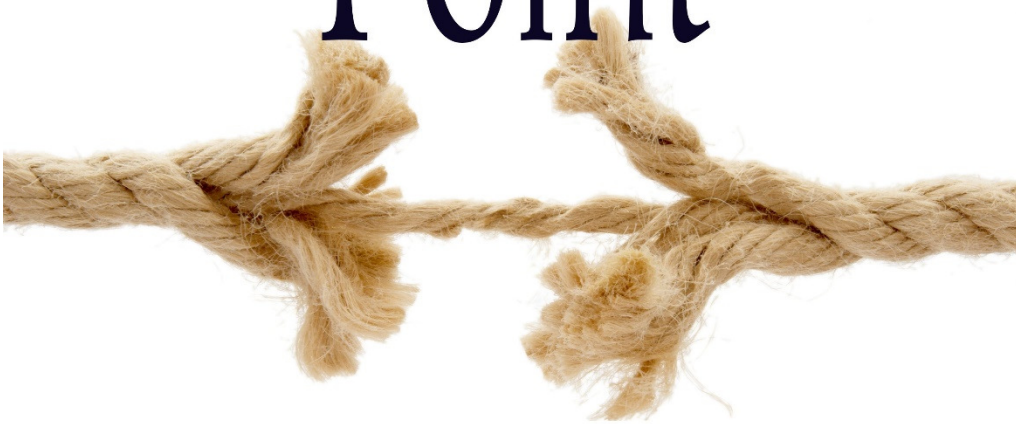


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# Breaking Point



When you are exhausted  
and burned out  
Lessons from the Life of Elijah

Sermon Series Jan 6 - Feb 3

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# Our Worship of God

January 13, 2019

11:15 am

(† Indicates those who are able, please stand)

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## ✧ Breaking Point ✧

*“A life marked by depth can only be cultivated in protracted periods of time spent in solitude, quietness, and obscurity – concepts foreign to those who live their lives at the speed of light. What I have in mind is brief periods of time when we deliberately slow down and meet, alone, with our God.”*

-Richard Foster, *The Celebration of Discipline*

**Greeting**

Pastor Carol McEntyre

**Prelude**

Alla Pastorella

arr. Grote

**†Call to Worship (responsive)**

God of rest and stillness,  
for everything there is a time,  
and time is now our most precious commodity.  
Our clocks are always running.  
From birth to death; during times of joy and sorrow;  
work and play; business and pleasure;  
speech and silence.

**Slow us down Lord,  
and for now simply remind us that  
only one thing is needed,  
that we be still before you  
and know that you are God. Amen.**

**†Processional Hymn 594**

Like a River Glorious

(Please turn to face the cross as it enters)

**†Prayer of Confession (responsive)**

O God, we long to rest in you,  
to trust in your goodness, in your care for us,  
in your abundant life.

**But we don't know how to rest.**

We rush from one thing to another as though  
we are going to run out of time to accomplish everything.

**There is so much that we have to do,  
so many places to go, people to see, needs to be met.**

Slow us down, Holy One.

**Attend to us, Holy One,**

**And show us that you are our salvation and our resting place.**

*Silent confession...*

**Assurance of Pardon**

God is God of the living.  
The Holy One will make a place for you  
that is full of life and love, forgiveness and peace.  
God's love is with you.  
God will give you rest and refresh your soul.

**†Passing the Peace of Christ**

**Anthem**

Come and Find the Quiet Center

arr. Mizell

## Scripture Reading

Richard Hayden

### 1 Kings 17:1-7

Now Elijah the Tishbite, of Tishbe in Gilead, said to Ahab, "As the Lord the God of Israel lives, before whom I stand, there shall be neither dew nor rain these years, except by my word." The word of the Lord came to him, saying, "Go from here and turn eastward, and hide yourself by the Wadi Cherith, which is east of the Jordan. You shall drink from the wadi, and I have commanded the ravens to feed you there." So he went and did according to the word of the Lord; he went and lived by the Wadi Cherith, which is east of the Jordan. The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the wadi. But after a while the wadi dried up, because there was no rain in the land.

The Word of the Lord.  
**Thanks be to God.**

### Prayer for Peace and Rest (unison)

**O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. Amen.**

### Hymn

Sung to HAMBURG

**O God, you made the Sabbath day,  
Your gift, your law, your healing way.  
You also made, within each heart  
A longing for this day apart.**

**You gave your children, long-oppressed,  
Your freeing gift of Sabbath rest.  
You give us Sabbath freedom, too;  
Our lives are more than work we do!**

**Life's sacred rhythm seems long gone;  
The world, unblinking, carries on.  
Your Spirit calls us! Slow our pace  
That we may hear your word of grace.**

**Christ Jesus lives! He makes us new!  
On Sundays now, we worship you.  
With hearts uplifted, joy restored,  
Your church goes out to serve you, Lord.**

**Message**

Carol McEntyre

**†Hymn of Commitment 540**

Take Time to Be Holy

**†Offertory Sentence**

**Offertory**

“Largo” from Winter, Four Seasons

Vivaldi/arr. Wolff

**†Benediction**

May God the Creator,  
who rested on the seventh day  
after the work was done,  
Show you how to balance  
the slow and the fast,  
the work and the rest.

May God the Redeemer,  
Who lived his life at walking pace,  
Strengthen you to go slow  
when the world is going fast.

May God the Sustainer,  
Give you the wisdom and courage to  
Go into a world of speed and live at God's pace.

**Amen.**

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## Week at a Glance

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### Monday, January 14

**9-10:30 Senior Yoga**

*Parlor*

**1-3 pm Staff meeting**

*Library*

**5:30 pm Serving Team Meeting**

*Library*

### Tuesday, January 15

**11:45 am – 2 pm Crafty Critters**

*E2*

### Wednesday, January 16

**5:30 pm Psalm Players Rehearsal**

*Sanctuary*

**6:30 pm Chancel Bells Rehearsal**

*Sanctuary*

**6:00 pm The Calling at Papa's Café**

**7:30 pm Chancel Choir Rehearsal**

*Sanctuary*

### Thursday, January 17

**6:00 pm Praise Band Rehearsal**

*Fellowship Hall*

### Sunday, January 20

**9:15 am Combined Worship and Business Meeting**

*Fellowship Hall*

**4 pm First Kids Music**

*Sanctuary*

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## Announcements

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### Sermon Series: Breaking Point

Breaking Point: When you are exhausted and burned out, Lessons from the life of Elijah

If you're feeling stressed out, you're not alone! According to a 2017 Gallup poll, 8 in 10 Americans report they "frequently" or "sometimes" experience stress in their daily lives. The pressures of life can be overwhelming. What do you do when you feel like you are at your Breaking Point? This is the topic for our new sermon series, and it's based on the life of the prophet Elijah found in 1 Kings. Like many of us, Elijah was stressed out and ready to throw in the towel, but he recovered. We can learn a lot about how to take care of ourselves from the life of Elijah. Start your new year by coming to learn about the steps Elijah took to care for himself- sometimes at God's insistence.

### Church Directory Photos – February 7-9

You're invited to be a part of our new photo directory. As you look around you today, you will see that we have new families, there have been weddings, and babies, and kids who are young adults now. We're changing, and a new photo directory will help us capture these changes. Our directory won't be complete without you! Reservations for photo sessions can be made at the entrances of our worship spaces each Sunday, or you may register online. See our website homepage for more information.

### The Calling at Papa's Cat Café, January 16

The Calling, our mid-week Middle and High School Bible Study, will kick off the semester on Wednesday, January 16 with a PURRFECT experience at Papa's Café. We will meet at the church at 5:45 pm to drive down together (or just meet us at the Cat Café at 6:00 pm) for some furry fun as we kick off 2019. We will wrap up by 7:00 pm and be back to the church by 7:15 pm. All students in grades 6-12 are welcome to join us. The Calling resumes its normal schedule each Wednesday from 6:00-7:15 pm in the Youth Suite the following week.

## Combined Worship and Business Meeting

Join us on Sunday, January 20 at 9:15 am in the Fellowship Hall for Combined Worship and our Annual Business Meeting. We will pause to look back at the highlights of the last year and celebrate all that God has done in and through us. We will talk about ministry plans for 2019. We will vote on the Nominating Committee report and the 2019 budget.

### *For Parents:*

The nursery (Birth-Age 3) will open at 9:15 am and remain open until the business meeting ends.

3-5 year olds can also be dropped off the in nursery at 9:15 am prior to worship. Our professional staff will escort them to the 3rd floor Children's Ministry area for a time of learning, stories and play until the business meeting ends.

1st-5th graders are encouraged to participate in worship with their family. After worship, at 10:15 am First Kids Sunday School will meet as usual during the business meeting.

## College and Young Adult Group Kick Off, January 27

On January 27 at 5:15 pm, we will be chopping up 2019 at the Axe House. Nothing gets you prepared for a semester of Spiritual growth like hurling sharp metal blades around. It promises to be a very interesting beginning to our year. We hope you'll make plans now to join us. The cost is just \$10 per person (friends are welcome but we need a headcount by January 23). We'll meet at the church at 5:00 pm to head over to the Axe House. Dinner will be at HuHot afterwards. You won't want to miss this one.

## Chili Cook-Off and Laser Tag – February 2

On Saturday, February 2 we will meet at 5:00 pm in the Fellowship Hall for an evening of fun and homemade chili, well-seasoned with your competitive spirit. You can sign up for the chili cook-off and the kids bake-off (desserts) at the entrances of both worship spaces, or by emailing the church office at [churchinfo@fbc-columbia.org](mailto:churchinfo@fbc-columbia.org)



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## Worship Notes

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Prayer of Confession, from *Hold on to Faith: Service Prayers for the Twenty-fifth Sunday after Pentecost*, written by the Rev. Catherine Rolling. Posted on the *Worship Ways* page of the United Church of Christ Website. <http://www.ucc.org/worship/worship-ways>

Slow Us Down, God, revised from a a prayer by Rev. Dr. A.R. Neal Mathers, in *Mary and Martha: Worshipful Work*, posted on **Presbyterian Record**.

O God, You Made the Sabbath Day, from *Songs of Grace: New Hymns for God and Neighbor* by Carolyn Winfrey Gillette, Upper Room Books, 2009

**Songs printed in bulletin by permission, CCLI #1515189 & OneLicense.net #A-707314.**

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.



## 11:15 am Traditional Worship Service

*For those who may prefer a more contemporary worship experience, First Baptist Church offers Awakening Contemporary Worship at 9:15 a.m. each Sunday in the Fellowship Hall.*

For Children During Worship:

1<sup>st</sup>- 5<sup>th</sup> Graders are encouraged to participate in worship with their family.

Children (Birth-Kindergarten) can be dropped off in the nursery, located next to the sanctuary, prior to worship where they will be cared for by our professional staff.

10:15 Spiritual Formation Hour:

Birth-Age 3 childcare is provided by our professional staff in the nursery, located next to the sanctuary. First Kids Sunday School (3 years old through 5th grade) is on the third floor. Youth Bible Study (grades 6-12) is on the third floor.

Adult small groups which dive into various topics (visitors and guests welcomed):

Discussion Class in the Parlor on the second floor

Faith Forum in the second floor classroom, next to the elevator

Connections Group in the second floor library.

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1112 E. Broadway | 573-442-1149 | [www.fbc-columbia.org](http://www.fbc-columbia.org)

Church Staff

*Carol McEntyre, Senior Pastor † Ed Rollins, Associate Pastor*

*Michael McEntyre, Associate Pastor of Youth, College and young Adults, and Missions*

*Brittany McDonald Null, Pastoral Resident*

*Yvette Chambers, Director of Children's Ministry, Shelby Myers, Awakening Worship Praise Band Director*

*Colleen Ostercamp, Pianist and Organist, Jess Wolfe, Child Development Center Assistant*

*Susan Goudie, Administrative Assistant, Bethany James, Nursery Director*

*Brenda Rice, Project Coordinator, Michael Ide, Custodian*