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REST FOR THE STRESSED GRATEFUL

August 18, 19 and 22, 2018

Lord, I live in a world that is all too often negative in its viewpoint. The glass is half empty instead of half full. Yet I have so much for which to be grateful. You have given me so many good things. Help me to count my blessings, to see your good hand at work in my life, and to say, "Thank You, Lord!"

BELLS AND WELCOME

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

C Amen.



- M Oh, how I love your law!
- C I meditate on it all day long.
- M Your commands make me wiser than my enemies,
- C for they are ever with me.
- M I have more insight than all my teachers,
- C for I meditate on your statutes.
- M How sweet are your words to my taste,
- **C** sweeter than honey to my mouth (*Psalm 119:97-99,103*).



- M All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,
- C so that the man of God may be thoroughly equipped for every good work (2 *Timothy 3:16, 17*).
- M Yet so often we have despised God's Word and failed to gladly hear and learn it. For this and all our sins, we bow before God and humbly ask his forgiveness.
- 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 sorry for my sins, and trusting in my Savior, Jesus Christ, I pray: Lord, have mercy on me, a sinner.



- M God gave his Word so "that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name" (*John 20:31*). The Scriptures testify about Jesus, who lived a perfect life for you, died on the cross to pay for all your sins, and rose again to assure you of your salvation. 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.
- C Amen.



PRAYER OF THE DAY

- M The Lord be with you.
- C And also with you.
- M God of all power and might, you are the giver of all that is good.
- C Help us to rest secure in your love, strengthen us in true faith, and fill us with gratitude for all the kindness you have shown us.
- M We pray in Jesus' name. He lives and reigns with you and with the Holy Spirit, one God, now, and forever.
- C Amen.

THE WORD

FIRST LESSON

GOSPEL

Philippians 4:4-7, Bible page 1181 Paul calls us to rejoice in all things. The Lord is near. His presence and guidance fill us with a peace that passes all understanding.

PSALM OF THE DAY (Saturday, Sunday 7:45 am, and Wednesday)**Psalm 33,** Hymnal page 79The earth is full of the Lord's unfailing love.

Matthew 11:25-30, Bible page 976

Jesus invites us to come to him and find rest for our souls.

After the announcement of the Gospel, the congregations sings:



After the Gospel, the congregations sings:



HYMN OF THE DAY 443

SERMON

Rejoice, My Heart, Be Glad and Sing

Psalm 33, Bible page 553 *Pastor David Kuehl*

CONFESSION OF FAITH

Apostles' Creed

I believe in God, the Father almighty, maker of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven and is seated at the right hand of God the Father almighty. From there he will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Offering Offertory

All Things Bright and Beautiful Violin duet with Heidi Schuh and Katlyn Rogers, Emma Bonack on piano

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.

INSTALLATION OF LUTHERAN SCHOOL TEACHERS (Sunday 9:15 am)

Mrs. Kathie Horn Extended Learning Coordinator Mr. Joshua Lepke Grade 7 Homeroom Teacher, Grades 6-8 Science, Athletic Director Mrs. Karen Lippert Grades K-5 Music Teacher Mrs. Angela Schnieder 4K Teacher

Mrs. Talia Steinhauer Grade 2 Teacher

Mrs. Sarah Tonn Grade 1 Teacher (mornings)

CLOSING HYMN 439

CLOSING PRAYER

- M Almighty God, grant to your Church the Holy Spirit and the wisdom that comes from above. Let nothing hinder your Word from being freely proclaimed to the joy and edifying of Christ's holy people, so that we may serve you in steadfast faith and confess your name as long as we live, through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.
- C Amen.

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 t give you peace.
- C Amen.

ANNOUNCEMENTS

ORGANIST Carol Nelson



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.

ST. PAUL'S NEWS

For the week of August 19, 2018

MON	10:00 am 6:30 pm	Walking Club (Trinity Gym) Public School Confirmation Class Parents' Meeting (Main Church)
TUE	8:30 am 9:30 am 10:00 am 10:30 am	Lutheran School Opening Service (Main Church) Ministerial Growth Team Meeting Walking Club (Trinity Gym) Ministerial Team Meeting
	7:00 pm	Following the Promise (Faith Room)
WED	7:00 pm	Traditional Worship Service
THURS	6:30 am 10:00 am 7:00 pm	Sunrise Bible Study (Faith Room) Walking Club (Trinity Gym) The Bridge and Contemporary Band Practice
SAT	8:00 am 5:00 pm	Men's Breakfast Bible Study (Grace Room) Traditional Worship Service with Holy Communion
SUN	7:45 am 9:15 am 9:15 am 9:45 am 10:15 am 10:45 am	Traditional Worship Service with Holy Communion Traditional Worship Service with Holy Communion Grace Room Bible Study The Bridge Communion The Bridge Contemporary Worship Service with Holy Communion

LISTEN TO THE MESSAGE ONLINE!



- Watch Live: Attend church remotely on Sundays at The Bridge at 10:15 am. Live streaming is available at www.thebridgemuskego.org, Facebook at *The Bridge at St. Paul's*, and You Tube at *The Bridge Church Muskego*. All past live replays are also available on each platform.
- Sermon Videos and Podcasts: Sunday sermons are available at www.stpaulmuskego.org and www.thebridgemuskego.org. They are usually available Sunday evening for that same Sunday's message.

FAMILY CHURCH

WATCH YOUR LIFE AND DOCTRINE

"Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers" (1 Timothy 4:16). The Apostle Paul wrote these words to a young pastor named Timothy.



These words apply to moms and dads too. When God

blesses that a Christian husband and wife with children, moms and dads are called to pastor their children, to "watch your life and doctrine closely" to save yourselves and your children.

During the months of September and October as part of the **Family Church** series, we will help moms and dads fulfill their roles.

- We will admit our failures together.
- We will celebrate God's forgiveness in Christ together.
- We will encourage each other to full our roles as "pastors to our family."

START LIFE GROUPS - NEW FAMILY CHURCHES

Most of us do not have children in our homes. Might this be a time for you to hear the call to be a "pastor" to your brothers and sisters in Christ. A pastor...

- Spends time with the people of his family to get to know them.
- Loves the people in his family and look for ways to help and encourage them.
- Prays for the people in his family because he knows their needs.
- Discusses God's Word with the people in his family as they experience the various challenges of life.

This is what happens in Life Groups. Each member of the group serves as a pastor to the others so that no one faces the challenges of life alone.

GROUPLINK - THURSDAY, SEPTEMBER 13 AND/OR SUNDAY, SEPTEMBER 16 AT 6:30 PM

New Life Groups will be formed at the GroupLink sessions. Use the Connection Card to let us know which GroupLink you will be able to attend.

FAMILY CHURCH – AN OVERVIEW

Here is a quick overview of what will happen each week of the Family Church:

- September 9 The message series begins, acknowledging that no family is perfect.
- September 16 GroupLink will help individuals connect to a Family Church.
- September 23 Small Groups will begin to meet.
- October 14 RAWKs Fund. Families and small groups will be invited to receive a gift to which they can also contribute to be used for RAWKs Random Acts of Worship Kindness.
- October 21 Rededication "Pastors" of families and groups rededicate themselves to fulfilling their roles so that they might "save yourself and your hearers" (1 Timothy 4:16).
- October 28 Celebration Remembering the ultimate goal of the Family Church, that we might celebrate together before God's throne forever.

MR. JOSHUA LEPKE Grade 7 Homeroom Teacher, Grades 6-8 Science, Athletic Director

Background and Experience

I was born and raised in New London, Wisconsin. I attended Emanuel Lutheran School and later Fox Valley Lutheran High School in Appleton. From there, I attended Wisconsin Lutheran College (WLC) in Milwaukee with a major in Education and a minor in Broad Field Social Studies. At WLC, I met my wife Nicole (Kolosovsky) and got married in 2000. We have three kids - Eli, Sophia, and Micah.

After graduation from college I received a Call to Star of Bethlehem in New Berlin. I taught 7th grade and served as the Athletic Director for four years. In 2005, I accepted a Call to St. Marcus Lutheran School in

Milwaukee. I served 13 years at St Marcus teaching middle school, coaching, and later serving as Dean of Culture and Behavior. In 2018, I accepted the Call to serve here at St. Paul's Lutheran.

Family and Interests

My family and I love sports, travel, and spending time with friends and family. I specifically enjoy volleyball, golf, softball, and basketball; however I have interest in any sport. We go up North every summer to St Germain and enjoy relaxing on the beach. I take comfort in Joshua 1:9 and Jeremiah 29:11. My family and I trust in the Lord's plan for us and for all His people.

MRS. ANGELA SCHNIEDER 4K Teacher

Background and Experience

Angela has been involved in the early childhood programs at St. Pauls since 2009, First as a teachers aide for St. Paul's Child Care Center and then as teachers aide/substitute teacher for the St. Paul's Pre-K (2011-2018).

Prior to joining St. Paul's, Angela held various positions in Marketing and Administration. She received a Bachelor of Arts degree in Communication from Wisconsin Lutheran College (WLC) in 1993. While at WLC she completed a variety of courses in Early Childhood Education.

Family and Interests

It was at WLC that Angela met her husband, Jay. The two spent their first 6 years of marriage in the Denver area, then moved to Muskego in 1999 where they have been members at St. Paul's ever since.

Angela has four children, Mitchell, Lindsay, Caleb and Grace—all of whom graduated from St. Paul's. In fact, for 19 straight years she had at least one child enrolled at St. Pauls, a streak that ended this past May. Mitchell and Lindsay are currently studying in college at UW schools, while Caleb and Grace are students at Wisconsin Lutheran High School.

When not in school, Angela enjoys time outdoors and being a spectator at any of the sports or events her children are participating in.





MRS. KAREN LIPPERT Grades K-5 Music Teacher

Background

Karen founded the band program at St. John's School (Lannon, WI) more than 30 years ago when her children attended there. She started teaching Recorder to their 4th grade and then started the band program. Over the years the band program expanded to over 25 students with nearly 50% of the students in grades 5-8 taking a band instrument. In 1999 she was asked to join the Kettle Moraine Lutheran High School faculty and teach lessons throughout their federation's grade schools. She served for three years as the coordinator of their Grade School Band Program. Since 2013 she has been blessed to be part of the Wisconsin Lutheran High School faculty teaching in their Grade School Band Program visiting eight schools throughout the week giving individual instrumental lessons, teaching 4th grade recorder classes, and conducting the beginner concert band on Monday evenings.



Experience

Mrs. Lippert has had a dual career path and holds a Bachelor's degree in Clinical Laboratory Science and a Master's in Education & Administration. She was most recently honored by the Civic Music Association of Milwaukee as the 2016 recipient of the Certificate of Excellence in Music Education Award. She is a member of the Wisconsin Music Educators Association and in June of 2008 was inducted into the American School Band Directors' Association.

Other Musical Endeavors

In 2008 as a member of Faith Lutheran Church (Sussex, WI), she implemented the Ringers of Faith Bell Choir and continues to conduct this group.

Karen is the principal conductor of the Milwaukee Metropolitan Community Concert Band. MMCCB is comprised of about 60 adults ranging in age from 30-90 years old coming together weekly to prepare four concerts a year. Both she and her husband Dan have been members of this group for over 15 years.

Mrs. Lippert is Head Administrator for the WELS Summer Band Camp which offers a week-long, enriched instrumental music environment for instrumental band students completing 5th-8th grade. It has gained the reputation as the "best week of the year" from former and present camp staff.

Family and Interests

Karen (clarinet player) met her husband Dan (percussionist) at the University of Wisconsin-Milwaukee while playing in the university's symphonic band. They have two married children, and both families live out in California. Karen and Dan have four fabulous grandchildren whom they love to visit via Skype or in person! Karen & Dan reside in the village of Merton with their cute Terrier, Penny.

MRS. TALIA STEINHAUER Grade 2 Teacher

Background

Talia was raised in New Berlin, Wisconsin, and attended Good Shepherd's Lutheran School for her grade school years. In 2014, she graduated from Wisconsin Lutheran High School after 4 great years of running cross country and track, playing basketball, and being involved in many other extracurriculars, including student council. She graduated from the University of Wisconsin- Madison in May of 2018 with a Bachelor of Science degree in Education double majoring in Elementary Education and Special Education.

Experience



Prior to her student teaching, Talia had three full semester-long field work placements- 2nd/3rd grade special education, 5th grade, and 7th grade. She completed her student teaching at Schenk Elementary School on the east side of Madison. She worked as a general educator in 5th grade and then a special educator in 3rd grade. Both were very challenging experiences but were also great learning opportunities that she looks forward to utilizing in her role here at St. Paul's.

Interests

Outside of school, Talia enjoys running, playing sports, reading, and spending time with family and friends. She loves trivia and in particular- fun and random presidential trivia. Trivia question: Which president changed his pants several times a day? (He had over 80 pairs of pants) Go find Talia if you know the answer!

Family

In July 2018, Talia married her husband, Alex. They met at the Wisconsin Lutheran Chapel in Madison and enjoyed spending 2 years together as Badgers while soaking up all that Madison life has to offer. She is the youngest daughter of Jim and Karen Spiegelberg and loves when the whole family can get together! In the past couple years, Talia became an aunt to Harrington and William- they both bring so much joy to the entire family!

Talia's favorite Bible passage: "Let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith." -Hebrews 12:1b-2a

MRS. SARAH TONN Grade I Teacher (mornings)

Background

I was born and raised in Milwaukee. I attended Garden Homes Lutheran School and continued at Wisconsin Lutheran for High school. After high school, I attended Waukesha County Technical College and then Lakeland.

I completed the teacher education program up to student teaching at Lakeland University. I went back to school and I completed my degree at Alverno College in May.

Experience

I was the 4K teacher at Lamb of God Lutheran school for a year



before accepting a call to start the 3K program at Garden Homes Lutheran. I taught there for three years. I resigned from my call to take care of our child who needed extra attention but continued to work as a substitute teacher here at St. Paul's and other local WELS schools.

I am very familiar with our school as I have served as our Kindergarten teacher's aide for three years and 4th grade teacher's aide for one year. This past school year, I was called to serve as the 3K teacher at St. John's Lutheran School on 68th and Forest Home.

Family

I met my husband, Brian, at Wisconsin Lutheran High school. We have four children: Melissa, who graduated from St. Paul's and is now a Sophomore at Wisconsin Lutheran High School, Melanie (grade 8), Mylie (grade 4), and Kiefer (grade 1), all whom attend St. Paul's.

Interests

Our family loves spending time outdoors hiking, swimming and playing softball/baseball. The rest of our free time is spent going to sporting events, whether it is to watch our own kids, or professional and college games.

MRS. KATHIE HORN Extended Learning Coordinator

Mrs. Horn is excited to join our teaching team as our Extended Learning Coordinator. Prior to 1995, Mrs. Horn served schools in Greenfield (extended ed, K-8), Cudahy (K, extended ed, K-8), Wauwatosa (special ed, K-5), West Allis (2nd), Rhinelander (K), and Nebraska (4-8). Since 1995, Mrs. Horn has served as a special education consultant in various schools and ministries in the Milwaukee area. She also has served students through her "Guiding Education" tutoring program. In addition, Mrs. Horn currently serves on our synod's New Teacher Induction team, mentoring new teachers in their first two years of ministry and supporting mentors.



ST. PAUL'S NEWS

HOSPITALIZED

Brian Swessel is at St. Luke's. Kristine Barber and baby Shawn have been discharged from the hospital.

ATTENDANCE

803 attended worship services last week.

PRAYERS REQUESTED

Please pray for the following individuals in their time of need: David Burkowitz, Mary Schauwitzer, Jeanne Steinbrecher, and Dick and Jane Sternberg.

CLOTHED IN CHRIST IN BAPTISM

A first step toward a stronger faith is a one-hour personal visit and study on baptism. Schedule this First Step visit with Pastor Nate Strobel by marking the Connection Card or contacting him at nstrobel@stpaulmuskego.org.

FOLLOWING THE PROMISE

This is the perfect place to start if you have never done a Bible study. Did you know that God was planning for you before the creation of the world? Intriguing! 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 class is also a path to membership at the end if you so wish. There are two opportunities to join in on this study this fall: Tuesdays, beginning September 11, at 7:00 pm and Sundays, beginning October 14, at 8:30 am. Contact Pastor Nate to register at nstrobel@stpaulmuskego.org.

A COOL MILLION – THE COOLING HAS BEGUN!

Thank you for your generous contributions to our Cool Million capital campaign. Based on the \$630,000 in gifts and plans for giving, we have approved the replacement of our school's HVAC system that will result in the entire building being air conditioned. The work just began this past week! We are also planning to update the Centennial Gym next summer but those plans are dependent on us receiving sufficient funds by February 2019 to



proceed with that next project. You can give online to A Cool Million at www.stpaulmuskego.org/give or clearly write on your offering envelope "A Cool Million."

SHORT-TERM EMPLOYMENT OPPORTUNITIES AT ST. PAUL'S CHILD CARE CENTER

St. Paul's Child Care Center is in need of a Teacher's Aide in the Infant Room, Wednesdays, 12:00 - 5:00 pm. Start date needed is December 10, continuing through March 4 (12 weeks).

A Teacher's Aide is also needed in the One-Year-Old Room, Tuesdays and Thursdays, 8:00 - 2:00 pm. Start date needed is December 10, continuing through January 21 (6 weeks).

Please Contact Child Care Center Director Kim Neubauer at kneubauer@stpaulmuskego.org or (414) 422-0320, ext. 200, to apply.

YOUTH GROWING CLOSER TO CHRIST

LUTHERAN SCHOOL MINISTRY

School Begins August 21

Our Lutheran School (K-8) ministry begins on Tuesday, August 21, with an anticipated enrollment of 228. An opening service will be held in the main church at 8:30 am. It is a tremendous blessing to serve our students and their families with daily spiritual growth in God's Word, connecting them closer to Jesus every day while also growing their minds and hearts for lives of Christian service. It is not too late to enroll! If you or someone you know might be interested in Christian education, please contact our School Administrator Seth Fitzsimmons for a school tour as soon as possible at (414) 422-0320, ext. 118. Tuition assistance is available.

Pre-K Begins after Labor Day

Our 3K and 4K ministry begins the week after Labor Day. With an anticipated enrollment of 88. There are only a few open seats available. Contact Pre-K Director Michele Drska at (414) 422-0320, ext. 144. 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 Child Care Center

Our child care 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 Child Care Center Director Kim Neubauer at 414-422-0320, ext. 200.

SUNDAY MORNING YOUTH MINISTRY RESUMES ON SEPTEMBER 9

Kids Club (Age 3 – Grade 6)

Our Sunday morning youth ministry for children 3 years-old through 6th grade resumes on Sunday, September 9, at 9:15 am.

Boost (Grades 7 & 8)

Boost (7th and 8th grade) also begins on Sunday, September 9, at 9:15 am using a thematic curriculum of Bible history, current events, and life/family issues all centered on God's Word. For more information contact Dr. Joel Nelson at (414) 422-0320, ext. 145, or <u>inelson@stpaulmuskego.org</u>.

PREPARING FOR CONFIRMATION

Confirmation instruction for public school youth in 6th to 8th grade will be offered Wednesdays at 4:30 pm beginning August 29. Required orientation for parents and youth is Monday, August 20, 6:30 – 7:30 pm in church. For more information contact Dr. Nelson at <u>inelson@stpaulmuskego.org</u>.

TUG – TEENS UNDER GOD

On Sunday, August 19, 6:30-8:00 pm, St. Paul's teens are invited to Victory of the Lamb in Franklin for an evening of outdoor games, food, and a bonfire. If you'd like to attend, contact Dr. Nelson at <u>inelson@stpaulmuskego.org</u>.

ST. PAUL'S NEWS

REST FOR THE STRESSED MESSAGE SERIES

We know that rest is found in God's Word. But how can we get more benefit from reading the Bible? Join us as we continue to practice a Bible reading pattern that Martin Luther suggested, using the four questions found in today's message outline.

No Time? Luther's Answer:

"Guard yourself against such false and deceitful thoughts that keep

whispering: Wait a while. In an hour or so I will pray. I must first finish this or that. Thinking such thoughts we get away from prayer into other things that will hold us and involve us till the prayer of the day comes to naught." – Martin Luther

AUGUST 26

SAFE

Lord, you know all things, you are present everywhere, you are all powerful and you are holy. Should that comfort me or frighten me?

SEPTEMBER 2

SOOTHED

PSALM 73

PSALM 139

Lord, I look at the people around me and their lives don't make sense to me. Everything seems to go right for the people who don't give you a second thought. What am I missing?

FRIDAY NIGHT SUPPERS AT LIGHTHOUSE YOUTH CENTER

St. Paul's is partnering with Lighthouse Youth Center of Garden Homes Lutheran Church to provide suppers for their after-school ministry. The typical menu is easy food to prepare and serves about 30-40 youth. Volunteers provide the food, deliver it, help serve it, and then hang out with the kids a little. If your group would be interested please contact Dr. Nelson (414) 422-1711, ext. 145, or jnelson@stpaulmuskego.org. More information about Lighthhouse Youth Center can be found at www.lighthouseyouthcenter.com.

BE A READING BUDDY

Reading Buddies will begin its fourth year of encouraging a love of reading in our 1st and 2nd graders, beginning Wednesday, September 5. *Reading Buddies* meets every Wednesday from 9:45 to 10:45 am in the Trinity Cafe. Contact Mr. Seth Fitzsimmons at (920) 342-7924 or sfitzsimmons@stpaulmuskego.org if you are interested.

LADIES BIBLE STUDY GROUP BEGINS SEPTEMBER 4

All ladies are invited to join the Tuesday Ladies Bible Study at 9:30 am every Tuesday beginning September 4, in the Faith Room. The first series of lessons for 2018-19 will take a "verse by verse" look at Paul's letter to the Ephesians, which is sometimes called the book that helps us find our true identity.

HANDBELL REHEARSAL BEGINS SOON

Handbell rehearsal will resume on Tuesday Sept 4th at 6:30 PM in the church balcony. There is room for one more player. If you are interested in playing bells please contact Dave Lemke at 262-679-9537 or dllemke718@gmail.com.

WISCONSIN LUTHERAN HIGH SCHOOL INSTALLATION AND ANNIVERSARY SERVICE

Join WLHS in celebration at their installation and anniversary service on Sunday, September 9, at 3:00 pm at St. Peter's Lutheran Church (1205 S 8th St.) in Milwaukee. The service will include several new faculty installations as well as the celebration of 25 years in ministry for Marilyn Bond and Pastor Ken Fisher. All are invited to stay for the reception following the service.



- 1. Can you believe we're halfway through August already? Reflect on this summer's highs and lows with your group and open your time together in prayer.
- 2. This week's message offers "Rest for the Stressed" in the form of gratitude. Quite a bit of research has been done on the health benefits of gratitude.
 - Google this topic together and see what our world has learned about gratitude.
 - Now discuss what God knows about gratitude do you recall any Bible verses that speak to this topic?
- 3. King David encouraged us to find gratitude in singing a new song to the Lord. Read Psalm 33:1-9 and discuss how these verses connect to gratitude.
- 4. Pastor Kuehl mentioned three specific reasons to sing a new grateful song: God's truthfulness, God's influence, and God's watchfulness. Which of these three has recently made the biggest impact in your life? How so?
- 5. Pastor Strobel's message focused on the name the "LORD" the I AM God that appears 13 times in the psalm. The LORD gave himself that name in Exodus 3:14 and expounded on his name in Exodus 34:6-7. Pastor stated: "The LORD is the <u>one</u> constant in our lives—his love, his strength, his faithfulness will never fail." Use the Exodus references for a rich discussion on gratitude in our relationship with the "I AM God" and in his relationship with his Church.
- 6. Do you recall any Biblical accounts in which a historical figure or group struggled with gratitude? What lesson(s) can we learn from these accounts?
- 7. Read Matthew 11:28-30 and Psalm 33:18-22.
 - Have you ever found the promises in these verses difficult to trust? Share the circumstances surrounding this difficulty.
 - Pastor Strobel challenged us with a philosophical question, "Is peace the absence of evil or the presence of God?" How do these two sections of promise inform a group discussion of that question?
 - Have you been in a position to see God fulfill these promises in your life? Share this victory.
- 7. What can you do this week to stay focused on singing a new song of gratitude to "the LORD" regardless of circumstances? How can you help someone else in your life do the same?

Rest for the Stressed – Gratitude

Psalm 33 (Bible page 553)

Sing to the Lord a New Song

- I. Grateful for God's truthfulness
 - a. We praise God because
 --his w_____ are right and true
 --he is f_____ in his every word and action
 - b. Anyone who claims to be able to rise from the dead is
 - --a l_____ --a l_____ --the L
 - c. God's love is not d_____ on life's circumstances.
- 2. Grateful for God's influence
 - a. God's Word is p____.
 - b. God is very a_____ in his control of events on earth.
 - c. God directs all the events of history for his p_____.
- 3. Grateful for God's watchfulness
 - a. God doesn't just see us; he sees t_____ us.
 - b. There's no h_____ answer to God's anger over our sin.
 - c. Without Jesus we can only see God as an angry j_____.
 - d. In Jesus we have all we need to stand in God's presence without f_____.
 - e. God's eye is always on us, not to d_____ us but to s_____ us.

My Next Steps

- Commit to memory Jesus words in today's Gospel: "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).
- Read Psalm 139 to prepare for next week's message: Rest for the Stressed—Safe.
- Join a Life Group to find rest with others. Sign up for GroupLink on the back of the Connection Card.