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TAKE UP YOUR CROSS

IN MIDDLE AGE

August 26, 27, and 30, 2017

The business of making a living, getting ahead, accomplishing goals, or even just surviving from day to day and year to year in our fallen world can so easily turn our eyes away from the cross. How do we keep the proper priorities? How do we keep from being sucked into a self-centered existence?

BELLS AND WELCOME

OPENING HYMN 466, vv. 1-3

Though Thoughtless Thousands Choose

M In the name of the Father and of the † Son and of the Holy Spirit.



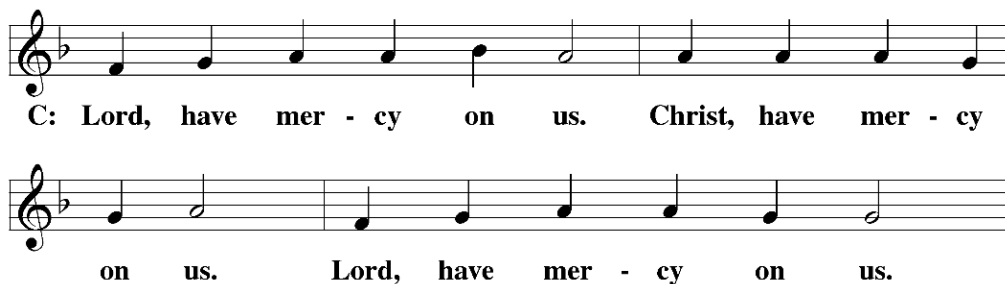
M Dear God, our perfect, heavenly Father, we come before you with heavy hearts. Although we want to keep our eyes fixed solely on you, our minds are divided and distracted.

C **We struggle with disillusionment and discontent. The good we want to do, we do not do. The evil we don't want to do is exactly what we do.**

M Father, you are our only help, our only hope, our only true Savior and Friend. Hear our cry as we humble ourselves before you. Purify our hearts that they may be sanctuaries of true worship for you.

C **Holy and merciful Father, I confess that I am by nature sinful and that I have disobeyed you in my thoughts, words, and actions. I have done what is evil and failed to do what is good. For this I deserve your punishment both now and in eternity. But I am truly sorrow for my sins, and trusting in my Savior, Jesus Christ, I pray: Lord, have mercy on me, a sinner.**

LORD HAVE MERCY



M God is a just and holy God full of grace and mercy. With an everlasting love he gave his only Son as a sacrifice for our sins. Therefore, as a called servant of Christ and by his authority, I forgive you all your sins in the name of the Father and of the + Son and of the Holy Spirit.



M In the peace of forgiveness, let us praise the Lord.

HYMN OF PRAISE 460, vv. 3, 5

How Can I Thank You, Lord

Lord, you have raised me up To joy and exultation
And clearly shown the way That leads me to salvation.
My sins are washed away; For this I thank you, Lord.
Now with my heart and soul All evil I abhor.

O Father, God of love, Now hear my supplication;
O Savior, Son of God, Accept my adoration;
O Holy Spirit, be My ever faithful guide
That I may serve you here And there with you abide.

PRAYER OF THE DAY

M The Lord be with you.



M Let us pray.

Lord Jesus, keep our eyes focused on you and your eternal goals for us. Help us to deny ourselves and take up our cross.

C **Keep us from making the goal of our life the accumulation of possessions, power or prestige. Instead, enable us to use all that we are and have to serve you and others.**

M We pray in your name, for you live and reign with the Father and the Holy Spirit, one God, now and forever.



The Word

FIRST LESSON

Philippians 3:7-14, Bible page 1180

Paul had come to a point in his life when the most important thing, really the ONLY thing, was knowing and living in the power of Christ's resurrection.

VERSE OF THE DAY

M Alleluia. Alleluia! Jesus said, "With man this is impossible, but with God all things are possible." Alleluia. (*Matthew 19:26*)

GOSPEL

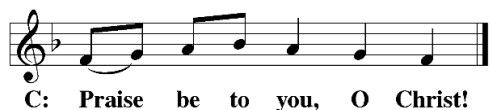
Mark 8:34-38, Bible page 1011

What good is it if we gain the whole world, yet forfeit our soul?

After the announcement of the Gospel, the congregation sings:



After the Gospel, the congregation sings:



NICENE CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation, he came down from heaven, was incarnate of the Holy Spirit and the virgin Mary, and became fully human. For our sake he was crucified under Pontius Pilate. He suffered death and was buried. On the third day he rose again in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who in unity with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy Christian and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead and the life of the world to come. Amen.

HYMN OF THE DAY 479

Jesus, Your Boundless Love to Me

SERMON

Exodus 20:10, Bible page 76

Matthew 11:28, Bible page 977

Psalms 62:5, Bible page 572

Pastor Peter Panitzke

After the sermon, the congregation sings:

C: Cre - ate in me a clean heart, O God, and re -
new a right spir - it with - in me. Cast me not a -
way from your pres-ence, and take not your Ho - ly Spir - it
from me. Re-store un - to me the joy of your sal - va -
tion, and up-hold me with your free Spir-it. A - men.

OFFERING

PRAYER OF THE CHURCH

LORD'S PRAYER

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. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

The Sacrament of Holy Communion

M The Lord be with you.

C: And al - so with you.

M Lift up your hearts.

C: We lift them up un - to the Lord.

M Let us give thanks to the Lord, our God.

C: It is good and right so to do.

M It is truly good and right that we should at all times and in all places give you thanks, O Lord, holy Father, almighty and everlasting God, through Jesus Christ, our Lord, who promised that wherever two or three come together in his name, there he is with them to shepherd his flock till he comes again in glory. Therefore, with all the saints on earth and hosts of heaven, we praise your holy name and join their glorious song:

HOLY, HOLY, HOLY

C: Ho - ly, ho - ly, ho - ly Lord God of heav - en - ly hosts
heav'n and earth are full of your glo - ry. Ho - san -
na, ho - san - na, ho - san - na in the high - est.
Bless - ed is he, bless - ed is he, bless - ed is he who
comes in the name of the Lord. Ho - san -
na, ho - san - na, ho - san - na in the high - est.

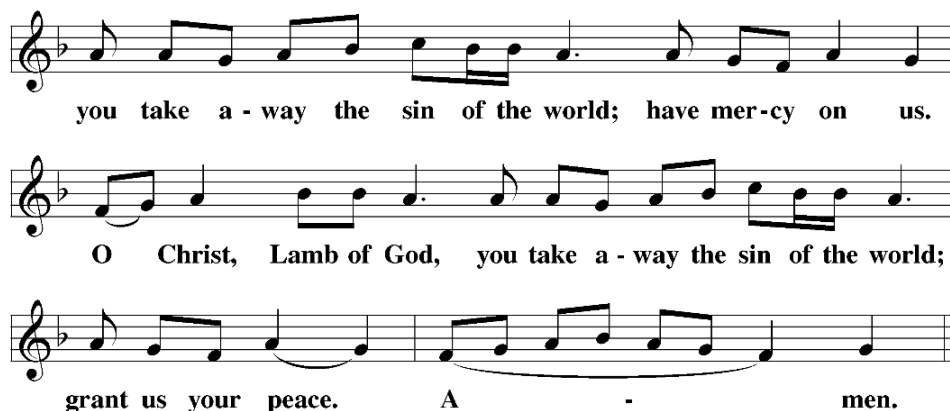
WORDS OF INSTITUTION

M The peace of the Lord be with you always.

C: A - men.

O CHRIST, LAMB OF GOD

C: O Christ, Lamb of God, you take a - way the sin of the world;
have mer - cy on us. O Christ, Lamb of God,



DISTRIBUTION OF THE SACRAMENT

Please see Communion note on page 7.

DISTRIBUTION HYMNS 477
469

What Is the World to Me
Take My Life and Let It Be

CLOSING PRAYER

M O God the Father, source of all goodness, in your loving kindness you sent your Son to share our humanity. We thank you that through him you have given us pardon and peace in this sacrament. We also pray that you will not forsake us but will rule our hearts and minds by your Holy Spirit so that we willingly serve you day after day, through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.



BLESSING

M The Lord bless you and keep you.
The Lord make his face shine on you and be gracious to you.
The Lord look on you with favor and † give you peace.



ANNOUNCEMENTS

PRESIDING MINISTER (*Sunday*) *Pastor David Kuehl*

ORGANIST *Carol Nelson*

OUR COMMUNION PRACTICE

The Lord's Supper is a fellowship meal. In this meal Jesus expresses his fellowship with us by giving us his body and blood for the forgiveness of sins. In this meal we also express our fellowship with each other, that is, that we are united in a common confession of faith.

We at St. Paul's want everyone to enjoy this fellowship meal. However, we cannot ask someone to express agreement with us until we give that person an opportunity to discover what we teach. That is why we schedule frequent membership classes to provide an overview of our teachings. Please ask one of our pastors for the date when the next class begins.

If you are a member of St. Paul's or a member of a WELS or ELS congregation, we invite you to express our common confession by communing with us. You may wish to use the "Personal Preparation for Holy Communion" on page 156 of Christian Worship to examine yourself. Please register your intent to commune as a member or guest by filling out the Connection Card and placing it in the offering plate.

The light colored cups in the center of the individual cup tray contain non-alcoholic wine. Gluten-free wafers are located in the trays on the Communion rail. If you need a gluten-free wafer, please inform an usher as you approach the rail. The first pews in the left center section are reserved for those who have difficulty approaching the Communion rail, and we kindly ask those who desire to be communed privately to use these pews.

Your Ministerial Staff

Office (414) 422-0320

Pastor Jeffrey Bonack	Ext. 119	jbbonack@stpaulmuskego.org	(414) 422-0501
Mr. Randy Fink	Ext. 120	rfink@stpaulmuskego.org	(414) 422-0320
Mr. Seth Fitzsimmons	Ext. 118	sfitzsimmons@stpaulmuskego.org	(414) 422-0320
Pastor David Kuehl	Ext. 121	dkuehl@stpaulmuskego.org	(262) 679-1393
Mrs. Emily Krill	Ext. 123	ekrill@stpaulmuskego.org	(414) 422-0320
Dr. Joel Nelson	Ext. 145	jnelson@stpaulmusekgo.org	(414) 422-0320
Pastor Peter Panitzke	Ext. 122	ppanitzke@stpaulmuskego.org	(414) 350-1436
Mrs. Sally Wallner	Ext. 294	swallner@stpaulmuskego.org	(414) 422-0320



Our vision is that by every possible means we bring every person in our area of influence closer to Christ through regular worship, small groups, and serving together.

WEEKLY CALENDAR

For the week of August 28, 2017

MON	10:00 am	Walking Club (Trinity Gym)
	5:45 pm	Grief Share (Church Library)
TUE	9:15 am	Ministerial Team Meeting
	10:00 am	Walking Club (Trinity Gym)
WED	7:00 pm	Traditional Worship Service with Holy Communion
THURS	6:30 am	Sunrise Bible Study (Faith Room)
	10:00 am	Walking Club (Trinity Gym)
	7:00 pm	The Bridge and Contemporary Band Practice
SAT	8:00 am	Men's Breakfast Bible Study (Grace Room)
	5:00 pm	Traditional Worship Service
SUN	7:45 am	Traditional Worship Service
	9:15 am	Traditional Worship Service
	9:15 am	Grace Room Bible Study
	9:45 am	The Bridge Communion
	10:15 am	The Bridge
	10:45 am	Contemporary Worship Service

Multimedia Ministry

- **TV:** *Time of Grace*, Sundays at 5:30 am on UPTV, 7:00 am on WBME, and 10:30 am on WDJT. Thursdays at 3:30 pm on TBN. For a complete broadcast schedule, visit timeofgrace.org/waystowatch or call the *Time of Grace* office at (800) 661-3311.
- **Radio:** Lutheran Radio Church Service, Sundays at 7:00 am on JOY1340 AM
- **Online:** Podcast and video sermons at www.stpaulmuskego.org and www.thebridgemuskego.org
- **Live Streaming:** The Bridge, Sundays at 10:15 am at www.thebridgemuskego.org



ST. PAUL'S NEWS

BAPTISMS

Remy Jo Komater, daughter of Nicholas and Danielle (nee Heinrich) Komater, was born June 26, 2017. Remy Jo will be baptized after the Saturday service on August 26, 2017.

Melanie Mackenzie Mari Kurka, daughter of Kyle and Cassie (nee Krueger) Kurka, was born February 8, 2017. Brecken Sonny Reo Olson, son of Aaron and Stephanie (nee Scott) Olson, was born May 16, 2017. Melanie and Brecken will be baptized at the 10:45 am service on Sunday, August 27, 2017.

We praise God for the gift of saving faith given to these children through his Word and the water of baptism.

WEDDING

Kathryn Schuh and Shawn Glasel were joined in marriage on Saturday, August 26. May God bless Kathryn and Shawn in their married life together in Christ.

FUNERAL

Marilyn Schwartz, born January 8, 1927, entered eternal glory in heaven on August 18, 2017. Visitation will be held September 10, from 2:00 until 3:00 pm at Max A. Sass & Sons Funeral Home in Muskego. A memorial service will follow at 3:00 pm. May the loved ones of Marilyn find comfort in our risen Savior today and always.

KNOWN HOSPITALIZED

Dorothy Bucholtz is in hospice care at St. Ann's Nursing Home and June Fickauat at Seasons Hospice. Margaret Holtz is at Hales Corners Care Center, Tom O'Laughlin at Waukesha and Emma Benke at Wheaton Franciscan in Franklin. Gail Elwing, Cathy Moll, and Evelyn Wachter have returned home.

PRAYERS REQUESTED

Please pray for the following individuals in their time of need: Dawn Brown, David Burkowitz, Jodie Crosby, Sharon Dreyer, Namine Eiche, Brittany Gillespie, Janelle Gray, Daniel Holtz, Dawn Jahns, Sandra Merfeld, Sonia Neuberger, and Marvin Pellmann.

LAST WEEK'S ATTENDANCE

898 attended worship services last week.

GRIEF SHARE

Learn valuable information about grief, facing your new normal in life, and renewing your hope for the future. The next GriefShare will be held on Monday, August 28, at 5:45 pm in the church library. Please contact Sharon Klopf at sklopf@stpaulmuskego.org for information.

JOIN THE HANDBELLS BEGINNING SEPTEMBER 12

Handbell rehearsals for the upcoming season begin Tuesday, September 12, at 6:30 pm in the church balcony. We have a need for 2 more players. If you are in 8th grade or older and are interested in helping us make a joyful noise to the Lord, please contact Dave Lemke at (262) 679-9537 or dilemke718@gmail.com. No experience is necessary. Training will be provided free of charge.

GROWING CLOSER TO CHRIST

FALL SMALL GROUP SERIES

During late September and early October our message series and small group focus will give us the opportunity to dig a little deeper into the concept of worldview. Whether or not we realize it, we all have certain presuppositions and biases that affect the way we view all of life and reality. Many people fail to recognize the extent to which their worldview impacts their thinking. As Christians we have our own unique worldview—one that is based on the ultimate source of truth, the Word of God. The foundations of our worldview are found in the early chapters of the book of Genesis. That will be the scriptural focus of our study. As always, this fall study is a great time to test drive a small group and experience the profound impact it can have on your faith life. Mark the back of the Connection Card if you have any questions or would like more information.



ST. PAUL'S CELEBRATION OF THE 500TH ANNIVERSARY OF THE REFORMATION

St. Paul's will be observing the 500th anniversary of the Reformation with a special festival service on Sunday, November 5, during our 7:15, 9:15, and 10:45 am services. Our worship will include a festival choir and orchestra. If you are interested in joining either of these groups, please contact Pastor Bonack at jbonack@stpaulmuskego.org for more information.

WELS SOUTHEASTERN WISCONSIN JOINT REFORMATION 500 CELEBRATION

A special joint congregational festival service observing the 500th anniversary of the Reformation will take place on Sunday, November 5, at 3:30 pm in the 4,000-seat Miller High Life Theatre (formally the Milwaukee Theater) in downtown Milwaukee. An adult and children's choir will sing for the service. The choirs and congregation will be supported by organ, piano, and dozens of instruments. We are hoping for 300 singers in each choir. If you or your child is interested in participating in either of these choirs, please contact Pastor Bonack at jbonack@stpaulmuskego.org for more information.

YOUTH GROWING CLOSER TO CHRIST

SUNDAY MORNING YOUTH MINISTRY RESUMES ON SEPTEMBER 10

Help your children make spiritual growth a regular part of their lives by participating in the programs listed below. For more information contact Dr. Joel Nelson at (414) 422-0320, ext. 145, or jnelson@stpaulmuskego.org.

Kids Club (Age 3 – Grade 6)

Our Sunday morning youth ministry for children 3 years-old through 6th grade resumes on Sunday, September 10, at 9:15 am. Kids Club features a large group opening followed by small group discussion to help your child apply God's Word to their lives.

Boost (Grades 7 & 8)

Boost (7th and 8th grade) also begins on Sunday, September 10, at 9:15 am. Using an engaging, multi-media, but more traditional classroom format, Boost participants experience a thematic curriculum of Bible history, current events, and life/family issues all centered on God's Word.

TUG – TEENS UNDER GOD

TUG is a unique ministry for teens – members of St. Paul's and their friends. TUG provides teens with worship, education, fellowship, recreation, and service opportunities, as well as time to develop Christian relationships with each other and adult mentors within a safe, caring, supportive, and fun environment.

- August 27 – Discussion: Teen Suicide
- September 10 – Laser Tag (watch for details)
- September 24 – Discussion: Teen Suicide



TUG meets the 2nd and 4th Sunday of the month in the Trinity Café and Gym from 6:30 until 8:00 pm,

ST. PAUL'S LUTHERAN PRE-K

Our 3K and 4K ministry begins the week after Labor Day, and there are only a few open seats still available. We offer a variety of options – half day or all day, the number of days, and wrap-around care. If you would like to consider Christian education for your 3 or 4 year-old, or if you know someone who would still like to enroll their child, contact Pre-K Director Michele Drska at (414) 422-0320, ext. 144.

ST. PAUL'S SCHOOL OF EARLY LEARNING

Our childcare ministry for children six weeks to three years-old is open year-round. If you are interested in enrolling your child or adding your child to the waiting list, contact our SOEL Director Kim Neubauer at 414-422-0320, ext. 200.

ADULTS GROWING CLOSER TO CHRIST

WEEK DAY STUDIES BEGINNING MID-SEPTEMBER

***Following the Promise* – Tuesdays at 7:00 pm, beginning September 12**

This is the perfect place to start if you have never done a Bible study. God was planning for you before the creation of the world. God's first promise to you is found in the first chapters of the Bible. In this 15-week study, you will follow that promise through the Bible and see how it impacts your life. This also serves as a preparation-for-membership Bible study. Mark the Connection Card to register.

***Through the Bible In a Year* – Mondays and Wednesdays, beginning September 13.**

Through the Bible In a Year is replacing *The Story* study, so that we can use our own Bibles as the textbook, highlighting and taking notes that will be helpful for years to come. The course will be offered on Wednesdays at 1:00 pm, beginning September 13, and Mondays at 7:00 pm, beginning September 18. Mark the Connection Card for more information.

***Ladies Bible Study* – Tuesdays at 9:30 am, beginning September 12**

Beginning Tuesday, September 12, at 9:30 am in the Faith Room, the Ladies Bible Study/Small Group will launch a study of Joseph. The study will explore what God has to say to us about grace and forgiveness through Joseph's story of trial and triumph found in Genesis 37-50. Study his dreams, his betrayers, his dysfunctional family, his struggle to forgive, and his journey toward reconciliation, and find truths that echo into your own personal situation. All ladies and friends of the congregation are invited to attend.

SUNDAY MORNING STUDIES

***My Son, My Savior* – Through September 3.** See how Mary experienced and pondered the miracle of Jesus' coming and humbly grew in her understanding that her son was also her Savior. The main message for all is that Jesus is their Savior, too. Join Mr. Jim Haag as he leads this Grace Room Bible study at 9:15 am in the Grace Room.

***Let's Get to Know God and Ourselves a Little Better* – Begins Sunday, September 10.** This class will explore St. Augustine's assertion that all of theology is presented either explicitly or implicitly in the first three chapters of Genesis and will be taught by retired Martin Luther College professor, Pastor Daniel Deutschlander.

***Parents' Club* – Begins Sunday, September 17.** Facilitated by St. Paul's Pre-K Teacher Anne Meyer and her husband, Chris, the course *Parenting: The Early Years* will explore ten biblical traits your kids will remember you for. This excellent 6-week, DVD-assisted course will be held in school classroom 8.

***Creation Science Part I* – Begins Sunday, October 15.** Dig deeper into what every Christian should know about origins. This two-week class will be taught by St. Paul's member and creation science enthusiast, Joel Weaver.

***Martin Luther: Return to Grace* – Begins Sunday, October 29.** As part of our remembrance of the 500th anniversary of the Reformation, we will take a look at the WELS-produced DVD-assisted study based on the PBS documentary *Martin Luther: The Idea that Changed the World*. St. Paul's member Mel Rindfleisch will teach the class. Mel has a love for history and has taught about Martin Luther at St. Paul's previously. Watch for more details coming on the celebration of this vital event for all of us.

ST. PAUL'S NEWS

STORAGE NEEDED FOR LIVING NATIVITY STABLE

The barn where the Living Nativity set/stable is currently stored has been sold and will no longer accommodate our Living Nativity set. We need to have the set moved out by the end of September. The stable walls, floor, and ceiling do break down into pieces and only need to be accessed once every 2 years. If you are able to provide a home for these items or can provide a referral of a location, please contact Outreach Coordinator Sally Wallner at (414) 422-0320, ext. 294, or swallner@stpaulmuskego.org.

TEACHER'S AIDE OPENING AT SOEL

St. Paul's School of Early Learning (SOEL) is a childcare and early education ministry. We are currently seeking applicants for an immediate opening as a year-round teacher's aide Monday through Friday from 7:00 am until 1:00 pm. Experience in childcare or a related field is preferred. We offer a competitive hourly wage and a pleasant working environment. Please contact SOEL Director Kim Neubauer at (414) 422-0320, ext.200, (262) 470-0465 (cell), or kneubauer@stpaulmuskego.org for more information.

BE A READING BUDDY STARTING SEPTEMBER 6

Reading Buddies will begin its third year of encouraging a love of reading in our 1st and 2nd graders, beginning Wednesday, September 6. This successful reading program involves an adult partnering one-on-one with a child to listen to and at times read with him/her. Individuals of any age are welcome to become a Reading Buddy. *Reading Buddies* meets every Wednesday from 9:45 to 10:45 am in the Trinity Cafe. Contact Mr. Seth Fitzsimmons this week at (920) 342-7924 or sfitzsimmons@stpaulmuskego.org if you are interested.



Reading Buddies

ST. PAUL'S NEWS

WISCONSIN LUTHERAN COLLEGE INVITES YOU TO A WORLD PREMIERE MOVIE

Wisconsin Lutheran College invites you to the world premiere of Salty Earth Picture's newest full-length motion picture, *The Open Door*. Salty Earth Pictures is a motion picture and multi-media organization dedicated to using entertainment and the arts to share Christ with the world. *The Open Door* is about a young man with special needs named Sam who is sent to live with his sister Madison after his mother's death. Madison and Sam grow as a family and work to change the views about special needs in their town. Thanks to the generosity of several sponsors, there is no charge for this event, but seating is limited so please reserve your tickets early. The premier will take place in the WLC Schwan Concert Hall. Public showings are Thursday, September 7, at 7:30 pm and Saturday, September 9, at 2:00 pm. For tickets visit wlc.ejoinme.org/theopendoor. To reserve tickets by phone or for groups of 10 or more, please contact Linnéa Booher at (414) 443-8925.

FALL WOMEN'S RETREAT

Footsteps of Faith – Saturday, October 14, at Divine Peace Lutheran Church in Milwaukee. This one-day women's retreat is filled with worship, prayer, and God's Word. It is designed to renew and strengthen your faith as follow the footsteps of Christ in your faith walk. Go to <http://PHMISix.org> for more information and to register.

CELEBRATE LIFE

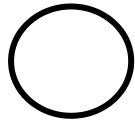
Tomorrow's Choice Family Resource Center is celebrating 20 years of serving the Waukesha community in honoring life. A celebration service will take place on Sunday, September 17, at 4:00 pm, at Trinity Lutheran Church in Waukesha. A fundraising celebration dinner will follow at 5:30 pm. Cost is \$20 per person. To register, contact Tomorrow's Choice at (262) 513-9590.

FALL TRIP FOR DORCAS

The Dorcas Society is taking their annual fall trip on Wednesday, October 4, to The Palace Theater in Wisconsin Dells to see *Wedding Italiano*, followed by a stop to Beres Coffee in Watertown and Ehlenbach's Cheese Chalet in De Forest. Cost is \$60. Contact Kathy Lutzen at (262) 894-9308 with questions and to register. Deadline is September 1. The bus fills quickly, so call as soon as possible.

STONEY CREEK ADULT COMMUNITY DAY TRIP

Stoney Creek will be going to Horicon Marsh on Wednesday, September 20. The marsh's water, woods, and prairie areas are currently home to one of the widest array of plants and wildlife in the Midwest. This tour includes a boat tour with a one-of-a-kind guided and narrated program. Also included is lunch and a bus sightseeing adventure. The cost is \$75. Reserve your spot today through Stoney Creek Activity Director Charlene Schacht at (414) 422-4686.



GroupWork

Bible Study Discussion Starters

Life application materials for us in Connector Groups, home devotions, and other small groups.

1. Share your week's highs and lows with the group and open this time together in prayer for one another.

2. Think about your life for a few moments.
 - When did you first begin to be aware of (and invest in) prioritizing and goal setting?
 - Has your approach to priorities and goals changed since then? Explain.

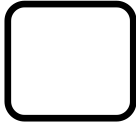
3. Why do you think it's so easy for so many of us in our middle years to slip back into focusing on earthly pursuits (versus Heavenly)?

4. Read Matthew 19:21-24.
 - What is your reaction to this rich man's actions in verse 22?
 - What are some types of riches in our world today that Christians might be placing at a higher priority than Heavenly pursuits?

5. Can you recall any other famous Biblical figures who struggled with the same type of "rat race" that we face in our middle years today?

6. If we're being completely honest with ourselves, we can all think of a time that we wrestled with the same thing the rich man wrestled with. Share with the group anything that helped you break free of those chains. *(Whatever helped you might be just what another brother or sister needs to hear right now!)*

7. Read Philippians 3:7-14. Let each person have a chance to share which verse in this section stood out to him or her the most as a tool to inspire Heavenly priorities this week.



NoteSheet

Sermon Outline

Take notes during the sermon to help you remember the main points

Take Up Your Cross “In the Middle” The Cross of Shabbat

“The seventh day is a Sabbath to the LORD your God” (Exodus 20:10).

“Come to me, all you are weary and burdened, and I will give you rest” (Matthew 11:28).

“Find rest, O my soul, in God alone” (Psalm 62:5).

1. Too busy for Shabbat

- a. The external demands
- b. The internal demands

2. The cross of Shabbat

- a. The cross of enforced Shabbat
- b. The cross of chosen Shabbat

3. The power of Shabbat

- a. The internal power
- b. The external power

My Next Steps

- **Choose Shabbat**
 - The time of your Shabbat
 - The place of your Shabbat
 - The liturgy of your Shabbat
- **Recognize your Shabbat robbers.**
 - Take time to consider what makes you “too busy.”
- **Seek a Shabbat partner.**