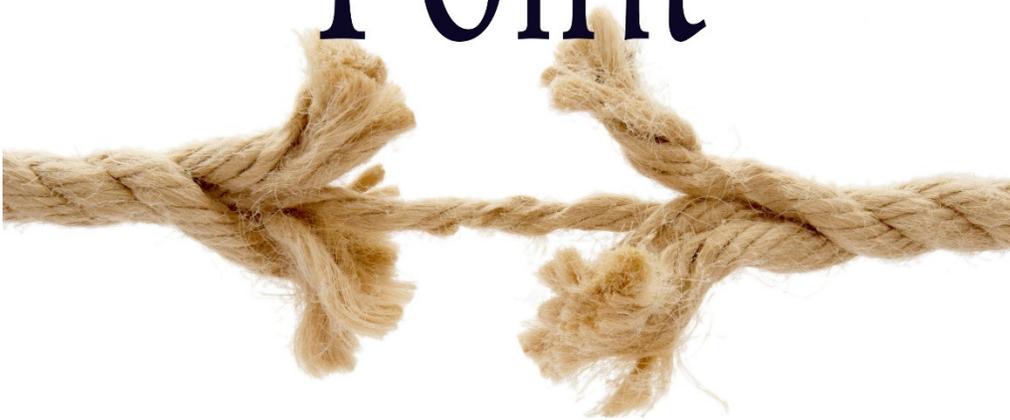


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# Breaking Point



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 27, 2019

11:15 am

(† Indicates those who are able, please stand)

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## ✧ Breaking Point ✧

**Greeting**

Ed Rollins

**Prelude**

Pre-Meditation from Thais

Massenet

*Pedro Ramiro, violin      Colleen Ostercamp, organ*

**†Call to Worship (responsive)**

Awaken from your slumber, and bring your fears and anxieties into the presence of the Lord our God.

**Hear the call of our Shepherd, and allow God's voice to lead from selfish ambition to the feast of grace.**

May the light of Christ shine into the hidden darkness of our lives and restore us for the service of the Lord.

**Come let us worship God.**

**†Processional Hymn 60**

Great Is Thy Faithfulness

(Please turn to face the cross as it enters)

**†Passing the Peace of Christ**

**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 trust 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.**

# The Spiritual Practice of Lectio Divina

## Scripture Reading

1 Kings 19:1-8

Ann Strecker

*(As the scripture passage is read, we invite you to close your eyes and think about God's care for Elijah when he is at his breaking point.)*

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow." Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

## Moment of Peace and Rest

## Scripture Reading

1 Kings 19:1-8

*(As the scripture passage is read for a second time, we invite you to close your eyes and picture yourself in the narrative.  
What word, phrase, or image stands out to you?)*

## Moment of Peace and Rest

**Scripture Reading**  
**1 Kings 19:1-8**

*(As the scripture passage is read for a third time, we invite you to close your eyes and ask yourself what is this passage calling you to?  
How is God asking you to care for your body, heard, mind, and soul?)*

**Moment of Peace and Rest**

**Anthem**

All the Day Long

K. Lee Scott

*Show me your ways; teach me your paths;  
Guide me in truth; instruct my heart.  
You are my God and Savior strong;  
for you my soul waits all the day long.*

*Show me your ways; teach me your paths;  
guide me in truth; instruct my heart.  
You are my God and Savior strong;  
for you my soul waits all the day long,*

*Remember, O Lord, your lovingkindness and tender mercies,  
for they are ever of old, for they are ever of old.  
Remember not the sins of my youth, nor my transgressions;  
according to your mercy, Lord, remember me.*

*Show me your ways; teach me your paths;  
Guide me in truth; instruct my heart.  
You are my God and Savior strong;  
for you my soul waits all the day long.*

God, we set ourselves once again under Your care.

**You imagined us. You formed us. You gave us to ourselves.**

We remember that our bodies are temples,  
where You will dwell if we let You.

**We remember that we are not only spiritual beings, but also physical.**

We remember that the state of our bodies  
often reflects the state of our inner persons.

**We confess that we have at times misused our gift.**

We confess that we have at times overindulged and polluted.

**We confess that we have at times lazed about and given way to  
atrophy and inertia.**

We confess that we have at times given over control and responsibility to  
other entities outside of our connection with You.

**We confess that we have at times submitted to standards with which  
You have nothing to do.**

We confess that we have at times been overly critical, and enslaved ourselves  
to appearances.

**We confess that we have at times overlooked or undervalued the  
intersection of body and soul.**

If we have allowed our temples to fall into disrepair, inspire us toward  
betterment.

**If sickness we cannot control has overwhelmed or discouraged us,  
we ask for healing.**

If addiction has motivated our actions, we surrender control to You,  
asking for help.

**If we have been shamed, we look to you for identity and confidence.**

If busyness has been our excuse, help us to re-prioritize.

**We give thanks for our bodies.**

We give thanks to You for Creation.

**We give thanks to You for nourishment and pleasure.**

We give thanks to You for the goodness that comes with exertion.

**We give thanks to you for rest and stillness.**

We ask for good health in body, mind, soul, and spirit.

**Help us to conduct our lives with balance, moderation, and thoughtfulness.**

Help us to enjoy good food, that most intimate of connections with Creation.

**Help us to enjoy sun, air, soil, and creature.**

Help us to become comfortable in our skins and robust in our spirits.

**Help us to steward our bodies well, and to regard them as the gift they are. Amen.**

## Hymn

## Take My Yoke Upon You

*Unison*

The musical score is written for a unison voice part. It consists of three systems of music. Each system has a vocal line on a treble clef staff and a bass line on a bass clef staff. The key signature has two flats (B-flat and E-flat), and the time signature is common time (C). The lyrics are printed below the vocal line of each system.

1 Take my yoke up - on you, all who la - bor long.  
2 Come a - way, dis - cip - le; come, re - treat a while.  
3 Trust - ing and re - turn - ing, you shall grow in strength.  
4 When your world is chang - ing at a breath - less pace,  
5 When the night grows long - er, and the end is near,

I am al - ways with you. Learn my way of liv - ing,  
I will trav - el with you, bless - ing des - ert plac - es,  
I am al - ways with you; since my love de - signed you,  
I am al - ways pres - ent, cen - ter in life's turn - ing,  
I am your com - pan - ion, hope in joy or sor - row,

sim - ple and for - giv - ing, and I will give you rest.  
fill - ing sab - bath spac - es, and I will give you rest.  
seek and I will find you, and I will give you rest.  
light in la - bor's learn - ing, and I will give you rest.  
home be - yond to - mor - row, and I will give you rest.

Message

Carol McEntyre

†Hymn of Commitment 568

Take My Life

†Offertory Sentence

Offertory

'Tis So Sweet to Trust in Jesus

arr. Larson

†Benediction

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## Worship Notes

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Call to Worship, written by Rev MaryAnn Rennie, and posted on the Church of Scotland's **Starters for Sunday** website. <http://www.churchofscotland.org.uk/>

Litany for Bodies, [www.franpratt.com/litanies/2016/5/10/litany-for-bodies](http://www.franpratt.com/litanies/2016/5/10/litany-for-bodies)

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Take My Yoke Upon you, Words: Ruth C. Duck, 1995; copyright 1996, The Pilgrim Press  
Music: TACOMA by Daniel Charles Damon, 1995, The Hope Publishing Co.

**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.

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# Week at a Glance

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## Sunday, January 27

**4:00 pm First Kids Music**

*Sanctuary*

**5:15 pm College & Young Adult Kickoff**

## Monday, January 28

**9-10:30 am Senior Yoga**

*Parlor*

**1-3:00 pm Staff meeting**

*Library*

## Tuesday, January 30

**11:45 am – 2 pm Crafty Critters**

*E2*

## Wednesday, January 31

**5:30 pm Psalm Players Rehearsal**

*Sanctuary*

**6-7:15 pm The Calling**

*Youth Suite*

**6:00 pm Praise Band Rehearsal**

*Fellowship Hall*

**6:30 pm Chancel Bells Rehearsal**

*Sanctuary*

**7:30 pm Chancel Choir Rehearsal**

*Sanctuary*

## Saturday, February 2

**1:00 pm Samantha Walker Recital**

*Sanctuary*

**5:00 pm Chili Cookoff & Laser Tag**

*Fellowship Hall*

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## Announcements

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### First Kids Music Resumes Today – January 27

First Kids Music resumes today at 4:00 pm in the sanctuary.

### The Calling Resumes

The Calling, our mid-week Middle and High School Bible study, meets from 6:00-7:15 pm in the Youth Suite. All students and friends 6<sup>th</sup> through 12<sup>th</sup> grade are welcome.

### 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. 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

Come and join us for an evening of fun and homemade chili, well-seasoned with your competitive spirit! Look for the signup sheet in the CDC hallway or email the church office at [churchinfo@fbc-columbia.org](mailto:churchinfo@fbc-columbia.org) to enter the competition. All chili entries should be brought to the church by 4:45 pm that night. Also, we are bringing back the children's dessert baking competition this year and every child gets a surprise for entering. Don't forget your running shoes for laser tag. You can also bring alternative games to play with fellow church members. There will be something for everyone to do.

## Samantha Walker's Recital – February 2

First Baptist Scholarship Singer, Samantha Walker will present a recital in the sanctuary on Saturday, February 2 at 1:00 pm. Please plan to come and cheer her on.

## 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.

## CBF Offering for Global Missions – February 2019

During the month of February, First Baptist members will have the opportunity to support the work of Cooperative Baptist Field Personnel around the world by giving to the CBF Offering for Global Missions. Your support of the Offering for Global Missions will share the Gospel message and provide tangible gifts of God's grace and mercy. 100% of your gifts to the offering goes to missions funding, including the work of our very own Keith Holmes and Mary Van Rheenen. Your gifts can be placed in one of the Global Missions envelopes in worship or indicated on the memo line of the check. Checks should be made out to First Baptist Church. The church will send one check to CBF following the offering. Thank you for your generosity.

## Ordination of Brittany McDonald Null – Sunday, February 17

In Baptist life, ordination is a church's recognition of God's calling and gifting on a person. By ordaining Brittany, we are affirming that we see God's call on her life and that we have witnessed her giftedness for ministry. We are, in the name of God, setting apart and blessing her for gospel ministry. You are all invited to come and take part in this special worship service.

## CBF PAUSE College Retreat – February 8-10

College & Young Adults are invited to join us for a spiritual retreat at the beautiful Windermere Conference Center in February for the CBF Heartland PAUSE Retreat. It's a space for college students and young adults to meet new people, renew focus, and draw closer to God. It's a pause from the hustle-and-bustle of life to find meaningful worship, engaging conversation, and new friends. Our goal for this retreat is to provide students a great way to be refreshed in their faith to help tackle another semester. Reserve your spot today for only \$25 for the weekend. We will leave Friday afternoon and return Sunday after lunch. Please contact Michael McEntyre at [mmcentyre@fbc-columbia](mailto:mmcentyre@fbc-columbia) to register.

## Room at the Inn, First Baptist – February 17-March 3

There has been an increased need for beds at Room at the Inn due to the cold weather and snow. They are trying to accommodate as many guests as possible, but have an increased need for volunteers as a result. If you are available to assist with the check-in shift (arrive at 6 pm), please consider helping them.

First Baptist will host Room at the Inn from Sunday, February 17 to Sunday, March 3 in the Fellowship Hall, but you don't have to wait until then to help. You can sign up for a volunteer spot with RATI today by going to <http://www.roomattheinncomo.org>.

In addition, First Baptist is also specifically asking for volunteers to serve outside the CDC entrance each morning and afternoon during dropoff and pickup to greet CDC parents and kids and direct any guests for RATI around to the front of the building for check-in or assistance. Sign up for this opportunity can only be done by contacting the church directly. You can call the office at 573-442-1149 or find the sign up link on our website at [www.fbc-columbia.org](http://www.fbc-columbia.org)



## 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.*

***The sanctuary flowers are given by the family of***

***✎ Ryan Christopher Stoll ✎***

***in loving memory of their son, brother, grandson, and friend.***

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*