CULTIVATING HEALTH

Pursue Wellness

JANUARY 22, 2023
8:00AM TRADITIONAL

CHRIST LUTHERAN CHURCH MINISTRIES

HIS LITTLE FEET INTERNATIONAL CHILDREN'S CHOIR

REJOICE!

2022-2023 TOUR

WEDNESDAY EVENING

01.25.23 at 7:00 pm

IN THE SANCTUARY

Love offering welcome

WORSHIP

DISCIPLES CELEBRATE GOD TOGETHER

CHRISTLAMESA.ORG/WORSHIP

CONNECT

DISCIPLES DEVELOP FAITH RELATIONSHIPS

CHRISTLAMESA.ORG/CONNECT

DEVELOPING DYNAMIC DISCIPLES

SERVE

DISCIPLES SHARE CHRIST'S LOVE IN WORD AND DEED

CHRISTLAMESA.ORG/SERVE

LEARN

DISCIPLES LEARN IN ORDER TO LIVE GOD'S WORD

CHRISTLAMESA.ORG/LEARN

ANNOUNCEMENTS

ASSISTANT MUSIC DIRECTOR POSITION

Christ Lutheran Church is searching for a Christ-like servant leader who can fill the role of Assistant Music Director. The job description and application can be found at **christlamesa.org/employment.**

DINNER FOR 6, 7, OR 8

Stop by the table in the courtyard and sign up TODAY or next Sunday for an opportunity to enjoy "an evening out" where you can meet new friends, enjoy someone else's cooking and even share new recipes! Questions? Contact Chuck and Joanene Falk at cfalk9@gmail.com.

MEMORIAL SERVICE FOR DICK BAUERFEIND

Richard "Dick" Bauerfeind went to be with his Savior on December 31, 2022. He and his wife, Ann, were very active members of Christ Lutheran for many years, helping to start *Pairables* and *Growth Groups*. His memorial service will be held on Sunday, January 29, 2023, at 1:00 p.m. at South Shores Church, 32712 Crown Valley Parkway, Dana Point, CA 92629.

2023 MISSION TRIPS TO SOUTH AMERICA

Su Refugio mission trip dates for next year have been set. Come join us in 2023 on one or more trips and experience how God will use you to further His Kingdom in another country! We will be in Paraguay from June 29-July 8, Peru from August 4-12, and Argentina from October 5-14. For more info, please contact Sandy Cole at colesj@hotmail.com or 619-818-5871. Additional trip information may be found at SuRefugio.org/join-us. Mission Trip meeting will be February 26 at 9:15 a.m. in Youth Center Room 1.

CHRIST LUTHERAN SCHOOL

Now is the perfect time to start thinking about enrolling your child at Christ Lutheran School or Preschool. Christ Lutheran School will prepare your student spiritually, intellectually, physically, socially, and emotionally. Visit **lutheranschool.org** to schedule a tour, apply, or find more information.

Let Us Know You're Worshipping With Us!

Or visit christlamesa.org/hello

AS WE GATHER

Welcome to worship! In our current series, "Cultivating Health," we are discovering what holistic healthy living means as a Christian. "Cultivating Health" is composed of five practices: Recognize God's Call, Pursue Wellness, Grow in Wisdom, Optimize Finances, and Stay Connected. Some of these practices may be new to you; others may already be second nature. Whatever the case may be for you, we believe the daily pursuit of these practices will shape your understanding of yourself as you continue developing as a dynamic disciple.

WELCOME AND INVOCATION

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

OPENING HYMN LSB 794, THE LORD, MY GOD, BE PRAISED

The Lord, my God, be praised, my light, my life from heaven;
My maker, who to me has soul and body given;
My Father, who will shield and keep me day by day
And make each moment yield new blessings on my way.

The Lord, my God, be praised, my trust, my life from heaven,
The Father's own dear Son, whose life for me was given,
Who for my sin atoned with His most precious blood
And gives to me by faith the highest heav'nly good.

The Lord, my God, be praised, my hope, my life from heaven,
The Spirit, whom the Son in love to me has given.
His grace revives my heart and gives my spirit pow'r,
Help, comfort, and support in sorrow's gloomy hour.

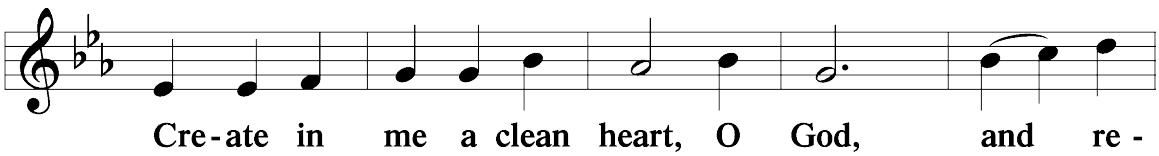
The Lord, my God, be praised, my God, the ever-living,
To whom the heav'nly host their laud and praise are giving.
The Lord, my God, be praised, in whose great name I boast,
God Father, God the Son, and God the Holy Ghost.

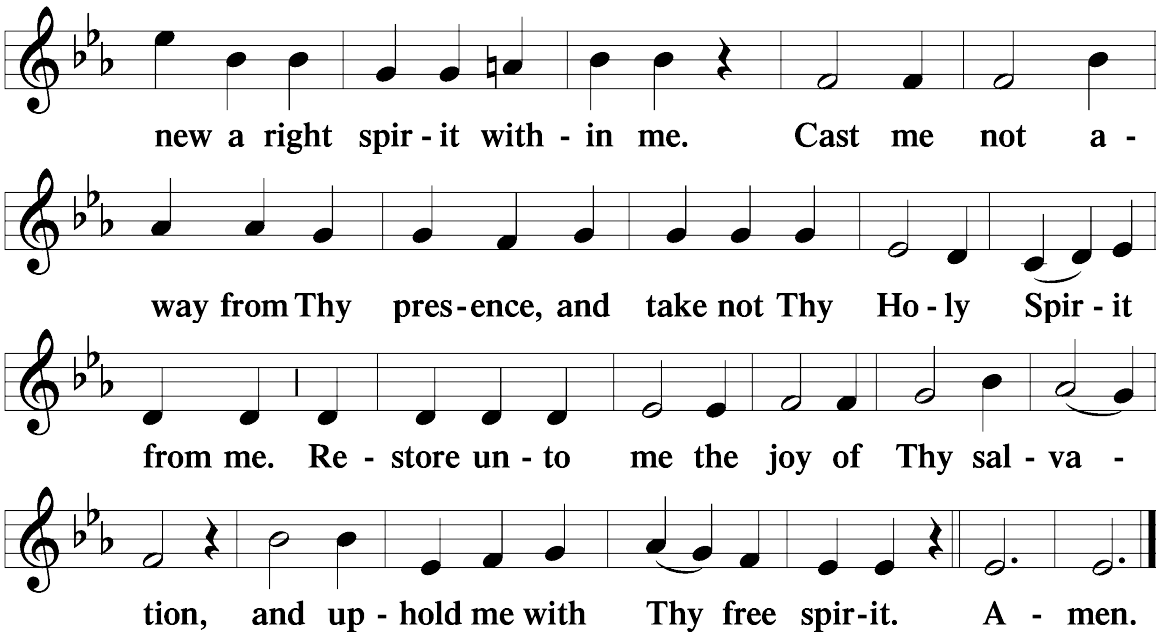
CONFESSION AND FORGIVENESS

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

(Silence for reflection and self-examination)

Leader: Gracious God,
People: have mercy on us. In Your compassion forgive us our sins, known and unknown, things done and left undone. Uphold us by Your Spirit so that we may live and serve You in newness of life, to the honor and glory of Your holy name; through Jesus Christ our Lord. Amen.





Leader: Brothers and sisters, rejoice, for your sins are forgiven in the name of the Father, and of the Son, and of the Holy Spirit.

People: Amen.

(Please be seated)

SCRIPTURE READING **1 CORINTHIANS 9:24-27**
PEW BIBLE PAGE 1633

Reader: In 1 Corinthians 9, St. Paul encourages believers to live differently with their "eye on the prize."

24 Do 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. 25 Everyone 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. 26 Therefore I do not
run like someone running aimlessly; I do not fight like a boxer beating the
air. 27 No, 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.
People: Thanks be to God.

HYMN **LSB 602, THE GIFTS CHRIST FREELY GIVES**

The gifts Christ freely gives He gives to you and me
To be His Church, His bride, His chosen, saved and free!
Saints blest with these rich gifts are children who proclaim
That they were won by Christ and cling to His strong name.

The gifts flow from the font where He calls us His own;
New life He gives that makes us His and His alone.
Here He forgives our sins with water and His Word;
The triune God Himself gives pow'r to call Him Lord.

The gifts are there each day the holy Word is read;
God's children listen, hear, receive, and they are fed.
Christ fills them with Himself, blest words that give them life,
Restoring and refreshing them for this world's strife.

HOLY GOSPEL **MARK 6:30-32**
PEW BIBLE PAGE 1433

Reader: To honor the words and works of Jesus, please stand. The disciples practice self-care, in the Holy Gospel according to St. Mark, the 6thth chapter.
People: Glory to You, O Lord.

30 The apostles gathered around Jesus and reported to him all they had
done and taught. 31 Then, because so many people were coming and going
that they did not even have a chance to eat, he said to them, "Come with
me by yourselves to a quiet place and get some rest."

32 So they went away by themselves in a boat to a solitary place.

Reader: This is the Gospel of the Lord.
People: Praise to You, O Christ.

STATEMENT OF FAITH **APOSTLES' CREED**

People: 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.

CHILDREN'S MESSAGE

TRAILBLAZER BELLS **OH WHEN THE SAINTS**

MESSAGE **PURSUE WELLNESS**

OFFERING **CHRISTLAMESA.ORG/GIVE**

HYMN OF RESPONSE **LSB 711, SAVIOR, LIKE A SHEPHERD LEAD US**

Savior, like a shepherd lead us; much we need Your tender care.
In Your pleasant pastures feed us, for our use Your fold prepare.
Blessed Jesus, blessed Jesus, You have bought us; we are Yours.
Blessed Jesus, blessed Jesus, You have bought us; we are Yours.

We are Yours; in love befriend us, be the guardian of our way;
Keep Your flock, from sin defend us, seek us when we go astray.
Blessed Jesus, blessed Jesus, hear us children when we pray.
Blessed Jesus, blessed Jesus, hear us children when we pray.

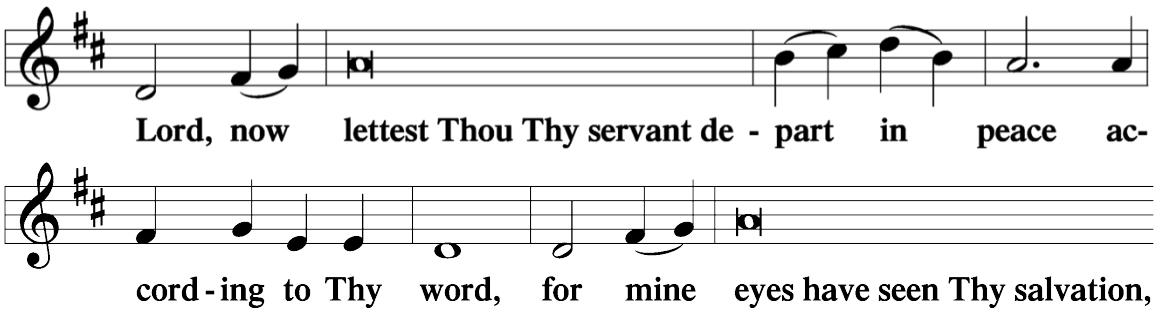
You have promised to receive us, poor and sinful though we be;
You have mercy to relieve us, grace to cleanse, and pow'r to free.
Blessed Jesus, blessed Jesus, early let us turn to You.
Blessed Jesus, blessed Jesus, early let us turn to You.

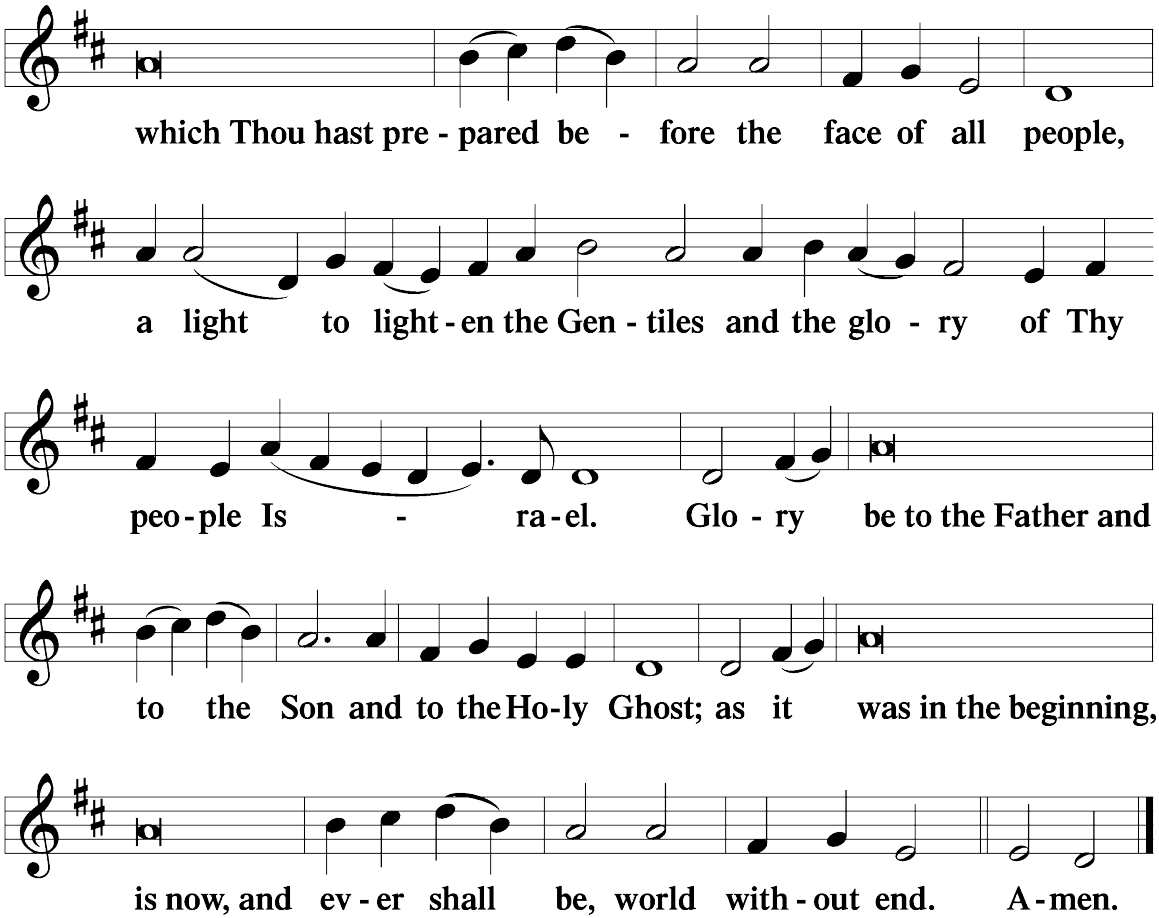
Early let us seek Your favor, early let us do Your will;
Blessed Lord and only Savior, with Your love our spirits fill.
Blessed Jesus, Blessed Jesus, You have loved us, love us still.
Blessed Jesus, Blessed Jesus, You have loved us, love us still.

PRAYERS AND THE LORD'S PRAYER

People: **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.**

NUNC DIMITTIS (SONG OF SIMEON) *LUKE 2:29-32*





BENEDICTION **NUMBERS 6:24-26**

Leader: The Lord bless you and keep you. The Lord make His face shine on you and be gracious to you. The Lord look upon you with favor and give you peace.

People: Amen.

CLOSING 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!

ACKNOWLEDGEMENTS: Hymns and songs are used by permission: LSB Hymn License no.110000410; CCLI License no. 254628.

THOSE SERVING IN WORSHIP AT 8:00AM

Preacher	Pastor Richard Burkey
Worship Leader	Pastor Travis Ferguson
Children's Message	Rachel Duggie
Acolyte	Jordan Chisum
Reader	Sandy Linn
Music Leader	Kathy Barkett
Organist	Joan Rollins
Special Music	Trailblazer Bells
Worship Partner	Bob Maass
Livestream Technician	Stuart Gardner
Sound Technician	Craig Barkett
Media Technician	Kim Fiskratti
Welcome Team	Mike McGhen
	Dave Rickards
	Christina Gardner
	Stella Gardner
	Jonah Gardner

HELP MAKE SUNDAY SPECIAL!
CHRISTLAMESA.ORG/VOLUNTEER

G.P.S. – GROW, PRAY, STUDY GUIDE

Get the weekly GPS on your computer/phone/etc. by going to www.clcm-gps.com. You can also get automatic notifications by texting "@clcm-gps" to 81010, or by subscribing through Feedly.com.

Daily Prayer for "Pursue Wellness":

Dear God, forgive me when I ignore the care of the mind, soul, and body You have given me. I ask that by Your grace, I would come to practice a healthier and more balanced lifestyle. In Jesus' name. Amen.

DAY ONE – READ 1 CORINTHIANS 6:12-20	
Words or phrases that catch my attention:	
Major thought:	
What impressed me the most, and what I'll do about it:	
What does this lead me to pray about?	

DAY TWO – READ 1 CORINTHIANS 9:24-27	
Words or phrases that catch my attention:	
Major thought:	
What impressed me the most, and what I'll do about it:	
What does this lead me to pray about?	

DAY THREE – READ 1 CORINTHIANS 10:23-33	
Words or phrases that catch my attention:	
Major thought:	
What impressed me the most, and what I'll do about it:	
What does this lead me to pray about?	

DAY FOUR – READ JAMES 5:13-16	
Words or phrases that catch my attention:	
Major thought:	
What impressed me the most, and what I'll do about it:	
What does this lead me to pray about?	

DAY FIVE – READ DANIEL 1:1-21	
Words or phrases that catch my attention:	
Major thought:	
What impressed me the most, and what I'll do about it:	
What does this lead me to pray about?	

DAY SIX – REVIEW	
Which reading(s) spoke most directly to you this week?	
What is God saying to you in this reading?	
How are you responding?	

WHAT'S HAPPENING THIS WEEK?

TODAY |January 22

- 8:00 am—Traditional Worship
- 9:15 am—Sunday School
  3yrs -Grade 6—CLS Back Entrance
  Confirmation—Room 202
  Senior High—Youth Center Room 3
- 9:15 am—Christian Education Hour
  Focus—Room 101
  Bereans—Room 203
  Village—Lucas Hall
- 10:30 am—Contemporary Worship with Holy Communion
- 5:00 pm—Senior High Sunday Night—Youth Center

MONDAY | January 23

- 9:15 am—Prayers and Squares Quilt Ministry—Lucas Hall

TUESDAY | January 24

- 7:00 pm—Alcoholics Anonymous—Youth Building Room 1

WEDNESDAY | January 25

- 9:30 am—Women's Bible Study—Lucas Hall
- 7:00 pm—His Little Feet Concert—Sanctuary

THURSDAY | January 26

- 9:30 am—Insights—Lucas Hall
- 6:30 pm—Choir Rehearsal—Sanctuary
  Al Anon Meeting—Fireside Room

FRIDAY| January 27

- No Events Scheduled

SATURDAY | January 28

- 7:30 am—Men's Bible Study in Lucas Hall

In Our Prayers

REJOICING

Lord, we thank You for answering the prayer for housing for the Bahktiary family. We thank you for the members of our congregation who continue to act as the hands and feet of Jesus in service to the Afghan community.

ASKING

Lord, we ask that you heal the political divide in our country and throughout the world. Give us wisdom as we navigate hot-button issues, and lead us to treat everyone, including those we disagree with, with dignity and respect, acknowledging that all people have been created in the image of God.

CALLING

Lord, help us to recognize Your call in our lives which emanates from our Baptism. Send Your Holy Spirit so that our hearts may be stirred up to love you and love others, no matter what our profession or circumstances are in life.

SERVING

Lord, we ask that Your Almighty hand be upon the task of building one home for one family in Mexico through the partnership with Amor Ministries. Encourage people to serve in this capacity and prepare the hearts of the family to receive this as a gift from You.

HELP MAKE SUNDAY SPECIAL!

JOIN A TEAM

CHRISTLAMESA.ORG/VOLUNTEER

Christian Education | 9:15-10:15am

Children ages 3 years through 6th grade check in at the back entrance to CLS on parking Lot 2

Confirmation Students (7th and 8th Graders) meet in Room 202.

High School Students meet in Youth Center Room 3.

A group for those in their 20's and 30's, meets in the CLS Teacher's Lounge.

A group that engages in an in-depth study of God's Word, verse by verse, meets in Room 203.

A group for fellowship and focusing in on God's word, meets in room 101

A group that explores issues that impact families, meets in Lucas Hall.

Kid Care for ages 2 and under.

Richard Burkey
Senior Pastor

Travis Ferguson
Pastor of Family Connections

Dave Peterson
Visitation Pastor

Cheri Selander
Coordinator of Youth Ministries

Brandon Heath
Minister of Youth

Kathy Barkett
Director of Worship and Music

Xavria Schwarz
Principal, Christ Lutheran School

Melissa Payne
Preschool Director

Patti Maass
Church Administrator

Emily Lieber
HR Specialist

Craig Barkett
Director of Facilities

Kathy Garces
Administrative Accountant

Kathy Johnson
Worship and Music Assistant

Kim Voss
Administrative Assistant

Stuart Gardner
Director of Community and Communications

- Family Lounge for parents of infants/toddlers can be found at the rear of the sanctuary.
- Room 101 is located on the first floor of the Courtyard.
- Music Rooms and Rooms 201-203 are located on the second level of the Courtyard.

7929 La Mesa Blvd, La Mesa CA, 91942