



TRINITY CHURCH

— KIRKWOOD —

2 CORINTHIANS 4:5

October 11, 2020

WORSHIPING THE GOD WHO GIVES US REST

Liturgist: Rev. Nate Taylor

Pastoral Prayer: Ruling Elder, Fielding Poe

Scripture Reader: Beth Kling and Beth Thorpe

Quotes and Reflections

"Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard." — Isaiah 58:6-8

"The sabbath is God's special present to the working person, and one of its chief objects is to prolong his life, and preserve efficient his working tone. The savings bank of human existence is the weekly sabbath." — William Blaikie

"Where sabbaths are neglected all religion sensibly goes to decay."
— Matthew Henry

"Love for and enjoyment of rest is what love for and enjoyment of God looks like when it comes face to face with weariness from emotional and physical rigor." — Anonymous

Prelude

Welcome and Announcements

WE READY OURSELVES TO WORSHIP

Seven Ways to Work Hard at Rest by Gavin Ortland (abridged for this setting)
(<https://www.thegospelcoalition.org/article/7-ways-to-work-hard-at-rest/>)

Here are some specific lessons I've learned along the way:

1. Rest Before You Get Tired

I've found that effective Sabbath rest requires paying greater attention to patterns of behavior over the long haul than bursts of energy in the short term.

2. Have a Rhythm to Your Rest

Christians interpret the fourth commandment variously...But I know when I don't have structured times of work and rest, my times of work are less productive, less enjoyable, and accompanied by a nagging feeling of guilt that I'm overworking. By contrast, if I know I have a time for rest with my family coming up, I can work with greater productivity and with a sense of freedom, knowing that God's pleasure is in my work insofar as I do it unto him.

3. When You Are Resting, Rest

It's easy to think during your day off, "I'll just respond to this one email; it'll only take 30 seconds." But there is something healthy about having space that is truly blocked out for rest, space that nothing that can invade. There's also wisdom in setting good boundaries and helping people not expect immediate email responses all the time.

4. Rest from Social Media and Other Electronics

Social media speed up and often clutter life. They are great resources but can also be incredibly destructive if we abuse them. I try most weeks to take Sabbath rest from my phone and computer from noon Saturday to noon Sunday. It's a way to declutter my mind before church.

5. Find a Hobby

I think one of the reasons people don't rest well is they don't have hobbies. Hobbies are helpful because they occupy our minds and energies during Sabbath rest. Often it's good, I think, for our hobbies to be different from our profession.

6. Find Ways to Rest with Your Family

Sometimes being a father or mother is exhausting, and sometimes marriage takes a lot of work. But for the most part, family can also be a healthy distraction from busyness. I've heard it said you can often measure how healthy a family is by how much they play together and have fun and laugh together. I think there's truth to that.

7. Where You Struggle with Sabbath, Remember the Gospel

If you struggle to take Sabbath rest, it may be a gospel issue—finding your identity in your work, or being a people-pleaser, or using busyness to distract you from unhappiness. So much overwork is driven by self-justification efforts: we need to accomplish more and more because we're failing to apply to our hearts what Christ has already accomplished for us. So the most important thing to do during Sabbath rest is to refresh your heart with fellowship with God, and to enjoy your status as his beloved child because of what Jesus has done.

Song of Preparation

I Heard the Voice of Jesus Say

Words and Music by Alanna Flouer and Horatius Bonar

Em G A Em D A²(no3)

- 1. I _
- (2. I) _
- (3. I) _

VERSE

5 Em G A Em D A²(no3)

heard the voice of Je - sus say, "Come - un - to Me - and rest. Lay -
 heard the voice of Je - sus say, "Be - hold I free - ly give the -
 heard the voice of Je - sus say, "I am this dark - world's light. Look -

9 Em G A Em D A²(no3)

down thou wea - ry one, lay down thy - head up - on - My chest." I -
 liv - ing wa - ter, thirst - y one, stoop - down and drink - and live." I -
 un - to Me, thy morn shall rise and - all thy day - be bright." I -

13 Em G A Em D A²(no3)

came to Je - sus as I was, wea - ry and - worn and sad. I -
 came to Je - sus and I drank of - that life - giv - ing stream. My -
 looked to Je - sus and I found in - Him my - Star, my Sun. And -

17 Em G A Em D A²(no3)

3rd time to Coda ⊕

found in Him a rest - ing place and - He has made - me glad.
 thirst was quenched, my soul re - vived and - now I live - in Him.
 in that light of life I'll walk till - trav - 'ling days - are

21 Em G A Em D A²(no3)

- 2. I -
- 3. I -

⊕ Coda

OUTRO

25 D A²(no3) Em G A

done.

***Call to Worship—Psalm 106**

Leader: Praise the Lord! Oh, give thanks to the Lord, for he is good,

People: His steadfast love endures forever!

Leader: Who can utter the mighty deeds of the Lord, or declare all his praise?

People: Blessed are they who observe justice, who do righteousness at all times!

Leader: Blessed be the Lord, the God of Israel, from everlasting to everlasting! And let all the people say,

All: "Amen!" Praise the Lord!

WE DECLARE THE ETERNAL WORTHINESS OF GOD

***Songs of Adoration** *Hallelujah, Praise Jehovah, O My Soul*
Trinity Hymnal #57 (vs. 1, 2, 4)

Oh Give Thanks! (Psalm 107)

Wendell Kimbrough



1. We were wan - d'ring in the de - sert with our souls
 2. We were locked out of the gar - den and our backs
 3. We were fools in our re - bell - ion with our hun -
 4. We were far out on the o - cean ma - king wealth



so starved and weak; we were hun - gry for a home - land we did not
 bend down with pain in the sha - dow of death's dark - ness we were slaves
 - ger strike of pride; we were sick and grow - ing clos - er to the death
 and cha - sing dreams but the waves of great de - struc - tion brought us trem -



know how to seek, but we lif - ted up our voi -
 to sin and blame Then we cried out in our la -
 - we should have died Then he heard of our con - di -
 - bling to our knees, and we cried like drun - ken sai -



- ces to the on - ly One who hears and the God
 - bor to the on - ly One who hears and the God
 - tion and He called us by our names and the God
 - lors to the on - ly One who hears and the God



of mer - cy came and brought us near. Oh give thanks to the Lord
 of mer - cy wiped a - way our tears.
 of glo - ry took a - way our shame.
 of com - fort took a - way our fears.



for His love en - dures fo - re - ver! We were wan - der - ing and lost and our Fa -



- ther brought us home to a safe dwe - lling place, to a feast



of joy and laugh - ter. Oh give thanks to the Lord for He is good.

***Prayer of Adoration**

WE HEAR FROM GOD'S WORD

New Testament Reading—Philippians 4:1-8

Paul urges the people of God to prayer, patience, and peaceful living

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved.

I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life.

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Reader: The grass withers and the flowers fall, but the word of the Lord stands forever!

People: Thanks be to God!

WE CONFESS OUR UTTER UNWORTHINESS BEFORE GOD

Call to Confession—Psalm 106:6-7

Both we and our fathers have sinned; we have committed iniquity; we have done wickedness. Our fathers, when they were in Egypt, did not consider your wondrous works; they did not remember the abundance of your steadfast love, but rebelled by the sea, at the Red Sea.

Silent Confession and Lament

WE ENCOUNTER AND REJOICE IN THE AMAZING GRACE OF GOD

Assurance of Pardon and Passing of the Peace—Ps. 106:8, 47

Yet he saved them for his name's sake, that he might make known his mighty power...Save us, O Lord our God, and gather us from among the nations, that we may give thanks to your holy name and glory in your praise.

Leader: Church of Christ, give thanks to God for saving us!

People: Thanks be to God!

Leader: Now may the peace of Christ be with you all!

People: And also with you!

*Song of Rejoicing

Holy Is The Lord

Words and Music by Chris Tomlin and Louie Giglio

♩=84

VERSE

E

A²

B^{sus}

We stand and lift up our hands, — for the joy —

3

E/G#

A²

B^{sus}

E

A²

— of the Lord — is our strength. — We bow down — and wor-

6

B^{sus}

E/G#

A²

B^{sus}

- ship Him now. — How great, — how awe - some is He. — And to-geth - er we — sing, -

PRE-CHORUS

9

F#⁷

A²

F#⁷

A²

— ev - ry - one — sing. — Ho - ly is — the Lord -

CHORUS

13

E/G#

A²

B^{sus}

C#m⁷

A²

— God — Al - mighty - y. — The earth — is filled — with His glo -

16

B

E/G#

A²

- ry. Ho - ly is — the Lord — God — Al - mighty -

18 B^{sus} $C\#m^7$ A^2 B^{sus}

- y. — The earth — is filled — with His glo - - ry. — The earth .

21 $C\#m^7$ A^2 B^{sus} 1. B 2. B

— is filled — with His glo - - ry. — It is ris -

BRIDGE

25 E $B/D\#$ D^2

- ing up — all — a - round. — Its the an - them of — the Lords .

28 1. A 2. A D.S. al Coda

— re - nown. — Its ris - — re - nown. — And to-geth - er we — sing,

31 Φ Coda B^{sus} $C\#m^7$ A^2 B^{sus}

- ry. — The earth — is filled — with His glo - - ry. —

"Of all the things will surprise us in the resurrection morning, this, I believe, will surprise us most: that we did not love Christ more before we died." — J.C. Ryle

WE HUMBLE OURSELVES BEFORE THE LORD

Pastoral Prayer

Tithes and Offerings

Offertory Song (Ensemble)

I Will Rest In You

Words and Music by Bryan Brown, Brett Younker, Nathan Nockels, and Christy Nockels

Sermon

"Rhythm, Rest, and Refreshment"

A Sermon Series on the Book of Genesis

Genesis 2:1-3

Rev. Chris Polski

Song of Response

Hide Away In The Love of Jesus

Music and Words by Steve and Vikki Cook

♩=88

VERSE 1, 2 & 3

Bm⁷ Gmaj⁷ D/F# A

1. Come wear - y saints, though — tired and — weak; Hide a -
 2. Come wan -d'ring souls and — find your — home; Hide a -
 3. Come guilt - y ones, weighed — down with — sin; Hide a -

5 Bm⁷ G² D/A A D

-way in the love of Je - sus; Your strength will re -
 -way in the love of Je - sus; He of - fers the
 -way in the love of Je - sus; The free - dom you

10 Gmaj⁷ D/F# A Gmaj⁷ Bm⁷ Gmaj⁷

-turn by His qui - et streams; Hide a - way in the love of
 rest that you yearn to know; Hide a - way in the love of
 long for is found in Him; Hide a - way in the love of

15 A^{sus} 1. D Bm⁷ G² A^{sus} A

Je - sus.
 Je -
 Je -

21 2, 3. BRIDGE D G Bm⁷ F#m A G

sus. Hear Him call - ing your — name; See the depths of His love.
 sus.

27 **Bm⁷** **F#m⁷** **Em⁷** **Bm⁷** **Gmaj⁷** **D/F#**

_____ in the wounds of His grace; Hide a - way.

33 1. **A** 2. **A** **VERSE 4** **Bm⁷** **Gmaj⁷** **D²/F#**

4. Come, hope - less hearts, do __ not de -

38 **A** **Bm⁷** **G²** **D/A** **A** **D**

-spair; Hide a - way in the love of Je - sus, for ten thou - sand

44 **Gmaj⁷** **D/F#** **A**

joys a - wait you there; Hide a -

47 **Bm⁷** **Gmaj⁷** **A^{sus}** **D²**

-way in the love of Je - sus.

*Benediction

We will dismiss by rows following the benediction

These are just announcement highlights. If you'd like to know more about Trinity, connect with us in one of the following ways...

- 314/821-7311 • www.trinitychurchkirkwood.org • Facebook: Trinity Church Kirkwood

Worship and General Church Information

Please look for communication mid-week about ongoing activities at church. We will let you know if there is a change to any of the activities below.

- Pastor Polski is sharing a **Sunday school series** on the Apostle's Creed on our Trinity Church Kirkwood Facebook page.
- **Join us for an Outdoor Worship Service TONIGHT at 5pm.** Bring your mask and lawn chairs.
- **Volunteers next Sunday: Ushers:** Schaffer, Schlitt, Kwong. **Scripture Readers:** Lori Nichols and Kathy O'Neal.
- **Small Groups** are a great way to get connected. For more information pick up a flyer at the Welcome Center.
- **Ladies, our Tues. evening study meets two Tuesdays a month at 7pm.** This semester we will be going through Tim Keller's book, Generous Justice. You will have the option to meet at Trinity or via Zoom. Our **next gathering is Oct. 13.**
- **Men's Bible Study this Friday.** The study takes place on the 1st, 2nd, and 3rd Friday of each month **at 6:30am**, using a hybrid format. The men will continue to work through the Book of Judges.
- The **Wednesday Women's Bible study** meets weekly using a hybrid format in the morning (9am), allowing those who would like to attend in person to do so, with the option of a live Zoom stream. We will also offer a Zoom study at 7:30pm. The ladies will be studying 1 & 2 Samuel this fall and spring.
- Did you know you can use the **Church Center app** for online giving, to sign up for events, connect with your small groups, bible studies, etc? Contact the church office for assistance.
- If you do not receive our **weekly email updates** on Tuesday mornings, please send your email address to amymitchell@trinitystlouis.org.
- **October is Pastor Appreciation Month.** Feel to use the post-its in your bulletin today to write a quick note to our pastors. You can drop them off in the baskets on the welcome desk and we will post them on their office doors.
- Ladies, we hope you can join us as we **shower Alyssa Hall and their coming baby girl** with love and encouragement on Sat., Oct. 17th from 10am-noon at Trinity. Please RSVP to the church office.

Trinity's ministries are organized around the core values in our purpose statement which reads: Trinity Church exists to **exalt** God's name, **establish** God's people, **equip** God's church and **engage** God's world, in the power of the Holy Spirit and for the sake of the Risen King, Jesus Christ.