

FEBRUARY 4, 2024 | 8AM WORSHIP | FIFTH SUNDAY AFTER THE EPIPHANY

WELCOME *Home*



**CHRIST LUTHERAN
CHURCH & SCHOOL**
CHRISTLAMESA.ORG

WELCOME TO WORSHIP

Thanks for joining us today! Whether you were raised in a home that regularly worshipped, only went to church on Christmas and Easter, or are exploring the Christian faith for the first time – we are glad you are here. If you haven't been to a Lutheran Church before, our worship format might be a unique experience for you. Our service is filled with symbolism and ancient tradition that propels our hearts *upward*. Today, we encourage you to embrace the *extraordinariness* of our *ordinary* worship, where God forgives our sins, the Holy Spirit prepares us for daily life, prayers are lifted, heaven and earth converge, and the profound mystery of the Eucharist takes place. Sundays may seem ordinary, but they are also filled with extraordinary moments that we should not miss. If you have any questions, our staff, volunteers, and your fellow worshippers are here to answer any questions and help in any way they can.

THE SEASON OF EPIPHANY

During the season of Epiphany, we embark on a journey of revelation and illumination. Epiphany commemorates the manifestation of Jesus Christ to the Gentiles, symbolized by the visit of the Magi to the infant Jesus. The liturgical color for Epiphany is green, signifying growth, life, and the ongoing revelation of God's grace. During this season, we reflect on the light of Christ shining not only for a chosen few but for all people.

CHILDREN IN WORSHIP

If you brought little ones with you today – we are overjoyed to have them here. While your worship might feel more like a wrestling match, a battle of wills, or a circus... your time, efforts, and distracted worship are worth it. Even the messiest and most frustrating days are not wasted. If your little one just needs a place to stretch their legs for a second, we have a staffed **Kid Care** for 0-2-year-olds on the second floor of the courtyard and a **Family Room** in the back of the sanctuary.

HOLY COMMUNION + WHAT WE BELIEVE

Communion is celebrated at this congregation in the confession and confidence that our Lord gives us not only bread and wine but His very body and blood to eat and to drink for the forgiveness of sins and to strengthen our union with him and with one another. Our Lord invites to His table the baptized who trust in the words “my body... my blood... for you”, repent of all sin, and seek to live by the Lord's ways. If this is not your belief, are a child who has not taken the First Communion Class or are unfamiliar with the belief of the Lutheran Church - Missouri Synod, we invite you to come forward with your arms crossed so that we can give you a blessing by making the sign of the cross over you. We also encourage you to talk to one of our pastors after the service if you have questions.

CONNECTION CARD

Please let us know you're worshipping with us today. You can give us as little, or as much, info as you'd like. There is also a place on the connection card to submit a prayer request, make a comment, ask a question, or express interest in next steps. If you'd like to give an offering, you can do that, too! Scan the QR code or visit christlamesa.org/hello.



SUNDAY SCHOOL + YOUTH MINISTRY

Sunday School is encouraged for those 3 years old to 6th Grade. Check-in begins at 9:00 am at the back entrance of Christ Lutheran School (near the preschool building). Sunday School starts at 9:15 am and parents pick up at 10:15 am. New students and friends are welcome anytime! Questions? Visit christlamesa.org/learn.

7th-8th Graders meet for Confirmation in Room 202 (second floor of the courtyard) from 9:15-10:15 am. **9th-12th Graders** meet for Senior High Sunday Morning in Youth Center Room 3 from 9:15-10:15 am.

ADULT BIBLE STUDIES

Bible studies play a vital role in deepening one's understanding of Scripture and fostering spiritual growth. Please consider attending a study this morning.

- **The Village Bible Study** explores, from a biblical viewpoint, issues that impact our families. It meets in Lucas Hall (Preschool Building) from 9:15-10:15 am on Sunday.
- **The Berean Bible Study** engages in an in-depth study of God's Word, verse by verse. It meets in Room 203 from 9:15-10:15 am on Sunday.
- **The Focus Bible Study** is a place for seasoned adults to gather around fellowship and God's Word. It meets in Room 101 from 9:15-10:15 am on Sunday.
- **The Grace Bible Study** is for 20-30 year-olds to study God's Word and its relevance to everyday life. It meets in the Teacher's Lounge from 9:15-10:15 am on Sunday.

LOOKING TO SERVE?

Looking to *dive deeper* in your faith journey, using your gifts for God's glory and the world's good? Consider serving on Sunday morning. Wondering how you can serve? Consider taking the spiritual gifts inventory located at christlamesa.org/resources. More information can be found at christlamesa.org/serve.

+ ORDER OF WORSHIP +

WELCOME AND INVOCATION

Please stand, if you are able, as we prepare our hearts to worship God and receive His good gifts.

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen!

OPENING HYMN | LSB 803 | JOYFUL, JOYFUL WE ADORE THEE

Joyful, joyful we adore Thee, God of glory, Lord of love!
Hearts unfold like flow'rs before Thee, praising Thee, their sun above.
Melt the clouds of sin and sadness, drive the gloom of doubt away.
Giver of immortal gladness, fill us with the light of day.

All Thy works with joy surround Thee, earth and heav'n reflect Thy rays,
Stars and angels sing around Thee, center of unbroken praise.
Field and forest, vale and mountain, flow'ry meadow, flashing sea,
Chanting bird, and flowing fountain call us to rejoice in Thee.

Thou art giving and forgiving, ever blessing, ever blest,
Wellspring of the joy of living, ocean-depth of happy rest!
Father, Son, and Holy Spirit, fountainhead of love divine:
Joyful, we Thy heav'n inherit! Joyful, we by grace are Thine!

CONFESSION OF SIN | PSALM 32:5; PSALM 51:10; 1 JOHN 1:9; JAMES 5:16

Leader: Brothers and sisters, let us acknowledge our sins and so prepare ourselves to celebrate God together.

We take a moment for self-reflection as we confess to God our imperfections.

Leader: For the times we've sinned against you in thoughts, words, and actions, Lord have mercy.

All: Lord have mercy.

Leader: For what we have done, and what we have left undone, Christ have mercy.

All: Christ have mercy.

Leader: For not loving you with our whole heart, and not loving our neighbors as ourselves, Lord have mercy.

All: Lord have mercy.



Cre-ate in me a clean heart, O God, and re -
new a right spir - it with - in me. Cast me not a -
way from Thy pres-ence, and take not Thy Ho - ly Spir - it
from me. Re - store un - to me the joy of Thy sal - va -
tion, and up - hold me with Thy free spir-it. A - men.

RECEIVING OF GRACE

Please be seated as we enter the "Liturgy of the Word." Since the early days of the church, portions of the Bible have been read during worship so that all may be formed by the Word of God.

FIRST READING | PSALM 147:1-11 | PEW BIBLE PAGE 900

Reader: Our first reading is from the book of Psalms, the one hundred forty-seventh chapter.

¹ Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise him! ² The LORD builds up Jerusalem; he gathers the exiles of Israel. ³ He heals the brokenhearted and binds up their wounds. ⁴ He determines the number of the stars and calls them each by name. ⁵ Great is our Lord and mighty in power; his understanding has no limit. ⁶ The LORD sustains the humble but casts the wicked to the ground. ⁷ Sing to the LORD with grateful praise; make music to our God on the harp. ⁸ He covers the sky with clouds; he supplies the earth with rain and makes grass grow on the hills. ⁹ He provides food for the cattle and for the young ravens when they call. ¹⁰ His pleasure is not in the strength of the horse, nor his delight in the legs of the warrior; ¹¹ the LORD delights in those who fear him, who put their hope in his unfailing love.

Reader: This is the Word of the Lord.

All: Thanks be to God.

SECOND READING | 1 CORINTHIANS 9:16-27 | PEW BIBLE PAGE 1632

Reader: Our second reading is from First Corinthians, the ninth chapter.

¹⁶ For when I preach the gospel, I cannot boast, since I am compelled to preach. Woe to me if I do not preach the gospel! ¹⁷ If I preach voluntarily, I have a reward; if not voluntarily, I am simply discharging the trust committed to me. ¹⁸ What then is my reward? Just this: that in preaching the gospel I may offer it free of charge, and so not make full use of my rights as a preacher of the gospel.

¹⁹ Though I am free and belong to no one, I have made myself a slave to everyone, to win as many as possible. ²⁰ To the Jews I became like a Jew, to win the Jews. To those under the law I became like one under the law (though I myself am not under the law), so as to win those under the law.

²¹To those not having the law I became like one not having the law (though I am not free from God's law but am under Christ's law), so as to win those not having the law. ²²To the weak I became weak, to win the weak. I have become all things to all people so that by all possible means I might save some. ²³I do all this for the sake of the gospel, that I may share in its blessings.

²⁴Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. ²⁶Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. ²⁷No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

Reader: This is the Word of the Lord.

All: Thanks be to God.

THE HOLY GOSPEL | MARK 1:29-39 | PEW BIBLE PAGE 1425

Leader: To honor the words and works of Jesus, please stand.

All: Alleluia. Lord, to whom shall we go? You have the words of eternal life. Alleluia.

Leader: The Holy Gospel according to St. Mark, the first chapter.

All: Glory to You, O Lord.

²⁹As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew. ³⁰Simon's mother-in-law was in bed with a fever, and they immediately told Jesus about her. ³¹So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.

³² That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³ The whole town gathered at the door, ³⁴ and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶ Simon and his companions went to look for him, ³⁷ and when they found him, they exclaimed: "Everyone is looking for you!"

³⁸ Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come." ³⁹ So he traveled throughout Galilee, preaching in their synagogues and driving out demons.

Leader: This is the Gospel of the Lord.

All: Praise to You, O Christ.

APOSTLES' CREED

The Apostles' Creed serves as a timeless and foundational expression of the Christian faith, offering a sense of shared identity. We utilize the creed as a statement of belief about the Father, Son, and Holy Spirit.

All: I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. He will come again to judge the living and the dead.

**I believe in the Holy Spirit, the holy Christian Church, the communion of saints,
the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.**

Adults may be seated. Children are invited to come forward for an age-appropriate message.

CHILDREN'S MESSAGE

NADCE MASTER AWARD RECOGNITION

EXALTATION CHOIR | YET NOT I with TELL THE WORLD

HOMILY | THE RELATIONAL NEED

OFFERING | [CHRISTLAMESA.ORG/GIVE](https://christlamesa.org/give)

Members of Christ Lutheran support the mission through their giving of time, talents, and treasures. If you are a guest joining us, please know there is no expectation for you to contribute.

HYMN OF RESPONSE | LSB 664 | FIGHT THE GOOD FIGHT

Fight the good fight with all your might; Christ is your strength, and Christ your right.
Lay hold on life, and it shall be your joy and crown eternally.

Run the straight race through God's good grace; lift up your eyes, and seek His face.
Life with its way before us lies; Christ is the path, and Christ the prize.

Cast care aside, lean on your guide; His boundless mercy will provide.
Trust, and enduring faith shall prove Christ is your life and Christ your love.

Faint not nor fear, His arms are near; He changes not who holds you dear;
Only believe, and you will see That Christ is all eternally.

Please stand, if you are able, as we lift up our prayers to God.

PRAYERS AND THE LORD'S PRAYER

Each petition ends with:

Leader: Lord in your mercy,

All: Hear our prayer.

At the end of the prayers, we continue with the Lord's Prayer:

All: Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory forever and ever. Amen.

HOLY COMMUNION | ISAIAH 6:1-8; 2 TIMOTHY 4:22; COLOSSIANS 3:1; MATTHEW 26:26-28

The Sursum Corda (Latin: "Lift up your hearts") is an ancient Christian communion prayer. Through the power of the Holy Spirit, we have been raised with Christ and now reign with him in heaven. We end this preface with the Sanctus (Latin: "Holy"). The Sanctus is one of the songs being sung in heaven before God's throne. We join our voices with the angels and those who have gone before us in the faith to give glory to God. After the Sanctus, we embrace the ultimate Mystery of Faith, as bread and wine become, for us, the Body and Blood of Jesus.

Pastor: The Lord be with you.

All: And also with you.

Pastor: Lift up your hearts.

All: We lift them to the Lord.

Pastor: Let us give thanks to the Lord our God.

All: It is right to give Him thanks and praise.

Pastor: It is truly ... evermore praising You and singing:

All:



Ho - ly, ho - ly, ho - ly Lord, Lord God of
pow'r and might: Heav'n and earth are full of Your
glo - ry. Ho - san - na in the high - est.
Bless - ed is He who comes in the name
of the Lord. Ho - san - na in the high - est.

Pastor: Our Lord, Jesus Christ, on the night in which He was betrayed...

SHARING OF THE PEACE | MATTHEW 5:9; 2 CORINTHIANS 5:20

Pastor: The peace of the Lord be with you always.

All: **And also with you.**

LAMB OF GOD (AGNUS DEI) | JOHN 1:29



Lamb of God, You take a - way the sin of the world;

have mer-cy on us. Lamb of God, You take a-way the
 sin of the world; have mer-cy on us. Lamb of
 God, You take a-way the sin of the world;
 grant us peace, grant us peace.

Please be seated, and join in singing the hymns, as you reflect on God's love and prepare to receive the Body and Blood of Jesus Christ. You can find what we believe about Communion on the bottom of page 2.

COMMUNION HYMN | LSB 761 | ROCK OF AGES, CLEFT FOR ME

**Cleft means "split apart". Jesus, our Rock, was separated from the Father so we may be found in Him.*

Rock of Ages, cleft for me, let me hide myself in Thee;
 Let the water and the blood, from Thy riven side which flowed,
 Be of sin the double cure: cleanse me from its guilt and pow'r.

Not the labors of my hands can fulfill Thy Law's demands;
 Could my zeal no respite know, could my tears forever flow,
 All for sin could not atone; Thou must save, and Thou alone.

While I draw this fleeting breath, when mine eyelids close in death,
When I soar to worlds unknown, see Thee on Thy judgment throne,
Rock of Ages, cleft for me, let me hide myself in Thee.

COMMUNION HYMN | LSB 543 | WHAT WONDROUS LOVE IS THIS

What wondrous love is this, O my soul, O my soul! What wondrous love is this, O my soul!
What wondrous love is this that caused the Lord of bliss
To bear the dreadful curse for my soul, for my soul, to bear the dreadful curse for my soul!

When I was sinking down, sinking down, sinking down, when I was sinking down, sinking down,
When I was sinking down beneath God's righteous frown,
Christ laid aside His crown for my soul, for my soul, Christ laid aside His crown for my soul.

To God and to the Lamb I will sing, I will sing; to God and to the Lamb I will sing;
To God and to the Lamb, who is the great I AM,
While millions join the theme, I will sing, I will sing, while millions join the theme, I will sing.

And when from death I'm free, I'll sing on, I'll sing on; and when from death I'm free, I'll sing on.
And when from death I'm free, I'll sing His love for me,
And through eternity I'll sing on, I'll sing on, and through eternity I'll sing on.

POST-COMMUNION PRAYER

BENEDICTION

CLOSING HYMN | LSB 923 | ALMIGHTY FATHER, BLESS THE WORD

Almighty Father, bless the Word which through Your grace we now have heard.
Oh, may the precious seed take root, spring up, and bear abundant fruit!

We praise You for the means of grace as homeward now our steps we trace.
Grant, Lord, that we who worshiped here may all at last in heav'n appear.

Praise God, from whom all blessings flow; praise Him, all creatures here below;
Praise Him above, ye heav'nly host: praise Father, Son, and Holy Ghost.

*Hymns and songs are used by permission: LSB Hymn license no. 110000410; CCLI license no. 254628.
To watch this service again, or share it with a friend, visit christlamesa.org/worship.*

THE CALL OF GOD LIFE GROUP GUIDE | WEEK 5

- Share a brief reflection on a meaningful relationship in your life that has positively influenced your faith journey.
- Read 1 Corinthians 9:16-27. How does Paul use the metaphor of running a race to convey the importance of self-discipline and perseverance in the Christian life?
- How can our relationships at Christ Lutheran (or with other believers) be a source of support and encouragement in our spiritual journey, as Paul suggests? What is required to sustain support and encouragement (*hint: continued engagement*)?
- Read Mark 1:29-39. How does Jesus prioritize relationships amid his healing ministry?
- Discuss the significance of taking time for solitude and prayer, as Jesus did, in the context of maintaining healthy relationships.
- How do the principles outlined in 1 Corinthians 9:16-27 apply to our personal growth and our responsibilities within the church community?
- Share personal experiences of times when you experienced the impact of strong, supportive relationships in your faith journey.
- Discuss practical ways we can support and uplift one another in our individual and collective faith journeys.
- End your time by sharing prayer requests.

THOSE SERVING IN WORSHIP TODAY

Celebrant and Preacher: Pastor Travis Ferguson; **Liturgist:** Deacon Jacob Sitze; **Children's Message:** Cheri Selander; **Acolyte & Reader:** Jordan Chisum; **Music Leader:** Kathy Barkett; **Special Music:** Exaltation Choir; **Worship Partner:** Terry Gland; **Communion Assistants:** Dave Blackford, Bob Maass, Mike Maass, and Kent Schwartz; **Livestream, Sound, and Media:** Eric Berg, Craig Barkett, and Hannah Maass; **Welcome Team:** Jeff Paape, Erik Selander, Abigail Cott, Alissa Cott, Emily Cott

IN OUR PRAYERS

Celebrating a birthday this week: Melinda Crow, Connie Peterson, Rynna Herwehe, Zuri Rall, Matt Rall, and Mari Wutke; **Sick:** Rev. Art Puls (recovering after surgery), Wendy Roan (shoulder surgery), and Nancy Sierra (cancer recovery); **Others:** Joseph, our President; Gavin, our Governor; Those working in flooding relief efforts.

OUR STAFF



Travis Ferguson
Pastor



Jacob Sitze
Deacon



Patti Maass
Director of Operations



Cheri Selander
Director of Youth Ministries



Brandon Heath
Minister to Youth



Kathy Barkett
Director of Worship and Music



Sarah Kusel
Assistant Director of Music and Worship



Xavria Schwarz
Principal



Melissa Payne
Preschool Director



Stuart Gardner
Director of Community and Communications



Craig Barkett
Director of Facilities



Kathy Garces
Administrative Accountant



Emily Lieber
Human Resources Specialist



Kathy Johnson
Worship and Music Assistant



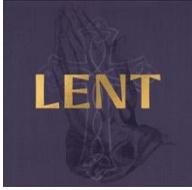
Kim Voss
Administrative Assistant

To contact a staff member, please visit christlamesa.org/about

ANNOUNCEMENTS



GRIEF JOURNEY | From Sorrow to Healing, Grief Journey is a safe place to talk openly about the loss of a loved one. The group provides emotional and moral support to one another with love. 1st Wednesday of each Month at Starbucks 7966 La Mesa Blvd from 6:30pm-7:30pm. Contact Debi Ridulfo for information @ 619.415.5330



ASH WEDNESDAY | GATHER + GROW LENT EDITION – Join us on Ash Wednesday at 7:00 pm in the Sanctuary as we begin the season of Lent. Since Ash Wednesday is also Valentine's Day, there will be NO MEAL on February 14. Continue your growth through Lent on Wednesdays for our Gather + Grow nights from 5:30-7:00 pm in the Gym. We will be studying a series called "Love in Chaos" by Bob Goff. All proceeds from the meals benefit Youth Ministry.



GATHER + GROW PARENT EDUCATION | FEBRUARY 4 | 3:30-5:00 PM | GYM – Guest Speaker, Katey McPherson, will share with us practical and evidence-based tips to manage & supervise your child's screen time. This is an excellent opportunity for those parenting kids of ALL AGES who want to grow in their knowledge of how to best parent. Childcare is available for children 0-11 years old by registering at tinyurl.com/ggchildcare.



TEACH ME TO PRAY | FEBRUARY 18 | 8 & 10:30 AM – The Sticky Faith Team is pleased to announce the introduction of a new faith milestone at Christ Lutheran. The 4–6-year-old children will be presenting the Lord's Prayer at the 8 am at 10:30 am service. All are welcome to attend the service that works best for their family. Questions can be directed to Cheri Selander at cselander@christlamesa.org.



PARENT EDUCATION SESSION | FEBRUARY 18 | 9:15-10:15 AM– The Sticky Faith Team is presenting a parent education session on how to pray at home with your children. This is in partnership with the Teach Me to Pray milestone. The Parent Education will take place on the 3rd level of the CLS building during education hour on Feb 18. Coffee and muffins will also be provided. All parents are welcome to come.

To see more upcoming events, visit christlamesa.org/calendar.