



**"TAKE
HEART;
IT IS I.**

**DO NOT
BE AFRAID."**

MATTHEW 14:27



FAMILY OF GOD LUTHERAN CHURCH

"Children by grace,
Extending Christ's embrace"

August 9th, 2026
11th Sunday after Pentecost
9:30 am

Today we worship with the liturgy from
Evangelical Lutheran Worship (ELW) setting ten

Gather

Prelude
Welcome

"How Deep the Father's Love"

arr. V. Labenske

*Opening Hymn

"My Life Flows in Endless Song"

ELW 763

1 My life flows on in end-less song; a-bove earth's lam-en-ta-tion,
2 Through all the tu-mult and the strife, I hear that mu-sic ring-ing.
3 What though my joys and com-forts die? The Lord my Sav-ior liv-eth.
4 The peace of Christ makes fresh my heart, a foun-tain ev-er spring-ing!

I catch the sweet, though far-off hymn that hails a new cre-a-tion.
It finds an ech-o in my soul. How can I keep from sing-ing?
What though the dark-ness gath-er round? Songs in the night he giv-eth.
All things are mine since I am his! How can I keep from sing-ing?

Refrain

No storm can shake my in-most calm while to that Rock I'm cling-ing.

Since Christ is Lord of heav-en and earth, how can I keep from sing-ing?

Text: Robert Lowry, 1826-1899
 Music: Robert Lowry, alt.

HOW CAN I KEEP FROM SINGING
 87 87 3rd refrain

Greeting

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C: And also with you.

Kyrie

§ 203

1 Have mer - cy on us, Lord, and hear our sol - emn prayer.
 2 Have mer - cy on us, Christ, and wash a - way our sin.
 3 Have mer - cy on us, Lord; make sin and shame de - part.

We come to hear your liv - ing word; it saves us from de - spair.
 Pour out your grace and make us whole that new life may be - gin.
 Re - new us with your sav - ing pow'r; cre - ate in us new hearts!

* Hymn of Praise

§ 204a

1 Glo-ry be to God in heav-en; peace, good-will to all the earth.

Might-y God of all cre - a - tion, Fa - ther of sur - pass - ing worth:

we ex - alt you, we a - dore you, we lift high our thanks and praise.

Saints and an - gels bow be - fore you; here on earth our songs we raise.

*Prayer of the Day

P: The Lord be with you.

C: And also with you.

P: O God our defender,

C: storms rage around us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us in the faith of your Son, Jesus Christ, our Savior and Lord. Amen.

Young Persons Message

Pastor Erin Koster

Word

First Reading

1Kings 19:9-18

9At that place he came to a cave and spent the night there.

Then the word of the LORD came to him, saying, "What are you doing here, Elijah?" ¹⁰He answered, "I have been very zealous for the LORD, the God of hosts, for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

¹¹ He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind, and after the wind an earthquake, but the LORD was not in the earthquake, ¹²and after the earthquake a fire, but the LORD was not in the fire, and after the fire a sound of sheer silence. ¹³When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" ¹⁴He answered, "I have been very zealous for the LORD, the God of hosts, for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." ¹⁵Then the LORD said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. ¹⁶Also you shall anoint Jehu son of Nimshi as king over Israel, and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. ¹⁷Whoever escapes from the sword of Hazael, Jehu shall kill, and whoever escapes from the sword of Jehu, Elisha shall kill. ¹⁸Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

P: The word of the Lord.

C: Thanks be to God.

Psalm

85:8-13

P: ⁸The Lord is gracious and full of compassion,

C: Slow to anger and abounding in

steadfastP: ⁸I will listen to what the Lord God is saying;

C: For you speak peace to your faithful people and to those who turn their hearts to you.

P: ⁹Truly, your salvation is very near to those who fear you,

C: That your glory may dwell in our land.

P: ¹⁰Steadfast love and faithfulness have met together;

C: Righteousness and peace have kissed each other.

P: ¹¹Faithfulness shall spring up from the earth,

C: And righteousness shall look down from heaven.

P: ¹²The Lord will indeed grant prosperity,

C: And our land will yield its increase.

P: ¹³Righteousness shall go before the Lord

C: And shall prepare for God a pathway. love.

Second Reading

Romans 10:5-15

5 Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." ⁶But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?' " (that is, to bring Christ down) ⁷"or 'Who will descend into the abyss?' " (that is, to bring Christ up from the dead). ⁸But what does it say? "The word is near you, in your mouth and in your heart" (that is, the word of faith that we proclaim), ⁹because if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For one believes with the heart, leading to righteousness, and one confesses with the mouth, leading to salvation. ¹¹The scripture says, "No one who believes in him will be put to shame." ¹²For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. ¹³For "everyone who calls on the name of the Lord shall be saved."

¹⁴But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? ¹⁵And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

P: The word of the Lord.

C: Thanks be to God.

*Gospel Acclamation



The musical notation is written on two staves in a single system. The key signature has one flat (B-flat), and the time signature is common time (C). The melody is simple and hymn-like. The lyrics are written below the notes.

Al - le-lu - ia! Lord and Sav - ior: o - pen now your sav - ing word.

Let it burn like fire with-in us; speak un - til our hearts are stirred.

S 205a



*Gospel Announcement

P: The Holy Gospel according to Matthew the 14th chapter.

C: Glory to you, O Lord.

*Gospel

Matthew 14:22-33

22Immediately he made the disciples get into a boat and go on ahead to the other side, while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵And early in the morning he came walking toward them on the sea. ²⁶But when the disciples saw him walking on the sea, they were terrified, saying, "It is a ghost!" And they cried out in fear. ²⁷But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid."

²⁸Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹He said, "Come." So Peter got out of the boat, started walking on the water, and came toward Jesus. ³⁰But when he noticed the strong wind, he became frightened, and, beginning to sink, he cried out, "Lord, save me!" ³¹Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" ³²When they got into the boat, the wind ceased. ³³And those in the boat worshiped him, saying, "Truly you are the Son of God."

P: The Gospel of the Lord.

C: Praise to you, O Christ.

Sermon

Pastor Erin Koster

1 E - ter - nal Fa - ther, strong to save, whose arm has bound the
 2 O Sav - ior, whose al - might - y word the winds and waves sub -
 3 O Ho - ly Spir - it, who didst brood up - on the cha - os
 4 O Trin - i - ty of love and pow'r, all trav - 'lers guard in

rest - less wave, who bade the might - y o - cean deep its
 mis - sive heard, who walked up - on the foam - ing deep, and
 dark and rude, and bid its an - gry tu - mult cease, and
 dan - ger's hour from rock and tem - pest, fire and foe, pro -

own ap - point - ed lim - its keep: oh, hear us when we
 calm a - mid the storm didst sleep: oh, hear us when we
 give, for wild con - fu - sion, peace: oh, hear us when we
 tect them where - so - e'er they go; thus ev - er - more shall

cry to thee for those in per - il on the sea,
 cry to thee for those in per - il on the sea.
 cry to thee for those in per - il on the sea.
 rise to thee glad hymns and praise from land and sea.

Text: William Whiting, 1825-1878, alt
 Music: John B. Dykes, 1823-1876

MELITA
 =====

*Apostles' Creed

C: I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's 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 to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

*Prayers of The People

P: With the whole people of God in Christ Jesus, let us pray for the church, those in need, and all of God's creation.

P: Lord, in your mercy,

C: hear our prayer.

P: Into your hands, gracious God, we commend all for whom we pray, trusting in your mercy; through Jesus Christ, our Savior.

C: Amen.

*Peace

P: Peace be with you.

C: And also with you.

Holy Communion

Offering

"Great is Thy Faithfulness"

arr. V. Labenske

*Offertory Prayer

P: Jesus, Bread of Life, you have set this table with your very self, and called us to the feast of plenty. Gather what has been sown among us, and strengthen us in this meal. Make us to be what we receive here, your body for the life of the world.

C: Amen.

*Great Thanksgiving

P: The Lord be with you.

C: And also with you.

P: Lift up your hearts.

C: We lift them to the Lord.

P: Let us give thanks to the Lord our God.

C: It is right to give our thanks and praise.

P: It is indeed right, our duty and our joy, that we should at all times and in all places give thanks and praise... we praise your name and join their unending hymn:

§ 207

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

*Words of Institution

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.

*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. 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.

Communion

S 208



1 O Lamb of God, you bear the sin of all the world a - way;
2 O Lamb of God, you bear the sin of all the world a - way;
3 O Lamb of God, you bear the sin of all the world a - way;



you suf-fered death our lives to save: have mer-cy now, we pray.
you set us free from guilt and grave: have mer-cy now, we pray.
e - ter-nal peace with God you made: give us your peace, we pray.

Communion Distribution

Communion Music

"O God Our Help in Ages Past"

ELW 632



1 O God, our help in a - ges past, our hope for years to come,
2 Un - der the shad - ow of your throne your saints have dwelt se - cure;
3 Be - fore the hills in or - der stood or earth re - ceived its frame,
4 A thou - sand a - ges in your sight are like an eve - ning gone,



our shel - ter from the storm-y blast, and our e - ter - nal home:
suf - fi - cient is your arm a - lone, and our de - fense is sure.
from ev - er - last - ing you are God, to end - less years the same.
short as the watch that ends the night be - fore the ris - ing sun.



Continued on the next page

5 Time, like an ever-rolling stream,
bears all our years away;
they fly forgotten, as a dream
dies at the op'ning day.

6 O God, our help in ages past,
our hope for years to come,
still be our guard while troubles last
and our eternal home.

Text: Isaac Watts, 1674-1748, alt
Music: William Croft, 1678-1727

ST. ANNE
C M

P: The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.

C: Amen.

Post Communion Prayer

P: Let us pray. We give you thanks, almighty God, that you have refreshed us through the healing power of this gift of life. In your mercy strengthen us through this gift, in faith toward you and in fervent love toward one another; for the sake of Jesus Christ our Lord.

C: Amen.

Sending

Ministry Opportunities

Blessing

P: The blessing of God, who provides us, feeds us, and journeys with us, ☩ be upon you now and forever.

C: Amen.

*Sending Hymn

"What a Fellowship, What a Joy Divine"

ELW 774

1 What a fel - low-ship, what a joy di - vine, lean-ing on the ev-er-last-ing arms;
2 Oh, how sweet to walk in this pil-grim way, lean-ing on the ev-er-last-ing arms;
3 What have I to dread, what have I to fear, lean-ing on the ev-er-last-ing arms?

The image shows a musical score for a hymn. It consists of two staves: a treble staff on top and a bass staff on the bottom. Both staves are in the key of D major, indicated by two sharps (F# and C#). The treble staff begins with a treble clef and a key signature of two sharps. The bass staff begins with a bass clef and a key signature of two sharps. The music is written in a simple, hymn-like style with quarter and eighth notes. Below the staves, there are three lines of lyrics, numbered 1, 2, and 3, corresponding to the three measures of the hymn. The lyrics are: '1 What a fel - low-ship, what a joy di - vine, lean-ing on the ev-er-last-ing arms;', '2 Oh, how sweet to walk in this pil-grim way, lean-ing on the ev-er-last-ing arms;', and '3 What have I to dread, what have I to fear, lean-ing on the ev-er-last-ing arms?'. The lyrics are written in a serif font and are aligned with the notes on the staves.



what a bless-ed-ness, what a peace is mine, lean-ing on the ev-er-last-ing arms.
oh, how bright the path grows from day to day, lean-ing on the ev-er-last-ing arms.
I have bless-ed peace with my Lord so near, lean-ing on the ev-er-last-ing arms.



Refrain



Lean - ing, lean - ing, safe and se-cure from all a-larms;



Lean - ing on Je - sus, lean - ing on Je - sus,



lean - ing, lean - ing, lean-ing on the ev - er - last-ing arms.



lean - ing on Je - sus, lean - ing on Je - sus,

Text: Elisha A. Hoffman, 1839-1929
Music: Anthony J. Showalter, 1858-1924

SHOWALTER
10 9 10 9 3rd refrain

*Dismissal

P: Go in peace. You are the body of Christ!

C: Thanks be to God.

Postlude

"This is the Day"

arr. F. Bock

Today's Worship Participants

Lector: MaryLou Gorres
Piano: Kristi Mueller

Chancel flowers

David and Rita Loos

Family of God Ministry Staff

Paul Burow, Senior Pastor email: pburow@fogchurch.org
Erin Koster, Associate Pastor of Children/Youth email: perin@fogchurch.org
Judy Blomgren, Director of Music email: judyb305@gmail.com
Allyson McDonald, Admin Assistant email: admin@fogchurch.org
Claudia Peterson & Madison Benton, Nursery Staff

IN OUR PRAYERS THIS WEEK

Family of Rich Schupbach as they grieve

WE CONTINUE TO PRAY FOR*

Connie Young
David Loos and his family as they grieve his father
The family of Connie Anderson as they grieve
The family of Magdalen Oien as they grieve
Roger and Carol Ellis
Don and Tricia Klobberdanz
Jeanette Lavigne

*Those on the prayer list will be named for 4 weeks in the bulletin. If you wish to have someone named longer, please notify us and we will extend them on the prayer list for another four weeks. We appreciate updates on all those for whom we pray. Thank you for your prayers.

Announcements

Church Basement Ladies, A Second Helping Join Ruth Circle once again as we check in on the Church Basement. Sunday, August 16, 2:00 pm performance of A Second Helping at the Plymouth Playhouse. The cost is \$44.10/ticket, note in the comment line CBL. Or contact Stephanie Statz for electronic payment, stephstatz24@gmail.com Sign up is in the Narthex. We have 25 tickets reserved. We can get more if needed, one name per line.

Bible Study will be held on Tuesdays at 10 am during June, July, and August. We will discuss the readings for the upcoming Sunday.

FOG's little library is heading into the busy summer season. Last year, over 700 children's books made into the hands of young readers and adults. We are currently in need of gently used adult books (of course we will always accept gently used children's books) to keep our library fully stocked. There is a scholastic box on the table in the narthex for any and all book donations. Thank you!

NEW STUDY AND CLASSES: Join us for a weekly series on death, grief, and end of life planning. This class meets at 11AM on Sundays after worship. We will be embarking on a Bible study called "The Grief Lectionary: A Spiritual Approach to Accessing and Processing Your Grief" by Rev. Collette Broady Grund. Interspersed with the study will be three classes on end of life decision-making.

Memorial Garden Committee Meeting: There will be a short meeting of the memorial garden committee after church today. It will be held in the youth room around 11. New members wanted. Come join us in helping this special tradition continue. If you can't make it, but want to help, call Joan Hermanson (763-229-5110).

Nursery Note: The CYF committee approved this policy: "To help us keep the Nursery safe, clean, and ready for all of our little ones, the Nursery will only be open when Nursery staff is present during the week. On Sundays, the Nursery will open 15 minutes before each service begins and will close 15 minutes after the service ends. Thank you for your understanding and cooperation in helping us care for this special space!"

Primary Elections: Family of God will be a polling place for elections this year, including the primary on August 11th. The office will be closed and there will be no Bible study that day.

Roller skating: Join us at Cheap Skate in Coon Rapids on Thursday, August 20 starting at 5 pm. Sign-up in the narthex! Friends welcome. Ask Pr. Erin if you have questions.



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