

Service for the Lord's Day

Pre-Service Music La Paix, from the *Fireworks Music* G.F. Handel
Andrew Hackett, Organist

Concerns of the Congregation

Call to Worship Excerpts from Psalm 18 Tracy Kramer
I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. The Lord is worthy of praise, and I have been saved from my enemies. God's way is perfect: The Lord's word is flawless; he shields all who take refuge in him. To the faithful you show yourself faithful, to the blameless you show yourself blameless to the pure you show yourself pure, but to the devious you show yourself shrewd. You save the humble but bring low those whose eyes are haughty. You, Lord, keep my lamp burning; my God turns my darkness into light. The Lord lives! Praise be to my Rock! Exalted be God my Savior! Therefore I will praise you, Lord, among the nations; I will sing the praises of your name.

Prelude Bourée, from the *Fireworks Music* G.F. Handel
Andrew Hackett, Organist

Hymn #28 Come, Thou Fount of Every Blessing

Invocation

Moments of Silent Confession and Assurance of Pardon
One: This is the Good News. **All: Thanks be to God.**

Gloria Patri #575 Glory Be to the Father

Special Music Savior Like a Shephard Lead Us Dorothy A. Thrupp
Isaac Owens, Tenor, Stephanie Owens, Piano

Pastoral Prayer

Musical Offertory Alleluia Wolfgang Amadeus Mozart
Madeline Jensch, Soprano

Prayer of Dedication and Doxology

Scripture Reading James 3:1-12 Paul Maxwell
One: This is God's Word for God's People. **All: Thanks be to God.**

Sermon Rev. Russell Smith

Hymn #313, vs. 1, 4 My Hope is Built on Nothing Less

Benediction

Postlude Minuet, from the *Fireworks Music* G.F. Handel
Andrew Hackett, Organist

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This week at CFPC

Monday, May 25, 2020 — The church office will be closed for the Memorial Day Holiday.

Wednesday, May 27, 2020, 10 PM — Night Owl Bible Study on Facebook

Sunday, May 31, 2020, 10:30 AM — In-person worship resumes, livestream worship on Facebook continues; see the website at www.covfirstchurch.org for bulletin copies and instructions.

All other events are currently cancelled, until further notice.

Although the church office is only open limited hours, all email and phone messages will be received and answered.

Looking Ahead

Sunday, June 7, 7 PM — Erick and Hyeji Miranda, saxophone and piano recital.

Wednesday, June 10, 12 PM to 6 PM — Hoxworth Blood Drive at CFPC, reservations are required.

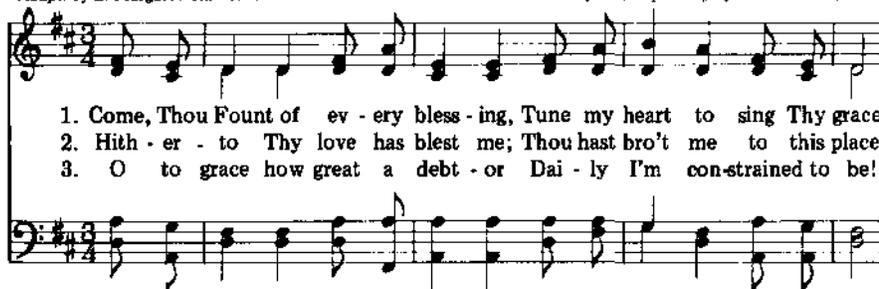
Come, Thou Fount of Every Blessing 28

Blessed be the Lord, who daily loadeth us with benefits. Psa. 68:19

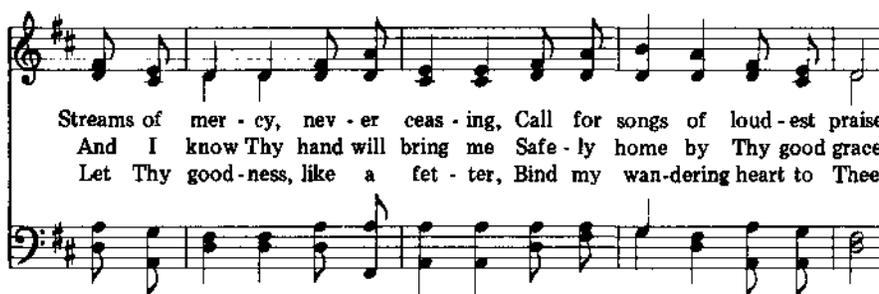
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Robert Robinson, 1758
Adapt. by E. Margaret Clarkson, 1973

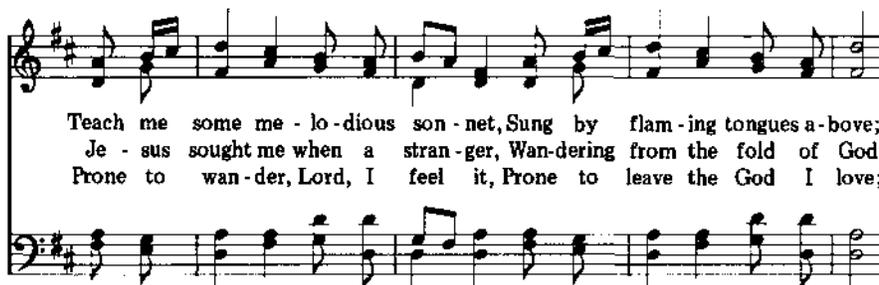
Traditional American melody
John Wyeth's *Repository of Sacred Music*, 1813



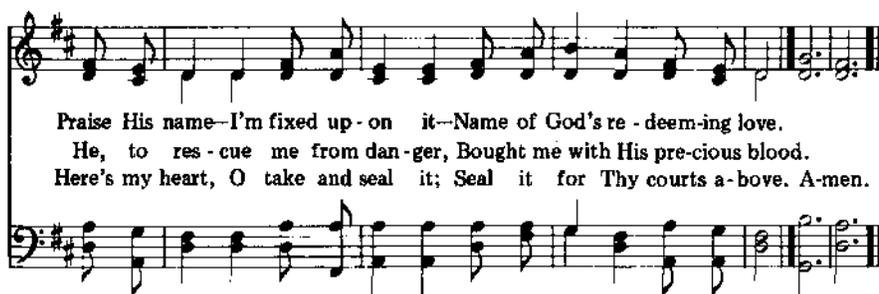
1. Come, Thou Fount of ev - ery bless - ing, Tune my heart to sing Thy grace;
2. Hith - er - to Thy love has blest me; Thou hast bro't me to this place;
3. O to grace how great a debt - or Dai - ly I'm con - strained to be!



Streams of mer - cy, nev - er ceas - ing, Call for songs of loud - est praise.
And I know Thy hand will bring me Safe - ly home by Thy good grace.
Let Thy good - ness, like a fet - ter, Bind my wan - dering heart to Thee:



Teach me some me - lo - dious son - net, Sung by flam - ing tongues a - bove;
Je - sus sought me when a stran - ger, Wan - dering from the fold of God;
Prone to wan - der, Lord, I feel it, Prone to leave the God I love;



Praise His name—I'm fixed up - on it—Name of God's re - deem - ing love.
He, to res - cue me from dan - ger, Bought me with His pre - cious blood.
Here's my heart, O take and seal it; Seal it for Thy courts a - bove. A - men.

HIS PRAISE

313 My Hope Is Built on Nothing Less

Other foundation can no man lay than that is laid, which is Jesus Christ. 1 Cor. 3:11

Edward Mote, 1834

SOLID ROCK L.M. Ref.

William B. Bradbury, 1863

1. My hope is built on noth-ing less Than Je - sus' blood and right-eous-ness;
2. When dark-ness veils His love - ly face, I rest on His un-chang-ing grace;
3. His oath, His cov - e - nant, His blood Sup - port me in the whelm-ing flood;
4. When He shall come with trum - pet sound, O may I then in Him be found;

I dare not trust the sweet-est frame, But whol - ly lean on Je - sus' name.
In ev - ery high and storm - y gale, My an - chor holds with - in the veil.
When all a - round my soul gives way He then is all my hope and stay.
Dressed in His right - eous - ness a - lone, Fault - less to stand be - fore the throne.

Refrain

On Christ the sol - id Rock I stand; All oth - er ground

is sink - ing sand, All oth - er ground is sink - ing sand.

LIFE IN CHRIST



The Art of Spiritual Conversation: Asking About Gratitude

“Be joyful always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (I Thessalonians 5:16-18)

Elder Bill Forrstrom shared a story with me the other day that I thought was a great example of simple, easy-to-do ministry. He was on a phone conversation with a friend that he hadn’t seen in some time. They were talking about the pandemic and some of the challenges of living in this time. Bill’s friend was experiencing an especially difficult challenge because his wedding had been postponed due to the crisis. Even so, this friend was determined to make the best of it. He said that at the end of each day, he was remembering something in that day that gave him joy. And then, he said to Bill, “And I challenge you at the end of the day to think of something that brought you joy.” Bill found that challenge to be very encouraging and put it into practice. He shared it with me, and I asked him to share it with the Session as a whole. And now, I’m sharing it with you as an idea for your ministry toolkit.

There’s a library of literature espousing the benefits of regularly practicing gratitude. Gratitude helps with relationships, helps you feel physically better, helps mitigate against depression, and even helps you sleep better. I’ve long encouraged us to consider the whole month of November a “Season of Thanksgiving” in which we practice gratitude.

Bill’s story reminds me, however, that gratitude is more than a private spiritual practice. Asking people what they’re grateful for is an opportunity to ask them to take a small step closer to Christ. As Paul says in I Thessalonians, it is God’s will that we are joyful, prayerful, and thankful. When we ask someone in our network to practice gratitude, we are implicitly asking them to do a little bit of God’s will. In addition to all the psychological and physiological benefits to gratitude, there is a spiritual benefit. I believe that the act of gratitude softens people’s hearts and opens them up to Christ all the more. The act of gratitude begs the question “to whom am I grateful?” Simply asking someone about gratitude becomes a tiny little seed in their mind. And God may, over the years, nourish that seed into something mighty.

Of course, if we're going to ask the question of others, then we should also be practicing gratitude regularly. Why not try it yourself this week. End each day by writing a list of 2 or 3 things you're grateful for or which have brought you joy. And then think of 2 or 3 people this week that you can invite to the same challenge. Maybe do it together as a practice. Follow up with them later and see what effect the practice of gratitude had. You may be amazed at the results!