

WORSHIP SERVICE

July 28, 2024

WE GATHER FOR WORSHIP

Prelude

Welcome

*God's Greeting

*We Greet One Another

*Call to Worship - Matthew 11:28-30

Jesus tells us, "Come to me, all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Dear Jesus, we bring you our burdens this morning.

Lead us to a place of peace. Calm our hearts and fill the hunger of our souls. Amen.

*Opening Song: "Come Away From Rush And Hurry"

Lift Up Your Hearts #527

Come away from rush and hurry To the stillness of God's peace
From our vain ambition's worry Come to Christ to find release
Come away from noise and clamor Life's demands and frenzied
pace

Come to join the people gathered Here to seek and find God's
grace

In the pastures of God's goodness We lie down to rest our soul
From the waters of God's mercy We drink deeply are made whole
At the table of God's presence All the saints are richly fed

With the oil of God's anointing Into service we are led

Come, then, children, with your burdens

Life's confusions, fears, and pain Leave them at the cross of Jesus

Take instead his kingdom's reign Bring your thirsts, for he will
quench them

He alone will satisfy All our longing find attainment

When to self we gladly die

Opening Prayer

Song: "My Soul Finds Rest"

Lift Up Your Hearts #370

My soul finds rest in God alone My rock and my salvation
A fortress strong against my foes And I will not be shaken
Though lips may bless and hearts may curse And lies like arrows
pierce me

I'll fix my heart on righteousness I'll look to him who hears me
O praise him, hallelujah My delight and my reward
Everlasting, never failing My Redeemer, my God
Find rest, my soul, in God alone Amid the world's temptations
When evil seeks to take ahold I'll cling to my salvation
Though riches come and riches go Don't set your heart upon them
The fields of hope in which I sow Are harvested in heaven
O praise him, hallelujah My delight and my reward
Everlasting, never failing My Redeemer, my God
I'll set my gaze on God alone And trust in him completely
With every day pour out my soul And he will prove his mercy
Though life is but a fleeting breath A sigh too brief to measure
My King has crushed the curse of death And I am his forever
O praise him, hallelujah My delight and my reward
Everlasting, never failing My Redeemer, my God

WE ARE RECONCILED TO GOD

Prayer of Confession

*Lord, at times we run from event to event, perhaps even wearing our
overburdened schedules like a badge of honor. Yet we can't see a way out of
this race with no finish line.*

**Other times we fatigue our minds with worry and analysis of
things we cannot, or should not, control.**

*Help us to remember that our rest is found in trusting you. You know
what we need for health and vitality.*

**Thank you for this day, this space, for worship, refreshment,
joy, and community. Amen.**

Words of Assurance *Psalms 103:1-5*

*“Praise the Lord, my soul; all my inmost being, praise his holy name.
Praise the Lord, my soul, and forget not all his benefits— who forgives all
your sins and heals all your diseases, who redeems your life from the pit
and crowns you with love and compassion, who satisfies your desires with
good things so that your youth is renewed like the eagle’s.”*

Song of Entrusting: “Ten Thousand Reasons”

Lift Up Your Hearts #559

Bless the Lord O my soul O my soul. Worship His holy name.
Sing like never before, O my soul. I'll worship Your holy name.
The sun comes up it's a new day dawning it's time to sing Your
song again.

Whatever may pass and whatever lies before me. Let me be
singing when the evening comes. Bless the Lord O my soul O my
soul. Worship His holy name.

Sing like never before, O my soul. I'll worship Your holy name.
You're rich in love and You're slow to anger. Your name is great
and Your heart is kind.

For all Your goodness I will keep on singing. Ten thousand
reasons for my heart to find.

Bless the Lord O my soul O my soul. Worship His holy name.
Sing like never before, O my soul. I'll worship Your holy name.
And on that day when my strength is failing. The end draws near
and my time has come.

Still my soul will sing Your praise unending. Ten thousand years
and then forevermore.

Bless the Lord O my soul O my soul. Worship His holy name.
Sing like never before, O my soul. I'll worship Your holy name.
Worship Your holy name. Worship Your holy name.

Children's Message

Congregational Prayer

WE HEAR GOD'S WORD

Scripture Reading: Exodus 20:8-11

⁸ “Remember the Sabbath day by keeping it holy. ⁹ Six days you
shall labor and do all your work, ¹⁰ but the seventh day is a

sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Message: Wrestling With Rest

WE RESPOND TO GOD'S WORD

Prayer of Application

* Song of Response: "Be Still My Soul" vs 1, 2, 4

Be still, my soul, The Lord is on thy side.
Bear patiently, The cross of grief or pain.
Leave to thy God, to order and provide.
In every change, He faithful will remain.
Be still, my soul, Thy best they heavenly Friend.
Through thorny ways, Leads to a joyful end.
Be still, my soul, thy God doth undertake.
To guide the future as He has the past.
Thy hope, thy confidence, let nothing shake.
All now mysterious shall be bright at last.
Be still, my soul, the waves and wind still know.
His voice 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, when change and tears are past.
All safe and blessed, we shall meet at last.

WE DEPART TO SERVE

* Blessing

* Closing Song: "My Hope Is Built On Nothing Less" vs 1, 2, 4

Lift Up Your Hearts #772

My hope is built on nothing less than Jesus' blood
and [righteousness](#);

I dare not trust the sweetest frame, but wholly lean on Jesus'
name.

On Christ, the solid rock, I stand; all other ground is sinking sand,
all other ground is sinking sand.

When darkness veils his lovely face, I rest on his unchanging
grace;

in every high and stormy gale, my anchor holds within the veil.

On Christ, the solid rock, I stand; all other ground is sinking sand,
all other ground is sinking sand.

His oath, his covenant, his blood support me in the whelming
flood;

when all around my soul gives way, he then is all my hope and
stay.

On Christ, the solid rock, I stand; all other ground is sinking sand,
all other ground is sinking sand.

When he shall come with trumpet sound, O may I then in him be
found,

dressed in his righteousness alone, [faultless](#) to stand before the
throne.

On Christ, the solid rock, I stand; all other ground is sinking sand,
all other ground is sinking sand.

Postlude

*Please stand if you are able.

Children's Message:

Message: Rev. Randy Raak

Musicians: Naomi Friend, Elijah Hufford, Laura Hufford

ANNOUNCEMENTS :

Communion: We look forward to celebrating the Lord's Supper
next Sunday morning. All who are trusting in Christ and have made
a public stand for him are encouraged to join.

The special offering this week will be for **World Renew**, which helps alleviate long-term poverty through integrated programs in health, agriculture, income-earning, literacy, and leadership development. Your prayers, involvement, and contributions make this work possible!

The special offering next week will be for the **God's Mercy to Haiti**. God's Mercy to Haiti is a teaching and mercy ministry to the impoverished Haitian village of Kilbitè. They live without electricity or running water. Their warm hearts, eager minds, and resourceful efforts make them a delight to love and serve

Thank you to all who showed up to work on the fallen tree, great work was done by all

Bethesda will be hosting an internationally known Christian jazz musician, Denver Bierman who founded Denver and The Mile High Orchestra in 1999. Denver will be performing with the CJC Big Band out of Des Moines in a concert at Bethesda on Sunday, July 28 at 4 pm, in the Sanctuary. We'd love to pack the church for this FREE concert!.

We are still trying to supply **meals for Rachel Iyare** and her family as they adjust to having to care for baby Laura. If you are willing to provide a meal, please go to <https://mealtrain.com/0mqe09> and find a date that suits you, as there are no signups from now through August. Meal preferences and diet-restrictions, as well as drop off details, can be found in the meal train internet link. Meals can be delivered Tuesdays, Wednesdays, Fridays between 4:30 and 5:30 PM

Meals can be delivered to the home address: 1207 Delaware Avenue, unit 6. Ames. 50014. Contact Christopher 't Hoen with any questions.

NAMI will have a open house and silent auction on August 27th, from 5 to 7 pm. You can attend at 424 5th Street, Ames.

The Sign brick work is done, check it out. The sign will be coming from Sign Pro soon, so watch for it.

On the 1st and 3rd Tuesdays of each month, a small group meets for mental health support. Upcoming meetings will take place August 6 and 20 at 2-3:30pm in the Fellowship Hall at St. Paul Lutheran Church in Ames (610 15th Street). This group will provide a safe place to discuss faith and mental illness. NAMI Connection groups are free and confidential recovery support groups for people at least 18 years old that have any mental health condition; the group offers respect, understanding, encouragement and hope. NAMI stands for National Alliance on Mental Illness, a national grassroots organization with local chapters that's dedicated to building better lives for people with mental illness and their families. To find out more or register, contact the NAMI office at 515-292-9400, NAMI education coordinator Erik Gustafson at egustafson@namicentraliowa.org or co-leader Anastasia Tuckness at atuckness@gmail.com.

Summer BBQ plans - July 26, Friday night, grilling for the neighborhood, burgers and hotdogs, inflatables, possibly music. There is a sign up sheet for volunteer positions on the table by the office soon.

Summer is almost here, and that means camping. Midwest Basic Bible Camp is in the works. August 3 – 7 at Pine Lake in Eldora. 'HIS'tory is the theme this year. Jesus, from the prophets, to birth, his life, to crucifixion, to now. 5 days of camp for one great story. Fliers on the table by office. We are looking for a few Jenga games and old magazines and picture books for our service projects. (Still looking for one female councilor for this year.)

There is printout of Birthdays, Greeters, Congregational Prayer, Nursery, and Children's message on the table outside the office. I will print this out at the beginning of each month.

The directory with the newest updates. Is on the table outside the office. Please review your changes if you made any. If you have changes or need to add info, please do it on this sheet. Thanks Pam

Small Groups, Committees, & Sunday School Updates

Sunday School Classes will resume this fall

Children and Worship – will resume this fall.

Breakfast Club meets the 2nd and 4th Wednesdays at the Lincoln Center Hy-Vee at 8:30 AM.

UFO meets the third Monday of the month.

Women's Bible Study meets on Monday once a month.

Pub Theology meets the last Sunday of the Month

Next Council meeting is August 14th

DENOMINATION ANNOUNCEMENTS

ReFrame Ministries

Kids Corner: Pass It On! - Check out this week's kids' devotion at www.kidscorner.net. Daily devotions in our families help us deepen our understanding of God's big story. And it can be fun, too. We can listen, look at pictures, act out the stories, and ask our wondering questions. Check out all the great content at kidscorner.net, like the Faith Practices for Families Ebook Collection.

Family Fire - Family Fire is an online community exploring Spirit-led family, marriage, parenting, in-laws, blended families, and intimacy. Find encouraging articles and devotions at familyfire.com. Subscribe for regular email updates and connect with our Family Fire community on Facebook.

Groundwork: God Creates - The theme of creation echoes throughout the Bible. Join our Groundwork conversation as we study Genesis 1, Revelation 21:22-24, Psalm 139:13-14, Hebrews 1:1-3, and Colossians 1:15-17 to discuss what this theme reveals to us about God's character, love, and intentions. Then we'll consider our call to reflect God's creativity with our own as bearers of his image. Listen now at GroundworkOnline.com and subscribe to Groundwork's weekly emails for future episodes.

The Banner

Support The Banner! - We need your help to reach our annual goal of raising \$500,000 by July 31. Your partnership will enable The Banner to continue reaching North Americans with inspiring and insightful Christian content for another full year. Please donate now at TheBanner.org/Give

Thrive

Thrive Faith Formation Tip - In Life Together, Dietrich Bonhoeffer wrote, "We must be ready to allow ourselves to be interrupted by God." How might we prepare ourselves to recognize interruptions as opportunities to serve? Learn more at crcna.org/FaithPracticesProject

VOLUNTEERS

Congregational Prayer: Melody Franje
Sound: Rex De Bruin
Nursery Jessica and Sue F
Children's message: Randy Raak
Greeters: Raak

Greeters

July 28	Raak	September 1	VanDyk
August 4	Saldana	September 8	Verkade
August 11	Sanders/Bassham	September 15	Voss
August 18	Sterenber	September 22	Whitney
August 25	t' Hoen	September 29	Yoder

Nursery

July 28	Jessica and Sue F	September 8	Lyndee and Kristy
August 4	Donna and Caraline	September 15	Mary K and Cassie
August 11	Elaine and Stacy	September 22	Rachel and Pam N
August 18	Mindy and Alisabeth		
August 25	Megan and Kathlyn		
September 1	Judy and Brianna		

Children's Message

July 28	Randy Raak	August 4	Stacey Hertz
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August 11 Lora Copley
August 18 Jeff Kopaska
August 25 Deb Niehof
September 1 Stacey Hertz

September 8 Rex DeBruin
September 15 Laura Hufford
September 22 Lora Copley
September 29 Jeff Kopaska

Congregational Prayer

July 28 Melody Franje
August 4 Lora Copley
August 11 Randy Raak
August 18 Tom Kuyper
August 25 Tom Niehof

September 1 Randy Raak
September 8 Tom Kuyper
September 15 Randy Raak
September 22 Mark Voss
September 29 Rex DeBruin

Pastor Randy Raak: pastor@amestrinity.org or 928-699-9329

Lora Copley: director@isu-areopagus.org or 505-387-6861
(Areopagus Campus Ministry)

Elders: A-G = Tom Kuyper; H-K = Rex De Bruin; L-S = Joel Copley; T-Z = Naomi Friend

Deacons: A-G = Joseph Yoder; H-K = Christopher 't Hoen; L-S = Tom Whitney; T-Z = Donna Bergman