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# Practicing Presence

AN INVITATION  
TO PRAYER

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# *Our Worship of God*

*October 25, 2020*

*9:15 am*

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## **- Online Service -**

**Welcome**

Pastor Brittany McDonald Null

**Opening Song**

My Feet Are on the Rock

*I can see the clouds roll in  
I can feel the winds they try to shake me  
I will not be moved my feet are on the Rock*

*I can feel the waters rise  
I can hear the howling lies that haunt me  
Fear won't hold me now my feet are on the Rock*

*When I feel my hope about to break  
I will cling to Your unchanging grace  
Let the waters come and the earth give way  
I'll be dancing in the rain  
(My feet are on the Rock Oo Oo)*

*I can see the morning light  
I can feel the joy on the horizon  
Here my faith is found I stand on solid ground*

*When I feel my hope about to break  
I will cling to Your unchanging grace  
Let the waters come and the earth give way  
I'll be dancing in the rain  
(My feet are on the Rock Oo Oo)*

*On Christ the solid Rock I stand  
All other ground is sinking sand  
So stomp your feet and clap your hands  
Our feet are on the Rock  
On Christ the solid Rock I stand  
All other ground is sinking sand  
So stomp your feet and clap your hands  
Our feet are on the Rock*

*When I feel my hope about to break  
I will cling to Your unchanging grace  
Let the waters come and the earth give way  
I'll be dancing in the rain  
When I feel my hope about to break  
I will cling to Your unchanging grace  
Let the waters come and the earth give way  
I'll be dancing in the rain  
(My feet are on the Rock Oo Oo)  
My feet are on the Rock Oo Oo  
My feet are on the Rock*

## **Lighting of the Christ Candle**

*At this time, we invite you to light a candle at your place of worship as a  
reminder of God's presence with us.*

**Psalm 32:1-7**

Happy are those whose transgression is forgiven,  
whose sin is covered.

Happy are those to whom the Lord imputes no iniquity,  
and in whose spirit there is no deceit.

While I kept silence, my body wasted away  
through my groaning all day long.

For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer. *Selah*

Then I acknowledged my sin to you,  
and I did not hide my iniquity;

I said, "I will confess my transgressions to the Lord,"  
and you forgave the guilt of my sin. *Selah*

Therefore let all who are faithful offer prayer to you;  
at a time of distress, the rush of mighty waters  
shall not reach them.

You are a hiding place for me;  
you preserve me from trouble;  
you surround me with glad cries of deliverance. *Selah*

The Word of the Lord.

**Praise be to God.**

**Litany for Forgiving Others (responsive)**

Pastor Michael McEntyre

God, it is our nature to keep record of wrongs.

**It is your nature to forgive.**

We tend to let wounds fester.

**You offer light, air, and healing.**

We tend to get stuck in bitterness and pain.

**You embody freedom.**

Come now, into the places where our hearts have been wounded

**Where we have been betrayed or abandoned**

Or disrespected

**Or overlooked**

Or kicked while we're down

**Or stolen from**

Or slandered

**Or misunderstood.**

Come now, into the dark parts of us that want revenge

**That want to grind axes,**

That want our enemies to suffer

**That want to keep a list of grievances**

That want to prove how strong we are

**That want to defend ourselves.**

Replace our pride and bitterness

**With superhuman love.**

This is hard work for us:

**Becoming like you**

Turning the other cheek

**Making ourselves vulnerable.**

It's why we need you so much -

**Because we are weak.**

We need you to move mountains for us:

**Mountains of pain and resentment.**

Strength, wholeness, and redemption

**Life, peace, and resurrection**

Are in forgiveness;

**And in forgiving, we are forgiven. Amen.**

## **Practicing Silence**

**Message**

Carol McEntyre

## Song of Reflection

## Be Kind to Yourself

*You've got all that emotion  
That's heaving like an ocean  
And you're drowning in a deep dark well  
I can hear it in your voice  
That if you only had a choice  
You would rather be anyone else  
I love you just the way that you are  
I love the way He made your precious heart  
Be kind to yourself  
Be kind to yourself*

*I know it's hard to hear it  
When that anger in your spirit  
Is pointed like an arrow at your chest  
When the voices in your mind  
Are anything but kind  
And you can't believe your father knows best*

*I love you just the way that you are  
I love the way he's shaping your heart  
Be kind to yourself  
Be kind to yourself*

*How does it end  
If the war that you're in  
Is just you against you against you  
You've gotta learn to love learn to love  
Learn to love your enemies too*

*You can't expect to be perfect  
It's a fight you have to forfeit  
You belong to me whatever you do  
So lay down your weapon*

*Darling take a deep breath  
And believe that I love you*

*Be kind to yourself  
Be kind to yourself  
Be kind to yourself*

*Gotta learn to love learn to love  
Learn to love your enemies too  
Gotta learn to love learn to love  
Learn to love your enemies too*

### **Practicing Presence: Prayer of Examine**

1. Become Aware of God's Presence
2. Give Thanks
3. Recognize My Faults
4. Restoration or Forgiveness
5. Look Toward Tomorrow

### **Sharing Our Gifts**

### **Song of Response**

Breakthrough

*There must be more  
Beyond familiar shores  
Into waters unexplored  
This one desire  
Stirring here in me  
Deep is calling out to deep*

*Take me from where I've been  
Into something new  
I'm giving up control  
I need a breakthrough  
All of my dreams and fears  
Are crashing into You*

*You're waking up my hope  
You are my breakthrough*

*Your love so wild  
Conquers my defenses  
Opens the impossible  
It's so amazing  
How you take the ashes  
And turn them into beautiful*

*Take me from where I've been  
Into something new  
I'm giving up control  
I need a breakthrough  
All of my dreams and fears  
Are crashing into You  
You're waking up my hope  
You are my breakthrough*

*You're making all things new  
You're making all things new  
It's what You always do  
You are my breakthrough*

*You're making all things new  
You're making all things new  
It's what You always do  
You are my breakthrough*

*Take me from where I've been  
Into something new  
I'm giving up control  
I need a breakthrough  
All of my dreams and fears  
Are crashing into You  
You're waking up my hope  
You are my breakthrough*



*Take me from where I've been  
Into something new  
I'm giving up control  
I need a breakthrough  
All of my dreams and fears  
Are crashing into You  
You're waking up my hope  
You are my breakthrough*

*Come break through*

## **Life of the Church**

### **†Benediction (responsive)**

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## Worship Notes

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*My Feet Are on the Rock*, by Abbie Parker | Josh Bronleewe | Lindsey Sweat | Matthew Hein  
CCLI Song # 7106247

*Be Kind to Yourself*, by Andrew Peterson | Gabe Scott  
CCLI Song # 7053164

*Litany for Forgiving Others*, by Fran Pratt.

*Breakthrough*, by Chris McClarney | Jeff Pardo | Lindsey Sweat  
CCLI Song # 7095662

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Thank you for worshiping with us today! If you wish to share this worship experience with a neighbor, the service is broadcast live, and the sermon is available on our website within a week.

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# Week at a Glance

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## Tuesday, October 27

1:00 pm Crafty Critters Zoom Call

## Wednesday, October 28

12:00 pm Zoom at Noon with Pastor Carol

6:00 pm Youth Wednesday Night Campfire at the Stubbs'

6:30 pm Handbells Rehearsal

## Sunday, November 1

TBD Online Worship Service

*Stream the worship service by clicking "Watch Us Live" from link at the top of our website*

10:15 am Sunday Morning Bible Study and Small Groups

*Online Zoom Churchwide Bible Study*

10:30 am Student Ministry Group online

5:00 pm Christian Mindfulness Zoom

### Session One

Title: Renewal of the Mind

Topic: Christian mindfulness defined

Practice: body scan practice

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# Announcements

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## Visitors and Prayer Requests

If you are visiting with us online, we are so glad to have you with us! If you would like to receive more information about First Baptist and our ministries, let us know you are with us today by texting “guest” to 573-326-9490. If you are in need of prayer, text “prayer” to 573-326-9490 and Brittany, our Pastor of Families and Spiritual Formation will connect with you.

## Trunk or Treat – Today, October 25 at 4:00 pm

Join us in the First Baptist Parking Lot for an inaugural (and hopefully only) social distanced Trunk-or-Treat! The pandemic has added a new layer to Halloween, and First Families wants to provide a fun and safe way for the young and young at heart to dress up and indulge on the much anticipated Halloween candy. In order to maintain social distancing, cars will be spaced throughout the parking lot to provide adequate distance and children will be asked to move in family units in between cars. For a new level of excitement, we are thrilled to introduce the Golden Pumpkin! The Golden Pumpkin will be awarded to the car that can most creatively deliver their candy from 6 feet away. We look forward to seeing your fun costumes and creative ways to minister to our families this season!

## Youth Campfire This Wednesday, October 28

Since we won't be able to gather at the McEntyre's house for our annual Halloween hauntings this year, we're happy to announce a fun alternative. On Wednesday, October 28, all of our students are invited to a bonfire from 6-7:30pm at Jack and Thad Stubbs' house in Ashland, MO (parents are welcome to bring a lawn chair and enjoy the evening as well). Individual snacks will be provided for each student (including S'mores) and there will be plenty of outdoor activities to keep us busy. It's sure to be a treat. Watch your emails for directions.

## All Saints' Day - Sunday, November 1

On Sunday, November 1, we will have a moment of remembrance during worship. All Saints' is a day to remember the lives of those who have passed away. We will honor those in our church family who have died this past year and you will be given the opportunity to honor your friends or family members who have died this past year.

## Sanctuary Open for Prayer

The Sanctuary is now open for prayer and personal reflection on Mondays from 9 am-5 pm. One person or family at a time may sign up for a 30-minute time slot by contacting the church office at [churchinfo@fbc-columbia.org](mailto:churchinfo@fbc-columbia.org) or phone 573-442-1149.

## Financial Assistance for Those Affected by COVID-19

If you have found yourself in need of financial assistance in this disruptive time of a global pandemic, please reach out to any of our pastors (by phone or email) to notify us of your need. Please know that all such requests are confidential. We will get through this together!

## Christian Mindfulness – Sunday Evenings Starting November 1

Beginning Sunday, November 1 at 5:00 pm, Dr. Irene Kraegel is going to be with us via Zoom for 4 workshops called *Present to God: Christian Mindfulness Worship*. Grounded in Biblical theology, mindfulness theory, and clinical psychology, this series of four workshops, which Irene Kraegel will present, provides practical mindfulness experience that will equip participants to manage unpleasant emotions effectively and to fully engage with the life God has provided. The workshop is created to be down-to-earth in tone, engaging both the hearts and minds of participants - a great gift to people looking for mental health tools that can be applied within their journey of Christian discipleship. You do not need to register. The link will be sent out each Thursday before a session.