

**UNITED METHODIST WOMEN SUNDAY  
“FINDING REST IN AN ANXIOUS WORLD”**

**\*PRELUDE**      Be Still My Soul # 534  
*The United Methodist Hymnal*

**ANNOUNCEMENTS**

**GREETING AND WELCOME**

**UNITED METHODIST WOMEN PURPOSE**

United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

**CALL TO WORSHIP:**

**Leader**      For the times that we have erected barriers, to exclude those who we experience as different from ourselves, Lord, have mercy.

**All**            **Lord, have mercy.**

**Leader**      On the occasions that we have avoided contact with those who behave differently from ourselves, Christ, have mercy.

**All**            **Christ, have mercy.**

**Leader**      In the situations when we have failed to see the light of Christ in those who appear different from ourselves, Lord, have mercy.

**All**            **Lord, have mercy.**

**Leader**      May the Source of all life forgive our excluding instincts, remove the fear of difference from our souls, and enable us to embrace all who are created in God’s image.

**All**            **Amen.**

**\*HYMN**      Great is Thy Faithfulness

*The United Methodist Hymnal # 140*

**CHILDREN'S TIME** See attached

**CHOIR GROUP** (Special Music) His Eye is on the Sparrow #2146  
*The Faith We Sing*

**PRAYER OF CONFESSION**

Creating God, you call us to work six days then to take a day of rest. Forgive us when we join the rat race of continual work or uninterrupted electronic access. Wake us up to unhealthy demands and forgive us when we force others into unfair expectations. And, Lord, forgive us of the arrogance that we can and must “do it all” as if you and the community of faith were ineffective. Forgive us and free us for the sake of your kingdom; in Jesus’ name. Amen.

**\*OFFERTORY HYMN** Be Still and Know that I am God # 2057  
*The Faith We Sing*

**\*SCRIPTURE READING:** Matthew 6: 25-34

**ROLE PLAY:** See attached

**MESSAGE:** “Finding Rest in a Restless World”  
(See attachment and other options for the message)

**OPTIONAL SONG:** See attached  
A Hymn Used for World Mental Health Day  
Tune is What a Friend We Have in Jesus

**LITANY OF THE CROSS:**

**Leader** The cross...

**All** **We shall take it.**

**Leader** The bread...

**All**            **We shall break it.**

**Leader**        The pain...

**All**            **We shall bear it.**

**Leader**        The joy...

**All**            **We shall share it.**

**Leader**        The gospel...

**All**            **We shall live it.**

**Leader**        The love...

**All**            **We shall give it.**

**Leader**        The light...

**All**            **We shall cherish it.**

**Leader**        The darkness...

**All**            **God shall perish it. Amen.**

**\*HYMN**        It is Well with my Soul #377  
*The United Methodist Hymnal*

## **SENDING FORTH**

**Leader**        O Lord our God, for those whose lives are strained and stressed.....  
hear our prayer

**All**            **and pour out your peace.**

**Leader**        For those whose hold on life is fragile.....  
hear our prayer

**All**            **and pour out your peace.**

**Leader** For those whose illness makes them vulnerable.....

hear our prayer

**All** **and pour out your peace.**

**Leader** For those whose families struggle to understand them.....

hear our prayer

**All** **and pour out your peace.**

**Leader** For families and friends, nurses, doctors and therapists, and all who seek to walk alongside the stressed and strained, the vulnerable and the fragile.....

hear our prayer

**All** **and pour out your peace.**

**Leader** O Lord our God, for all whose lives are in turmoil through the effects of mental illness.....

hear our prayer

**All** **and pour out your peace. Amen.**

## **BENEDICTION**

Heavenly Father, we come before you now filled with worry, stress and anxiety. You told Martha not to worry when she did; you told the disciples not to worry about life or what to eat or what to say or how to defend themselves; you said that worrying would not add a single hour to our lives. You also said that we should present our prayers to you with Thanksgiving. Forgive us for not trusting in you always, even after your promise to keep all who trust in you in perfect peace. Thank you for your goodness and mercy. We lay down all our troubles at your feet and ask for peace and calm. Let us never doubt that you are always in control and that nothing can harm us or distress us. In your name we pray. Amen