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Welcome & Announcements (Stuart)

*Introduction of self and mention of the mission of Morning Star:
Our mission is to point people to the grace of God found in Jesus Christ.
Announcements of 3 upcoming events.*

Call to Worship (Stuart)

We gather this day, and much is visible:

Our smiles may show our joy; our eyes may speak of pain.

We come to this place, seeking signs of the living God:

We may sense something holy here; we may reach out to mystery.

Will we see God today? Will our daily living make God's love visible?

Let us worship God, Holy Mystery, Eternal Love.

Peace (Stuart)

Let us offer one another signs of reconciliation and love.

May the peace of Christ be always with you.

And also with you.

Opening Hymn: We Gather Together

We gather together to ask the Lord's blessing;

He chastens and hastens his will to make known.

The wicked oppressing now cease from distressing.

Sing praises to his name; he forgets not his own.

Beside us to guide us, our God with us joining,

Ordaining, maintaining his kingdom divine;

So from the beginning the fight we were winning;

Thou, Lord, wast at our side, all glory by thine!

We all do extol thee, thou leader triumphant,
And pray that thou still our defender wilt be.
Let thy congregation escape tribulation;
Thy name be ever praised! O Lord, make us free!

Scripture Reading (Amy)

Psalm 34:4-10

I sought the LORD, and he answered me,
and delivered me from all my fears.

⁵ Look to him, and be radiant;
so your faces shall never be ashamed.

⁶ This poor soul cried, and was heard by the LORD,
and was saved from every trouble.

⁷ The angel of the LORD encamps
around those who fear him, and delivers them.

⁸ O taste and see that the LORD is good;
happy are those who take refuge in him.

⁹ O fear the LORD, you his holy ones,
for those who fear him have no want.

¹⁰ The young lions suffer want and hunger,
but those who seek the LORD lack no good thing.

Sermon: Being Nourished (Amy)

Series: Practicing Life: Connecting with God in Daily Tasks (2/6)

Pastoral Prayer (Amy)

Gracious and Loving God,

You offer us food for the journey. You remind us that your very life will sustain us as we witness to your love. Keep those reminders before us in our daily lives as we are tempted to act out of spiritual malnourishment, to wallow in our difficulty, to make excuses for not living the kind of life

that you would have us live, to treat others in ways that are not healthy or loving. Stop us in our tracks and help us to examine the many ways that we can serve you well by serving others better. Remind us again that you are the Bread of Life, given to us to nourish and sustain us in such service.

Lord of life and hope, help us not only to accept but to seek, to crave nourishment for our souls and healing for our spirits. Give to us your Living Bread, that having been nourished in our very souls, we may be witnesses to your transforming love. Through the ministry and mission of Jesus the Christ we offer this prayer, as we continue to pray as he taught his followers . . .

The Lord's Prayer (Amy)

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us
lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the power
and the glory forever. Amen.**

Offering (Amy)

Doxology

**Praise God, from Whom all blessings flow;
Praise Him, all creatures here below;**

**Praise Him above, ye heav'nly host;
Praise Father, Son, and Holy Ghost. Amen.**

Hymn: Be Still My Soul

Be still, my soul: the Lord is on your side,
Bear patiently the cross of grief of pain;
Leave to your God to order and provide;
In every change God faithful will remain.
Be still, my soul: your best, your heavenly friend
Through thorny ways leads to a joyful end.

Be still, my soul: your God will undertake
To guide the future, as in ages past.
Your hope, your confidence let nothing shake;
All now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
The Christ who ruled them while he dwelt below.

Be still, my soul: the hour is hastening on
When we shall be forever with the Lord,
When disappointment, grief, and fear are gone,
Sorrow forgot, love's purest joys restored.
Be still, my soul: your best, your heavenly friend
All safe and blessed we shall meet at last.

Holy Communion (Amy)

A participation in this holy meal begins with a reminder that the invitation to the table comes from Jesus because this table belongs to Jesus. All are welcome to participate in God's grace in these moments because not one of us is in need of God's enduring love any less or any more than another. It is on this common ground that we can find footing to be bold and vulnerable enough to confess our sins before God and one another.

Prayer of Confession

Let us make our confession, first in silent prayer, then in unison, aloud.

{Silence.}

Let us pray. {Pause}

Gracious and Loving God,

In your presence this morning, in the sacredness of this very moment, we confess that we've been too busy for you in the past week.

In the grogginess of our waking moments, we've reached first for our cell phones or a hot cup of caffeine. As we've brushed our teeth, we've scrolled through the to-do lists in our minds. As we've encountered disruptions in our day, we've lost our composure. We've rejected the good food from your earth for the taste of convenience. We've neglected to nurture our relationships and to pursue reconciliation. We've glossed over the needs of others for our own comfort. We've traded restorative rest for mindless entertainment or a false sense of productivity.

Forgive us, we pray.

Forgive us for rushing past you, for ignoring you, for disconnecting our routine tasks from our daily worship. Slow us down, and enable us to acknowledge your presence with us in the gift caring for ourselves and each other. Amen.

Assurance of Forgiveness

Beloved, hear the good news. We have been created in the image of God, which means God loves us when we are at our worst as much as when we are at our best. In the name of Jesus, who lived the human experience, we are forgiven!

Thanks be to God! Amen.

Prayer of Consecration

Gracious and Loving God, Awaken our spirits to the work of your Spirit in this moment. As our hands touch these tangible signs of your grace, as our tongues feel their texture and taste their sweetness, remind us that every good and perfect gift comes from you. Help us to recognize your very real presence in this meal as you remind us that we are the body of Christ, sent in the world to share your grace as we carry out our daily tasks.

Words of Institution

And so, today, we picture that night in which Jesus gathered with his friends to celebrate the Passover meal, an ordinary experience made extraordinary by the connection Jesus made between the meal and God's grace.

At the table that night, he took bread, as he had done many times, and gave thanks for it, breaking it and inviting his friends into a sacred moment, saying in effect . . .

“This bread is broken for you as my body will be. Take and be nourished in your very souls every time you eat this way.”

At that same meal, he took the cup, as he had done many times, and gave thanks for it, passing it to his friends and inviting them into a sacred moment, saying in effect . . .

“This cup of healing is poured for you as my blood will be. Take and be refreshed by the water of life, every time you drink in this way.”

Beloved:

This is the body of Christ, broken for you.

(The bread is served, followed by a moment of silent reflection.)

This is the cup of salvation, poured out for you.

(The juice is served, followed by a moment of silent reflection.)

Thanks be to God. Amen.

In this live moment of God's grace, may we recognize once again that we who are many have much more in common than we have in difference as we live each day in these human bodies and all that they give us and all that they require. Let us pray . . .

Thank you, loving God,

For giving us a seat and nourishing us at your table.

Strengthen our faith; increase our love for one another.

As we have been fed by the seed that became grain, and then became bread, may we go out into the world to plant seeds of justice, transformation, and hope. Amen.

Affirmation of Faith (Amy)

**We are not alone,
we live in God's world.**

We believe in God:

who has created and is creating,

who has come in Jesus,

the Word made flesh,

to reconcile and make new,

who works in us and others by the Spirit.

We trust in God.

We are called to be the Church:

to celebrate God's presence,

to live with respect in Creation,

to love and serve others,

to seek justice and resist evil,

to proclaim Jesus, crucified and risen,

our judge and our hope.
In life, in death, in life beyond death,
God is with us. We are not alone.
Thanks be to God.

Closing Hymn: 'Tis So Sweet to Trust in Jesus

'Tis so sweet to trust in Jesus,
And to take him at his word;
Just to rest upon his promise
And to know, "Thus saith the Lord."

Jesus, Jesus, how I trust him!
How I've proved him o'er and o'er!
Jesus, Jesus, precious Jesus!
O for grace to trust him more!

Yes, 'tis sweet to trust in Jesus,
Just from sin and self to cease;
Just from Jesus simply taking
Life and rest, and joy and peace.

Jesus, Jesus, how I trust him!
How I've proved him o'er and o'er!
Jesus, Jesus, precious Jesus!
O for grace to trust him more!

I'm so glad I learned to trust thee,
Precious Jesus, Savior, friend;
And I know that thou art with me,
Wilt be with me to the end.

Jesus, Jesus, how I trust him!
How I've proved him o'er and o'er!

Jesus, Jesus, precious Jesus!
O for grace to trust him more!

Benediction (Amy)

"May the God of hope fill you with all joy and peace in believing that you would abound in hope, by the power of the Holy Spirit."
Amen. (Romans 15:13)

Go in peace, to love and serve the Lord!