

November 16- Written Service

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Special Music- Peace Bells

Prelude

Welcome

Call to Worship

Leader: We've come to worship God, who loved us before we were born;

All: Who knows us even better than we know ourselves,

Leader: And whose presence never leaves us.

All: His love for us never ends. This is our God.

Leader: Let's worship together!

Song: Blessed Be Your Name

Blessed be Your name

In the land that is plentiful;

Where the streams of abundance flow,

Blessed be Your name.

Blessed be Your name

When I'm found in the desert place,

When I walk thro the wilderness,

Blessed be Your name.

Every blessing You pour out I'll

Turn back to praise;

When the darkness closes in, Lord,

Still I will say.

Blessed be the name of the Lord,

Blessed be Your name;

Blessed be the name of the Lord,

Blessed be Your glorious name.

Blessed be Your name

When the sun's shining down on me;

When the world's all as it should be,

Blessed be Your name.

Blessed be Your name
On the road marked with suffering;
Tho' there's pain in the offering,
Blessed be Your name.

Every blessing You pour out I'll
Turn back to praise;
When the darkness closes in, Lord,
Still I will say.

Blessed be the name of the Lord,
Blessed be Your name;
Blessed be the name of the Lord,
Blessed be Your glorious name.

Prayer

Song: Oceans

You call me out upon the waters,
The great unknown where feet may fail.
And there I find You in the mystery,
In oceans deep, my faith will stand.

And I will call upon Your name
And keep my eyes above the waves.
Where oceans rise, my soul will rest in Your embrace,
For I am Yours and You are mine.

Your grace abounds in deepest waters,
Your sov'reign hand will be my guide.
Where feet may fail and fear surrounds me,
You've never failed and You won't start now.

And I will call upon Your name
And keep my eyes above the waves.
When oceans rise, my soul will rest in Your embrace,
For I am Yours and You are mine.

Spirit lead me where my trust

Is without borders,
Let me walk upon the waters
Wherever You would call me.

Take me deeper than my feet
Could ever wander
And my faith will be made stronger
In the presence of my Savior.

Spirit lead me where my
Trust is without borders,
Let me walk upon the waters,
Wherever You would call me.

Take me deeper than my feet
Could ever wander
And my faith will be made stronger
In the presence of my Savior.

I will call upon Your name,
Keep my eyes above the waves.
My soul will rest in Your embrace.
I am Yours and You are mine.

Announcements

Special Music: How Deep the Father's Love for Us- Peace Bells

Congregational Prayer

Song: #562- Be Thou My Vision (vs. 1,2,4)

VERSE 1

Be Thou my Vision, O Lord of my heart;
Naught be all else to me, save that Thou art
Thou my best Thought, by day or by night,
Waking or sleeping, Thy presence my light.

VERSE 2

Be Thou my Wisdom, and Thou my true Word;
I ever with Thee and Thou with me, Lord;
Thou my great Father, I Thy true son;

Thou in me dwelling, and I with Thee one.

VERSE 4

Riches I heed not, nor man's empty praise,
Thou mine Inheritance, now and always:
Thou and Thou only, first in my heart,
High King of heaven, my Treasure Thou art.

Offering/Offertory

Offering Song: Lord, Be Glorified

Offering Prayer

Children's Message

Scripture: Psalm 139: 23-24

Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Message

Intro-baseball

Baseball-I've heard a lot of people argue that the most difficult skill we see from professional athletes is hitting a baseball

Just a few of the points that they make as part of this argument

Have generally less than ½ second between when the ball is thrown and when it's in the catcher's mitt

In that tiny amount of time, you need to gauge if, when, and where the ball will cross the plate and swing to meet it

And contact itself is not enough to be a successful batter, they try to aim for gaps in the defense or, if they can hit it hard enough, between the two polls framing the outfield wall

It's interesting to me to hear hitters talk about what all goes into that

They bring what they know about this pitcher

What pitches does he have, what does he like to throw at this point in the count,
how hard can he throw

They watch for the release point

Some even talk about watching the pitch and deciding what kind of pitch it is by seeing the rotation of the stitches

All of that, with the appropriate response, in under ½ second

That's where you start to hear people talk about the game slowing down

People who stop and see things more clearly, they take in a high number of variables
and make split second calculations

I want us to hold onto that idea of “the game slowing down” as we talk some more about learning to control emotions that threaten to overwhelm us

Recap series

People tend to respond to overwhelming emotions by either

- 1) Losing control and letting the emotions dictate our response
- 2) Burying/denying the emotions

Today, we’re going to continue looking at how we can learn to control these emotions

Now that we’re acknowledging our emotions (from last week), the next step is to discern

This is important for all of us, but it will be most challenging and most helpful for those of us who tend to lose control over what we’re feeling and let the emotions run wild

Scripture-Psalm 137:23-24

David opens his heart to God for insight

He admits he has anxious thoughts

Invites God to advise him on how to align his feelings with ultimate desire to trust and obey God

From this passage we see 2 Questions that will help us as we work toward better discerning how to respond to our emotions

2 Questions

1. What is true and what is not true in this situation?

Our emotions can be clues, but they can also deceive us

Emotions by themselves can lead us into sin, because our hearts are often at war within us

There’s more than just “listen to your heart” or “trust your gut”

Sometimes our hearts are deceptive

Sometimes my gut is wrong

This is why it’s so important to pause and spend time thinking through what is true and what is not true

My emotions are telling me there’s something wrong with this, that’s why I’m so upset

They might be giving us clues that we are feeling unsafe, that some of our basic God-intended needs are not being met, that we are operating outside of our capacity

But our initial impulses there can often be to shut down, or blame, or lash out

And these are not coming from a place of truth

In fact, we often get upset at what we think someone else meant

But we don’t and can’t really know that, we just assume it

We can tend to catastrophize the problem in our heads, but it may not yet be (or may never be) as severe as we are making it

What is true and what is not true

Because we tend to operate an awful lot of the time based on faulty assumptions and bad information

Our feelings may be excellent indicators but can also be inaccurate or incomplete guides

2. What would God say about how to handle this?

This gets left out of the equation far too often for Christians

I feel upset, so I respond out of that upset feeling

Not necessarily out of what is true, and what the Lord expects of us
Guiding principles-why it's important to know and be rooted in Scripture
As we look at this situation
What does the Holy Spirit have to say in the middle of this?
It can be overly simplistic but What Would Jesus Do in this situation?
How do the teachings from the Bible factor into this?

Love God, Love Your Neighbor
Be holy, as I the Lord am holy
Love your enemies and pray for those who persecute you
I will never leave you nor forsake you

Talk to someone you trust

I got a phone call from a good friend as I was writing this
Struggling with some important life decisions
Probably because I was working on this and thinking about these verses, I heard it in
terms of him wisely taking time to discern and to seek God's will
He asked if I would pray with him since he only had a little time this morning and he'd
call back later and we'd talk some more

Discernment is important and tricky

But it doesn't need to happen alone
Ask the Holy Spirit to guide you
Let God speak through Scripture and through other believers

Common Mistake

As we're trying to sort through what is true and what isn't and to hear God's guidance about
how to proceed, there is one especially common trap we can fall into

Emotional Confidence by Alicia Michelle-P. 114 2nd paragraph

We'd love it if God's discernment simply confirmed our hot-blooded emotions as
gospel truth, but submitting ourselves to God's authority means admitting we
don't have all the answers, even if our feelings seem right in the moment. It
takes spiritual maturity and trust in Christ to admit our feelings and be open to
biblical advice.

In other words, we all have distorted versions of God, His truth, and His desire
for how we should live

And we want to make sure that we are hearing from God Himself and not just
echoing my own desires back to me

A good way of guarding against this, is to watch and see if God is always just agreeing
with your initial impulses or if God is more often teaching you something new or leading
you somewhere uncomfortable

Because growth and obedience are seldom the path of least resistance and
almost never happen by just doing what we've always been doing so far
This is again why prayer, Scripture, and the community of faith are so important
in the process of discerning

Result-Conviction

Purpose in all of this is to draw us closer to God

Holy Spirit convicting us in how we should handle the situation and our emotions

Another word for that is conviction (different from condemnation)

God convicting us, showing us what an appropriate course of action would be in

response to the situation and to the overwhelming emotions

This process (Acknowledge, Discern, and Decide) is slowing the game down

It's having God help us to see the laces when things might otherwise feel like they're

coming at us like a 93 mph fastball

Song: #667- Lord Speak to Me (vs. 1,3,4)

Lord, speak to me, that I may speak

In living echoes of Thy tone;

As Thou has sought, so let me seek

Thine erring children lost and lone.

O teach me, Lord, that I may teach

The precious things Thou dost impart;

And wing my words that they may reach

The hidden depths of many-a heart.

O use me, Lord, use even me,

Just as Thou wilt, and when, and where,

Until Thy blessed face I see--

Thy rest, Thy joy, Thy glory share.

Benediction

Postlude