

AS WE GATHER

Physical fitness is “in.” The message of health spas is that if you just work hard enough and get your body into good enough shape, then somehow, you’ll be “fit for life.” Advertising has picked up on this theme and embellished it to amazing proportions. Today, you will be led to understand we have a different kind of life altogether, a life that is made “fit” not by the world’s standards, but by a gift of God. The promise of Jesus tells us how we can be not only physically, but also emotionally and spiritually “Fit for Life.” Jesus said, “I have come that they may have life. And have it to the FULL!” Jesus promised to give you MORE LIFE! He fulfilled that promise by giving His life as the sacrifice to take away your sins, and by rising to life again. Jesus is the Lord of Life. Open your ears and your heart to His Word and let Him be the Lord of YOUR life.

Gathering Song How Can I Keep From Singing

Welcome & Invocation

Pastor Aaron Boerst

Opening Song Praise and Thanksgiving LSB 789

1 Praise and thanks - giv - ing, Fa - ther, we of - fer For all things
 2 Bless, Lord, the la - bor We bring to serve You That with our
 3 Fa - ther, pro - vid - ing Food for Your chil - dren, By Your wise
 liv - ing, Cre - at - ed good: Har - vest of sown fields, Fruits of the
 neigh - bor We may be fed. Sow - ing or till - ing, We would work
 guid - ing Teach us to share One with an - oth - er, So that, re -
 or - chard, Hay from the mown fields, Bloss - som and wood.
 with You, Har - vest - ing, mill - ing For dai - ly bread.
 joic - ing With us, all oth - ers May know Your care.

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Confession & Forgiveness

Pastor: Despite all of God’s actions on our behalf, we still struggle with sin in our lives. Our tongues still curse. Our feet still stumble. Our ears still listen to lies and vicious gossip. But our heavenly Father invites us to come to Him for restoration, renewal, and forgiveness.

Silence for reflection.

Pastor: Heavenly Father,

People: we have sinned against You and our neighbors in what we have said and what we have left unsaid. We have neglected opportunities to love our neighbors. We have stumbled and fallen again and again. We ask that You restore us, renew us, and forgive us on account of Jesus. Amen.

Pastor: Almighty God, in His boundless love sent His Son, Jesus Christ, to die and rise for our forgiveness and eternal life. Because of Jesus, we are restored, body and soul. Therefore, as a called and ordained servant of Christ, and by His authority, I forgive you all your sins in the name of the Father and of the ☩ Son and of the Holy Spirit.

People: Amen. We are forgiven in Christ. We are renewed and restored. Amen.

Prayer of the Day

Pastor: Heavenly Father, You want nothing to separate us from Your grace and mercy.

People: **Grant that we realize how valuable You consider us and then seek to be at peace with one another;**

Pastor: through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

People: **Amen.**

Reader

Eden Genzmer

Old Testament Reading

Psalms 86

(David Prays for Mercy)

- ¹Incline your ear, O LORD, and answer me,
for I am poor and needy.
- ²Preserve my life, for I am godly;
save your servant, who trusts in you—you are my God.
- ³Be gracious to me, O Lord,
for to you do I cry all the day.
- ⁴Gladden the soul of your servant,
for to you, O Lord, do I lift up my soul.
- ⁵For you, O Lord, are good and forgiving,
abounding in steadfast love to all who call upon you.
- ⁶Give ear, O LORD, to my prayer;
listen to my plea for grace.
- ⁷In the day of my trouble I call upon you,
for you answer me.
- ⁸There is none like you among the gods, O Lord,
nor are there any works like yours.
- ⁹All the nations you have made shall come
and worship before you, O Lord,
and shall glorify your name.
- ¹⁰For you are great and do wondrous things;
you alone are God.
- ¹¹Teach me your way, O LORD,
that I may walk in your truth;
unite my heart to fear your name.
- ¹²I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name forever.
- ¹³For great is your steadfast love toward me;
you have delivered my soul from the depths of Sheol.
- ¹⁴O God, insolent men have risen up against me;
a band of ruthless men seek my life,
and they do not set you before them.
- ¹⁵But you, O Lord, are a God merciful and gracious,
slow to anger and abounding in steadfast love and faithfulness.
- ¹⁶Turn to me and be gracious to me;
give your strength to your servant,
and save the son of your maidservant.
- ¹⁷Show me a sign of your favor,

that those who hate me may see and be put to shame
because you, LORD, have helped me and comforted me.

Reader: This is the Word of our Lord.

People: Thanks be to God.

Epistle Reading

Philippians 4: 4-7

(Present Your Requests to God)

⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Reader: This is the Word of our Lord.

People: Thanks be to God.

Holy Gospel Reading

Matthew 6: 5-15

(Jesus Teaches How To Pray)

⁵And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸Do not be like them, for your Father knows what you need before you ask him. ⁹Pray then like this:

“Our Father in heaven,
hallowed be your name.
¹⁰Your kingdom come,
your will be done,
on earth as it is in heaven.
¹¹Give us this day our daily bread,
¹²and forgive us our debts,
as we also have forgiven our debtors.
¹³And lead us not into temptation,
but deliver us from evil.

¹⁴For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Pastor: This is the Word of our Lord.

People: Thanks be to God.

Children’s Message

Song of the Day

In Holy Conversation LSB 772



1 In ho - ly con - ver - sa - tion We speak to God in prayer,
2 These ho - ly con - ver - sa - tions Be - gin in child-like ways;
3 As ho - ly con - ver - sa - tion, In si - lence or by word,



And at His in - vi - ta - tion Our deep - est thoughts we share.
We bring our sup - pli - ca - tions And words of thanks and praise.
In ev - 'ry sit - u - a - tion Through Je - sus, we are heard.



We come, His will o - bey - ing, As chil - dren bring - ing needs;
With care our Fa - ther lis - tens To ev - 'ry thought ex - pressed,
So let us pray se - cure - ly, Ex - press - ing hopes and fears



And to sup - port our pray - ing, His Spir - it in - ter - cedes.
Then an - swers our pe - ti - tions In ways He knows are best.
With con - fi - dence that sure - ly Our Fa - ther ev - er hears.

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Sermon

FIT FOR LIFE: What's the Prescription? (The Lord's Prayer)

Creed – APOSTLES' CREED

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. From thence He will come 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.

Prayers of the Church

Pastor: Friends in Christ, I urge you all to lift up your hearts to God and pray with me as Christ our Lord has taught us and freely promised to hear us.

God our Father in heaven, look with mercy on us, Your needy children on earth, and grant us grace that Your holy name be hallowed by us and all the world through the pure and true teaching of Your Word and the fervent love shown forth in our lives. Graciously turn from us all false doctrine and evil living whereby Your precious name is blasphemed and profaned. Lord, in Your mercy,

People: hear our prayer.

Pastor: May Your kingdom come to us and expand. Bring all transgressors and those who are blinded and bound in the devil's kingdom to know Jesus Christ, Your Son, by faith that the number of Christians may be increased. Lord, in Your mercy,

People: hear our prayer.

Pastor: Strengthen us by Your Spirit according to Your will, both in life and in death, in the midst of both good and evil things, that our own wills may be crucified daily and sacrificed to Your good and gracious will. Into Your merciful hands we commend all who are in need, praying for them at all times: Thy will be done. Lord, in Your mercy,

People: hear our prayer.

Pastor: Grant us our daily bread, preserve us from greed and selfish cares, and help us trust in You to provide for all our needs. Lord, in Your mercy,

People: hear our prayer.

Pastor: Forgive us our sins as we also forgive those who sin against us so that our hearts may be at peace and may rejoice in a good conscience before You, and that no sin may ever frighten or alarm us. Lord, in Your mercy,

People: hear our prayer.

Pastor: Lead us not into temptation, O Lord, but help us by Your Spirit to subdue our flesh, to turn from the world and its ways, and to overcome the devil with all his wiles. Lord, in Your mercy,

People: hear our prayer.

Pastor: And lastly, O heavenly Father, deliver us from all evil of both body and soul, now and forever. Lord, in Your mercy,

People: hear our prayer.

O Lord, Hear us now on behalf of those in our congregation and all who stand in need:

Local concerns are added by congregational elder.

Pastor: Into Your hands, O Lord, we commend ourselves and all for whom we pray, trusting in Your mercy, through Your Son, Jesus Christ, our Lord.

People: Amen.

Sharing Peace

Offering What A Friend We Have In Jesus LSB 770



1 What a friend we have in Je - sus, All our sins and griefs to bear!
2 Have we tri - als and temp-ta-tions? Is there trou-ble an - y-where?
3 Are we weak and heav - y lad - en, Cum - bered with a load of care?



What a priv - i - lege to car - ry Ev - 'ry-thing to God in prayer!
We should nev - er be dis - cour - aged— Take it to the Lord in prayer.
Pre - cious Sav - ior, still our ref - uge— Take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; Oh, what need - less pain we bear—
Can we find a friend so faith - ful Who will all our sor - rows share?
Do thy friends de - spise, for - sake thee? Take it to the Lord in prayer.



All be - cause we do not car - ry Ev - 'ry-thing to God in prayer!
Je - sus knows our ev - 'ry weak - ness— Take it to the Lord in prayer.
In His arms He'll take and shield thee; Thou wilt find a sol - ace there.

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Presentation of Gifts

Pastor: Heavenly Father, You are the giver of all good things, and Your Word makes clear that every good and perfect gift comes from You. We ask that You accept these gifts back unto Yourself and use them to Your glory. [Psalm 145:15, James 1:17]

People: Amen.

Holy Communion

Preface

Pastor: The Lord be with you. [*2 Timothy 4:22*]

People: And also with you.

Pastor: Lift up your hearts. [*Colossians 3:1*]

People: We lift them to the Lord.

Pastor: Let us give thanks to the Lord our God. [*Psalm 136*]

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

The Words of Our Lord [*Matthew 26:26–28; Mark 14:22–24; Luke 22:19–20; 1 Corinthians 11:23–25*]

Proclamation of Christ

Pastor: As often as we eat this bread and drink this cup, we proclaim the Lord's death until He comes.
[*1 Cor.11:26*]

People: Amen. Come, Lord Jesus. [*Revelation 22:20*]

Lord's Prayer

 [*Matthew 6:9–13*]

Pastor: Lord Jesus Christ, remember us in Your kingdom and teach us to pray:

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.

Distribution

Jesus Remember Me

Jesus Remember Me LSB 767



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I Come, O Savior, to Thy Table LSB 618



1 I come, O Sav - ior, to Thy ta - ble, For weak and
2 Thy heart is filled with fer - vent yearn - ing That sin - ners
3 Un - wor - thy though I am, O Sav - ior, Be - cause I
4 Wea - ry am I and heav - y lad - en; With sin my
5 What high - er gift can we in - her - it? It is faith's



wea - ry is my soul; Thou, Bread of Life, a -
may sal - va - tion see Who, Lord, to Thee in
have a sin - ful heart, Yet Thou Thy lamb wilt
soul is sore op - pressed; Re - ceive me gra - cious -
bond and sol - id base; It is the strength of



lone art a - ble To sat - is - fy and make me whole:
faith are turn - ing; So I, a sin - ner, come to Thee.
ban - ish nev - er, For Thou my faith - ful shep - herd art:
ly and glad - den My heart, for I am now Thy guest.
heart and spir - it, The cov - e - nant of hope and grace.



Lord, may Thy bod - y and Thy blood Be for my soul the high - est good!

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Benediction [Numbers 6:24-26]

Pastor: 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.

Announcements

Sending Song

Sent Forth by God's Blessing LSB 643



1 Sent forth by God's bless-ing, Our true faith con-fess-ing,
2 With praise and thanks-giv-ing To God ev-er-liv-ing,



The peo-ple of God from His dwell-ing take leave.
The tasks of our ev-'ry-day life we will face.



The Sup-per is end-ed. O now be ex-tend-ed
Our faith ev-er shar-ing, In love ev-er car-ing,



The fruits of this ser-vice in all who be-lieve.
Em-brac-ing His chil-dren of each tribe and race.



The seed of His teach-ing, Re-cep-tive souls reach-ing,
With Your feast You feed us, With Your light now lead us;



Shall blos-som in ac-tion for God and for all.
U-nite us as one in this life that we share.



His grace did in-vite us, His love shall u-nite us
Then may all the liv-ing With praise and thanks-giv-ing



To work for God's king-dom and an-swer His call.
Give hon-or to Christ and His name that we bear.

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