritual Formation Hour (10:15 am)**

Nursery care will continue for children birth through 3 years old in the nursery. Children, 4-years-old through completed 4<sup>th</sup> grade are invited to Worship and Wonder (Sunday School) in the Fellowship Hall. Children who have completed 5<sup>th</sup> grade will have the opportunity to participate in a special summer small group with the youth group.

## First Baptist Summer One Read(s)

Are you looking for something to read over the summer? Look no further, back by popular demand is our summer one read(s)! We have chosen three books for our One Read. You can read one or read them all. The idea is for everyone to read at their own pace over the summer and then, join the conversations about them in the fall. Hopefully, the books will be thought-provoking, encourage spiritual growth, and fruitful discussion. Books are \$15 each and can be purchased on Sunday mornings or at the church office during the week.

### ***Invitation to the Psalms* by Rolf A. Jacobson & Karl N. Jacobson**

*Invitation to the Psalms* is a winsome accessible introduction to the Psalms that delves into how to read Hebrew poetry, the Psalter's basic genres, the metaphorical world of the Psalms, and the theology of the Psalms.

### ***Native: Identity, Belonging, and Rediscovering God* by Kaitlin Curtice.**

As both a citizen of the Potawatomi Nation and a Christian, Kaitlin Curtice writes about how reconnecting with her Potawatomi identity both informs and challenges her faith. *Native* is deeply personal, beautifully written, and thought provoking. Each section begins with an illustrated poem from Potawatomi tradition.

### ***Convictions: How I Learned What Matters Most* by Marcus Borg**

On his seventieth birthday, the renowned progressive Christian scholar Marcus Borg wrote *Convictions*. This book is a manifesto for all progressive Christians who seek the best path for following Jesus today.

## Annual Church Picnic 2021 – Sunday, June 13 at Bethel Park

What is different about this year's church picnic? Well, we get to have it! The First Baptist Church Picnic is set for Sunday, June 13 at Bethel Park from 4:00-6:00 pm. Typically, we bring a side dish to share. We are not doing that this year, but you can bring your own meal or snacks. You can also bring your favorite outdoor game. Your lawn chair might be nice too. Plus, we get to have the (almost) Annual World Championship Egg Toss!

## Contemplative Retreat at Conception Abbey

October 8-10 (Friday morning through Sunday evening), you are invited to join Pastor Carol for a contemplative retreat at Conception Abbey, a beautiful Benedictine monastery located in northwest Missouri. The quiet setting and rural atmosphere of Conception Abbey is the ideal place for retreat.

A contemplative retreat is an opportunity to set aside time to be quiet and spend time with God. The schedule for the retreat is intentionally very open. On Friday afternoon, we will gather at the Abbey for worship and to set the intention for the weekend. You will receive a simple devotional guide with questions, scriptures, and quotes for reflection. Then, we will enter a 24-hour period of silence and listening. During the 24-hour period (from Friday evening, until Saturday evening) you are free to rest, read, journal or walk the lovely grounds at the abbey. You may also choose to join the monastic community for prayer in the Basilica; they gather six times a day to pray. After the Saturday evening meal, we will gather to share what we have experienced during our day of silence, followed by a time of fellowship. Sunday morning, we join in worship again, and share a meal before returning home.

A motel-type building at the Abbey allows private rooms. We will have six scheduled meals in the dining hall—dinner Friday through lunch on Sunday. The cost is \$150.00 for a single room or a double room is \$145.00. Meals are included in the cost. We have 10 rooms reserved, which means registration is limited and early registration is encouraged. To register or for more information contact Pastor Carol at [mcentyre@fbc-columbia.org](mailto:mcentyre@fbc-columbia.org).