

† Please stand as you are able. The congregation may join in by reciting **the words in bold.**

You are invited to write on your **posted notes** something you brought with you that you would like to let go of or a prayer request, during the **Prayers of the People** you (earlier in the service). Prayer requests can be put on the bulletin board and things you want to let go of in the basket.

Prelude

Desiree Davis-Omburo

Welcome and Announcements *Chiming the Trinity*

Rev. Adam Benson

Call to Worship—Psalm 139:1-6, 13-18 (NRSV)

¹ O LORD, you have searched me and known me.

² **You know when I sit down and when I rise up;
you discern my thoughts from far away.**

³ You search out my path and my lying down
and are acquainted with all my ways.

⁴ **Even before a word is on my tongue,
O LORD, you know it completely.**

⁵ You hem me in, behind and before,
and lay your hand upon me.

⁶ **Such knowledge is too wonderful for me;
it is so high that I cannot attain it.**

For it was you who formed my inward parts;
you knit me together in my mother's womb.

¹⁴ **I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; that I know very well.**

¹⁵ My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.

¹⁶ **Your eyes beheld my unformed substance.**

**In your book were written all the days that were formed for me,
when none of them as yet existed.**

¹⁷ How weighty to me are your thoughts, O God!
How vast is the sum of them!

¹⁸ **I try to count them—they are more than the sand;
I come to the end—I am still with you.**

Prayers of the People

*At this time, you may come forward to leave a **posted note** in the basket (a burden, anxiety) and/or on the prayer bulletin board.*

† *Opening Hymn* “Come and Find the Quiet Center” **TFWS 2128**

† *Hymn* “Wounded World that Cries for Healing” **W&S 2177**
After the opening hymn, the young disciples may return to their seat or proceed with volunteers to the nursery.

Invitation to the Offering

The Doxology (UMH 94)

Desiree Davis-Omburo

Dedicating our gifts to God

Prayer for Sabbath (for Illumination) by Walter Brueggemann

Holy One, in our culture characterized by restless anxiety, we are indeed weary and heavy laden. Teach us about Sabbath rest. Give us a new understanding of how that gift can free us from our commodity-driven existence and into neighborly relationship. In the name of the One who calls us to take his yoke upon us, in whom we can find rest, Jesus Christ. Amen

Old Testament Reading

Deuteronomy 5:12-15

Gospel Reading

Mark 2:23-3:6

Jan Schwarze

Leader: this is the word of God for us the people of God, **thanks be to God!**

Sermon

Rev. Adam Benson

HOLY COMMUNION

Prayer of Confession

Lord, you have searched me and known me. You have discerned my thoughts, motivations and actions from far away. I long for your rest and restoration in my life, but I am weary and burdened. Please grant your forgiveness, for my wholeness and restoration, like you gave to the man with the withered hand. Break down the barriers that keep me from being wholly and lovingly present to You, with my neighbor, and with myself. Amen.

Words of Forgiveness

Friends, the Sabbath was made for humankind, not humankind for the Sabbath. God longs for our restoration and wholeness, and Jesus is Lord even over the Sabbath. This is the same Jesus who allowed his body to be broken so we could be made whole. In the name of Jesus Christ, you are forgiven.

People (to leader): In the name of Jesus Christ, you are forgiven!
All: Glory to God! Amen.

†*Peace of Christ*

At this time, you may greet your neighbor with signs of peace.

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them up to the Lord.**

Let us give thanks to the Lord our God. **It is right to give our thanks and praise.**

The hymn of unending praise:

Holy, holy, holy Lord, God of power and might.

Heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

The mystery of faith:

Christ has died; Christ is risen; Christ will come again.

†*Receiving the Bread and Cup of Christ*

Prayer following Holy Communion:

Eternal God, we give you thanks for this holy mystery in which you have given yourself to us. Grant that we may go into the world in the strength of your Spirit to give ourselves for others. In the name of Jesus Christ our Lord, Amen.

†*Closing Hymn*

“Lord of the Dance”

UMH 261

†*Benediction*

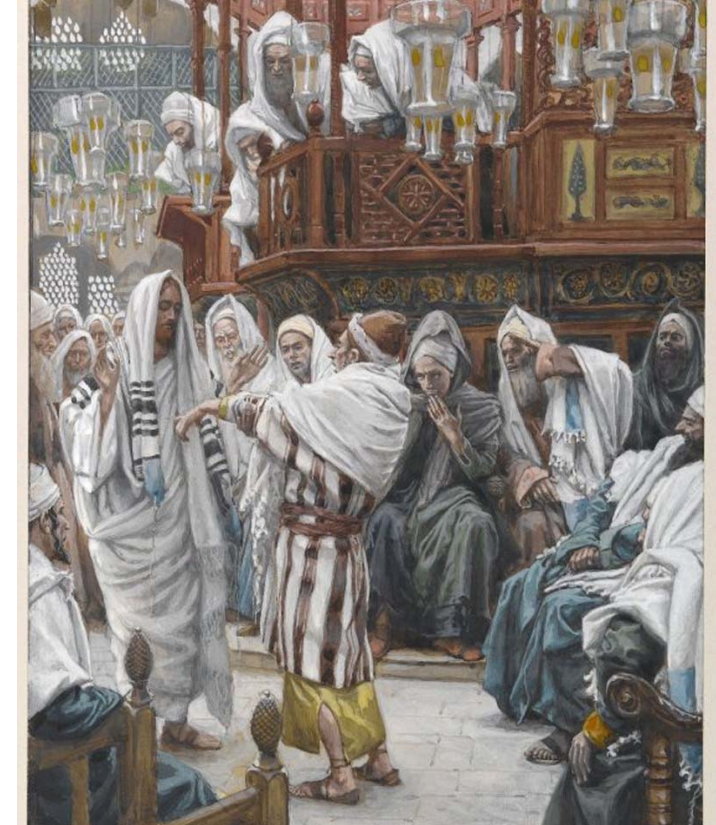
†*Chiming the Trinity*

†*Postlude*

Desiree Davis-Omburo

Please take a “love bag” for our homeless neighbors as you leave.

Parkwood United Methodist Church



“Jesus Heals the Man with the Withered Hand” by James Tissot, 1836-1902

Keeping a Holy Sabbath Keeps Us Whole

June 2, 2024 • 2nd Sunday after Pentecost