

November 2-Written Service

Praise Team: Lesley and Neil Bartholomew, Katie Kirby, Jeremy Russell, Merlin Thompson, Collen Turner

Special Music: PRC Choir

Pianist: Laura Garred

Prelude

Welcome

Call to Worship

Leader: We hear the voice of God calling.

All: "Love your neighbor as yourself."

Leader: We feel the Spirit moving among us,

All: Moving us to acts of compassion and justice.

Leader: We love because Christ first loved us.

All: Come, let's worship God together.

Leader: Come, let us serve our God, who calls us by name.

Song: Here I Am to Worship

Light of the world,

You stepped down into darkness,

Opened my eyes, let me see

Beauty that made this heart adore You,

Hope of a life spent with You.

So here I am to worship;

Here I am to bow down;

Here I am to say that You're my God.

You're altogether lovely,

Altogether worthy,

Altogether wonderful to me.

King of all day,

O so highly exalted,

Glorious in heaven above,

Humbly You came

To the earth You created,

All for love's sake became poor.

So here I am to worship;
Here I am to bow down;
Here I am to say that You're my God.

You're altogether lovely,
Altogether worthy,
Altogether wonderful to me.
Here I am to worship.

Prayer

Song: Forever
Give thanks to the Lord our God and King;
His love endures forever.
For He is good, He is above all things;
His love endures forever.
Sing praise, sing praise.

With a mighty hand and outstretched arm;
His love endures forever.
For the life that's been reborn;
His love endures forever.
Sing praise, sing praise.
Sing praise, sing praise.

Forever God is faithful,
Forever God is strong,
Forever God is with us, forever

Forever God is faithful,
Forever God is strong,
Forever God is with us,
Forever, forever.

From the rising to the setting sun
His love endures forever.
And by the grace of God
We will carry on;

His love endures forever.
Sing praise, sing praise.
Sing praise, sing praise.

Forever God is faithful,
Forever God is strong,
Forever God is with us, forever.

Forever God is faithful,
Forever God is strong,
Forever God is with us,
Forever, Forever.

Announcements

Special Music: Committin' This Day sung by the PRC Choir

Congregational Prayer

Song: #79- My Jesus, I Love Thee (vs. 1,2,4)

My Jesus, I love Thee;
I know Thou art mine.
For Thee all the follies
Of sin I resign.

My gracious Redeemer,
My Savior art Thou:
If ever I loved Thee,
My Jesus, 'tis now.

I love Thee because
Thou hast first loved me
And purchased my pardon
On Calvary's tree.

I love Thee for wearing
The thorns on Thy brow:
If ever I loved Thee,
My Jesus, 'tis now.

In mansions of glory
And endless delight.
I'll ever adore Thee
In heaven so bright.

I'll sing with the glittering
Crown on my brow,
"If ever I loved Thee,
My Jesus, 'tis now."

Offering/Offertory

Offering Song: Open the Eyes of My Heart

Offering Prayer

Children's Message

Scripture: Matthew 22:37

Jesus replied, "Love the Lord your God with all your heart and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

Message

Intro-Waves

I know how to swim, we had lessons for years while I was growing up
So I can swim

In a pool
Or the creek behind our house
Or once a year in Okoboji

But not in ocean

Not with waves

Summer after Jr year in HS, our youth group spent a week in CA

Working with Way Out Ministries

One day, we went with some of the students there to the beach

We were a little ways out trying to catch a wave a use it to push us in

Waves have more energy, more power

It wasn't long before I realized that the waves were more powerful than I could handle
and I got curled under and scraped along the ground

It was hard to get my bearing and get back above water

That feeling is what comes to mind when I think of something being overwhelming

I was overwhelmed by the waves

This week, we begin a series on how to handle times when we get emotionally overwhelmed

Swept under by the force of them, which feels greater than our ability to keep our heads above water

A lot of this is based on a devotional that Minda shared with me a while back from author Alicia Michelle (Overcoming Emotional Overwhelm)

Scriptural examples of people overwhelmed by emotions

Jonah-⁵ Jonah had gone out and sat down at a place east of the city. There he made himself a shelter, sat in its shade and waited to see what would happen to the city. ⁶Then the Lord God provided a leafy plant and made it grow up over Jonah to give shade for his head to ease his discomfort, and Jonah was very happy about the plant. ⁷But at dawn the next day God provided a worm, which chewed the plant so that it withered. ⁸When the sun rose, God provided a scorching east wind, and the sun blazed on Jonah's head so that he grew faint. He wanted to die, and said, "It would be better for me to die than to live."

⁹But God said to Jonah, "Is it right for you to be angry about the plant?"

"It is," he said. "And I'm so angry I wish I were dead."

¹⁰But the Lord said, "You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. (Jonah 4)

Naomi-²⁰ "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. ²¹I went away full, but the Lord has brought me back empty. Why call me Naomi? The Lord has afflicted me; the Almighty has brought misfortune upon me." (Ruth 1)

Job-²⁰ At this, Job got up and tore his robe and shaved his head. (Job 1)

⁷So Satan went out from the presence of the Lord and afflicted Job with painful sores from the soles of his feet to the crown of his head. ⁸Then Job took a piece of broken pottery and scraped himself with it as he sat among the ashes. (Job 2)

After this, Job opened his mouth and cursed the day of his birth. ²He said:

³"May the day of my birth perish,
and the night that said, 'A boy is conceived!'

⁴That day—may it turn to darkness;
may God above not care about it;
may no light shine on it.

⁵May gloom and utter darkness claim it once more;
may a cloud settle over it;
may blackness overwhelm it. (Job 3)

Elijah-³ Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, ⁴while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, Lord," he said. "Take my life; I am no better than my ancestors." ⁵Then he lay down under the bush and fell asleep. (1 Kings 19)

Martha's frustration with her sister not helping

Peter's tears after betraying Jesus

Jesus' own prayers in Gethsemane before heading to the cross

We experience this too

How do we handle the loss of a loved one?

What do we do when we lose our job and have to choose between rent and food?

How do we respond to the family members that just always seem to be difficult?

The doctor's visit that doesn't go like we'd hoped?

The classmates that seem to enjoy making our life miserable?

Feeling lost or alone?

And far too often several of those at the same time?

How we often handle them

2 typical reactions to emotions that threaten to overwhelm us

1. We let them run roughshod over us; we lose control and emotions are controlling us

This is the kind of overwhelming that looks like a kid from Iowa in the ocean for the first time

We get dominated by what we feel and those feelings dictate our response to the situation

This gets scary and can be dangerous, we've lost our footing and struggle to find our way back above water to breathe again

This is especially common when we're young

We've all gone through that, we've all thrown tantrums

And more than likely, it only made the situation worse for us

Or hurt someone we cared about

So as we grow, we try to avoid this

To prevent ourselves from letting our emotions overwhelm us

2. We bury/stuff/deny them; emotions are evil and untrustworthy, we just need to get rid of them

The problem with this is that especially when we've been pushing them down for a while, they get overwhelming

The pressure is too great and can't be contained anymore

And then it all comes out when we get disproportionately mad at someone or something for a little offense

Or we start crying at a commercial

Or we break down in the middle of the day for no apparent reason

Both of these view emotions as something to be avoided

That's basically what stoicism teaches

It feels pretty midwestern, doesn't it?

Calm down, hold it in, you shouldn't feel that way...

Anyone else heard any of those? Told people any of those?

What the Bible says about emotions

What are emotions?

Gifts from God, part of being made in His image

Neither good nor evil on their own

God Himself has emotions, we see examples of that all through the Bible

Us having emotions is not evil or sinful, it is part of the resemblance we have for our Creator

Goal for this series

Matthew 22:37-This verse has been helpful for me as I've been thinking about what God's intention is for us as we navigate and manage our emotions

³⁷ Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.'

God gave us hearts to feel as well as minds to think and strength to act

Our emotions are not inherently bad and in need of hiding or avoiding

Our focus in the coming weeks will be on how to love and honor God with our emotions

How to move from being overwhelmed by them to in control of them so that they can help us to follow God more in our day to day lives

Song: #92- O How I Love Jesus (vs. 1,2,4)

VERSE 1

There is a name I love to hear,

I love to sing its worth;

It sounds like music in my ear,

The sweetest name on earth.

VERSE 2

It tells me of a Savior's love,

Who died to set me free;

It tells me of His precious blood,

The sinner's perfect plea.

VERSE 3

It tells me what my Father has

In store for ev'ry day;

And though I tread a darksome path,

Yields sunshine all the way.

VERSE 4

It tells of One whose loving heart

Can feel my deepest woe,

Who in each sorrow bears a part,

That none can bear below.

CHORUS

O how I love Jesus,
Oh, how I love Jesus,
Oh, how I love Jesus,
Because He first loved me.

Benediction

Postlude