

Our Mission is to nurture each other in God's Word and spread the Good News of Christ to all.

**June 2, 2024**  
**Second Sunday after Pentecost**



**Prepare for Worship**

Gracious God, you nourish my faith with the good news that you have forgiven my sins in Christ. Let the gospel be proclaimed by all who come to worship today: by ministers called to preach the gospel, by musicians who adorn the gospel with beauty, and by all who proclaim the gospel in song and prayer. Let the miracle of your forgiving love touch my heart and the hearts of all.

Amen.

## Setting Two

### 919 Blessed Jesus, at Your Word



1 Bless - ed Je - sus, at your Word we are gath - ered  
2 All our knowl - edge, sense, and sight lie in deep - est  
3 Gra - cious Sav - ior, good and kind, Light from Light, from  
4 Fa - ther, Son, and Ho - ly Ghost, praise to you and



all to hear you. Let our hearts and souls be stirred  
dark - ness shroud - ed till your Spir - it breaks our night  
God pro - ceed - ing, o - pen now our heart and mind;  
ad - o - ra - tion! Grant that we your Word may trust,



now to seek and love and fear you, by your teach - ings,  
with the beams of truth un - cloud - ed. You a - lone to  
help us by your Spir - it's plead - ing. Hear the cry your  
con - fi - dent of our sal - va - tion, while we here be -



sweet and ho - ly, drawn from earth to love you sole - ly.  
God can win us; you must work all good with - in us.  
Church now rais - es; hear and bless our prayers and prais - es.  
low must wan - der, till we sing your prais - es yon - der.

*Text (sts. 1–3): tr. Catherine Winkworth, 1827–1878, alt.; (sts. 1–3): Tobias Clausnitzer, 1619–1684; (st. 4): tr. unknown, alt.; (st. 4): Geistreiches Gesang-Büchlein, Berlin, 1707 Tune: Johann R. Ahle, 1625–1673, alt. Text and tune: Public domain*

Stand

## Invocation

In the name of the Father and of the + Son and of the Holy Spirit.

**Amen.**

## Confession

CW 172

If we claim to be without sin, we deceive ourselves and the truth is not in us.

**If we confess our sins, God is faithful and just**

**and will forgive us our sins and purify us from all unrighteousness.**

Let us confess our sins to the Lord.

**Holy God, gracious Father,**

**I am sinful by nature**

**and have sinned against you in my thoughts, words, and actions.**

**I have not loved you with my whole heart;**

**I have not loved others as I should.**

**I deserve your punishment both now and forever.**

**But Jesus, my Savior, paid for my sins with his innocent suffering and death.**

**Trusting in him, I pray: God, have mercy on me, a sinner.**

*Silence for meditation and reflection*

## Absolution

CW 172

Our gracious Father in heaven has been merciful to us. He sent his only Son, Jesus Christ, who gave his life as the atoning sacrifice for the sins of the whole world. Therefore, as a called 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.

**Amen.**

## Lord, Have Mercy

CW 174

In peace let us pray to the Lord.

**Lord, have mercy.**

For the peace from above and for our salvation, let us pray to the Lord.

**Lord, have mercy.**

For the peace of the whole world, for the well-being of the Church of God, and for the unity of all, let us pray to the Lord.

**Lord, have mercy.**

For this holy house and for all who offer here their worship and praise, let us pray to the Lord.

**Lord, have mercy.**


Help, save, comfort, and defend us, gracious Lord.

**Amen.**

## Glory to God in the Highest

CW 176






wor - ship you, we give you thanks, we praise you for your



glo - ry. Glo - ry to God in the high - est, and



peace to his peo - ple on earth.




Lord Je - sus Christ, on - ly Son of the Fa - ther,



Lord God, Lamb of God, you take a - way the sin of the



world; have mer - cy on us. You are seat - ed at the




right hand of the Fa - ther; re - ceive our prayer.



Glo - ry to God in the high - est, and peace to his



peo - ple on earth. For you a -



lone are the Ho-ly One, you a-lone are the Lord,



you a-lone are the Most High, Je-sus Christ,



with the Ho-ly Spir-it in the glo-ry of



God the Fa-ther. A-men. A-men.



Glo-ry to God in the high-est, and peace to his



peo-ple on earth.

Tune: Marty Haugen  
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## The Word

### Salutation

The Lord be with you.

**And also with you.**

## Prayer of the Day

Let us pray.

Eternal God, your Son, Jesus Christ, is our true Sabbath rest. Help us to keep each day holy by receiving his Word of comfort that we may find our rest in him, who lives and reigns with you and the Holy Spirit, one God, now and forever.

**Amen.**

*Be seated*

## First Reading

## Deuteronomy 5:12–15

<sup>12</sup>Observe the Sabbath day by setting it apart as holy, just as the LORD your God commanded you. <sup>13</sup>Six days you are to serve and perform all of your regular work, <sup>14</sup>but the seventh day is a sabbath rest to the LORD your God. You are not to do any regular work, you or your son or your daughter or your male servant or your female servant or your ox or your donkey or any of your livestock or the alien who resides inside your gates, in order that your male servant and your female servant may rest like you. <sup>15</sup>Remember that you were slaves in the land of Egypt and that the LORD your God brought you out from there with a strong hand and an outstretched arm. Therefore the LORD your God commanded you to keep the day of rest.

The Word of the Lord.

**Thanks be to God.**

## 62B Rest in God Alone

### Refrain



Rest in God a - lone, rest in God a - lone, my soul.

### Tone



Truly my soul finds / rest in God;  
my salvation / comes from him.  
Truly he is my rock and my sal- / vation;  
he is my fortress, I will never be / shaken.  
Yes, my soul, find / rest in God;  
my hope / comes from him. *Refrain*

Though your rich- / es increase,  
do not set your / heart on them.  
My salvation and my honor de- / pend on God;  
he is my mighty rock, my / refuge.  
Trust in him at all times, you / people;  
pour out your hearts to him, for God is our / refuge.  
**Glory be to the Father and / to the Son  
and to the Holy / Spirit,  
as it was in the be- / ginning,  
is now, and will be forever. / Amen. *Refrain***

Text: Lectionary for Mass

Tune: Luke Mayernik

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## Second Reading

## Colossians 2:13–17

<sup>13</sup>Even when you were dead in your trespasses and the uncircumcision of your flesh, God made you alive with Christ by forgiving us all our trespasses. <sup>14</sup>God erased the record of our debt brought against us by his legal demands. This record stood against us, but he took it away by nailing it to the cross. <sup>15</sup>After disarming the rulers and authorities, he made a public display of them by triumphing over them in Christ.

<sup>16</sup>Therefore, do not let anyone judge you in regard to food or drink, or in regard to a festival or a New Moon or a Sabbath day. <sup>17</sup>These are a shadow of the things that were coming, but the body belongs to Christ.

The Word of the Lord.

**Thanks be to God.**

*Stand*

## Gospel Acclamation

CW 179



*Refrain*



## Gospel

## Mark 2:23—3:6

<sup>23</sup>Once on a Sabbath day, Jesus was passing through the grain fields, and his disciples began to pick heads of grain as they walked along. <sup>24</sup>The Pharisees said to him, “Look, why are they doing what is not lawful on the Sabbath day?”

<sup>25</sup>He replied to them, “Have you never read what David did when he was in need and hungry (he and his companions)? <sup>26</sup>He entered the house of God in the time of Abiathar the high priest and ate the Bread of the Presence, which is not lawful for anyone to eat, except for the priests. He also gave some to his companions.”

<sup>27</sup>Then Jesus said to them, “The Sabbath was made for man, not man for the Sabbath. <sup>28</sup>So the Son of Man is the Lord even of the Sabbath.”

<sup>1</sup>Jesus entered the synagogue again, and a man was there with a withered hand. <sup>2</sup>They were watching Jesus closely to see if he would heal the man on the Sabbath day, so that they could accuse him. <sup>3</sup>He said to the man with the withered hand, “Step forward!” <sup>4</sup>Then he said to them, “Is it lawful on the Sabbath day to do good or to do evil, to save life or to kill?” But they were silent. <sup>5</sup>Then he looked around at them with anger, deeply grieved at the hardness of their hearts. He said to the man, “Stretch out your hand.” The man stretched it out, and his hand was restored. <sup>6</sup>The Pharisees left and immediately began to conspire against Jesus with the Herodians, plotting how they might kill him.

The Gospel of the Lord.

**Praise be to you, O Christ!**

*Be seated*

## 703 I Heard the Voice of Jesus Say



- 1 I heard the voice of Je - sus say, "Come un - to me and rest;  
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give  
3 I heard the voice of Je - sus say, "I am this dark world's light.



lay down, O wea - ry one, lay down your head up - on my breast."  
the liv - ing wa - ter, thirst - y one; stoop down and drink and live."  
Look un - to me; your morn shall rise and all your day be bright."



I came to Je - sus as I was, so wea - ry, worn, and sad;  
I came to Je - sus, and I drank of that life - giv - ing stream;  
I looked to Je - sus, and I found in him my star, my sun;



I found in him a rest - ing place, and he has made me glad.  
my thirst was quenched, my soul re - lived, and now I live in him.  
and in that light of life I'll walk till trav'ling days are done.

Text: Horatius Bonar, 1808–1889, alt. Tune: English; adapt. Ralph Vaughan Williams, 1872–1958, alt. Text and tune: Public domain

## Sermon Rest is a Gift, Not Something to Be Earned Mark 2:23-3:6

Stand

## **Apostles' Creed**

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

**I believe 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 is seated at the right hand of God the Father Almighty.**

**From there 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.**

## **Prayer of the Church**

Eternal Lord, give us peace as we ponder the good news that you forgive our sins in Christ.  
Lead us to see clearly the path you have laid out for us.

**Work in us so that we believe and live the Word we have heard today.**

Provide courage and compassion to all who preach and teach your Word. Fill them with a love like yours as they proclaim your grace to us and all people.

**Move us to love all ministers of the Word wherever they serve.**

Guard and guide the families of our congregation. Lead husbands and wives to love each other with commitment, respect, and patience. Help parents to grasp the eternal value of keeping their children close to Jesus all their lives. Grant joy to those who are single, and make them a blessing to others.

**Protect us from the temptations that surround us; give us pure hearts and minds.**

Provide wisdom and insight to those who make laws and set policies. Give us respect for those who protect us from crime. Lead us to value the rights of our fellow citizens and to defend those who cannot defend themselves.

**Bless our land with peace and prosperity so that the gospel may be proclaimed to all.**

Give us passion to share the story of your love with our family and friends. Overcome unbelief, and open the hearts of people everywhere to believe the good news that Jesus has forgiven their sins and opened the gates of heaven.

**Fill us with joy over every sinner who repents and comes to trust in you.**

Extend your healing power to those who are sick and suffering in body or mind. Give patience and compassion to all who care for the sick and dying.

**Lift the eyes of the distressed to your love in Christ.**

Hear us, Lord, as we pray in silence.

*Silent prayer*

Gracious God, you govern and direct all things and you love all people. Hear our prayers, spoken and silent, and answer them in your wisdom and grace.

**In Jesus' name we pray. Amen.**

*Be seated*

**Good News for Kids**

**Offering**

## 818 My Soul Finds Rest in God Alone



1 My soul finds rest in God a-lone, my rock and my sal - va - tion;  
2 Find rest, my soul, in God a-lone a - mid the world's temp - ta - tions;  
3 I'll set my gaze on God a-lone and trust in him com - plete - ly;



a for - tress strong a - gainst my foes, and I will not be  
when e - vil seeks to take a hold, I'll cling to my sal -  
with ev - 'ry day pour out my soul, and he will prove his



shak - en. Though lips may bless and hearts may curse, and  
va - tion. Though rich - es come and rich - es go, don't  
mer - cy. Though life is but a fleet - ing breath, a



lies like ar - rows pierce me, I'll fix my heart on  
set your heart up - on them; the fields of hope in  
sigh too brief to mea - sure, my king has crushed the



right - eous - ness, I'll look to him who hears me.  
which I sow are har - vest - ed in heav - en.  
curse of death and I am his for - ev - er.

### *Refrain*



O praise him, hal - le - lu - jah, my de - light and my re - ward;



ev - er - last - ing, nev - er fail - ing, my Re - deem - er, my God.

*Stand*

Blessed Lord, you have given us your Holy Scriptures for our learning. May we so hear them, read, learn, and take them to heart that, being strengthened and comforted by your holy Word, we may cling to the blessed hope of everlasting life; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

**Amen.**

## **Lord's Prayer**

**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.**

## **Blessing**

The Lord bless you and keep you.

The Lord make his face shine on you and be gracious to you.

The Lord look on you with favor and † give you peace.

**Amen.**

## 927 Lord, Dismiss Us with Your Blessing



1 Lord, dis - miss us with your bless - ing; fill our hearts with  
2 Thanks we give and ad - o - ra - tion for the gos - pel's  
3 So when - e'er the sig - nal's giv - en us from earth to



joy and peace. Let us each, your love pos - sess - ing,  
joy - ful sound; may the fruits of your sal - va - tion  
call a - way, borne on an - gels' wings to heav - en,



tri - umph in re - deem - ing grace. O re - fresh us,  
in our hearts and lives a - bound! Ev - er faith - ful,  
glad the sum - mons to o - bey, may we ev - er,



O re - fresh us, trav - 'ling through this wil - der - ness.  
ev - er faith - ful to your truth may we be found.  
may we ev - er reign with Christ in end - less day.

Text: attr. John Fawcett, 1740–1817, alt. Tune: Henry T. Smart, 1813–1879 Text and tune: Public domain

## Acknowledgments

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**THIS WEEK AT LINCOLN HEIGHTS**  
**June 2 - 9, 2024**

Sunday	8:00 am	Worship
	8:45 am	Homeless Meal Delivery
	9:15 am	LES Committee Meeting
	10:30 am	Worship/Kunama Worship
	11:35 am	Handbell Practice
Monday	5:15 pm	Church Council
Wednesday	7:00 pm	Bible Class
Thursday	10:00 am	Women's Fellowship Group
Saturday	9:00 am	Hike at Brown's Woods
	4:00 pm	Game Night
Sunday	8:00 am	Worship with Communion
	8:45am	Homeless Meal Delivery
	10:30 am	Worship/Kunama Worship

## **Welcome to Lincoln Heights!**

We are glad you are here today to grow in the grace and knowledge of our Lord Jesus Christ. Please speak with an usher for any help.

## **Yellow Cards**

Please fill out a yellow card and place it in the offering plate when passed. Thank you.

## **In Our Prayers**

The Lord is eager to hear the prayers of thanks and petitions for help from his people. Please keep these members and families in your prayers. Contact Pastor to add someone to this list:

Ukraine,

Ray & Gloria Overson, Sherry Just and Randy Michael- shut-ins

Pat Oswald, Makenzie Phippen, and Tom Rea - health

Nichelle Hoey - expecting

Kale Weis & Payton Yilek - engaged

Lucas Gilman & Karri Pippett - engaged

## **Online Giving**

Thank you for your generous and cheerful offerings to the Lord.  
[www.LHELC.org/giving](http://www.LHELC.org/giving)



## **Thank You to Today's Helpers**

**Accompanist:** Donna Bakken

**Altar Guild:** Abbey Norton & Tammy Rummel

**Counters:** Steve Winecke & Dave Rasmussen

**Mowing:** Kathy Lewis

**Streaming:** TBA

**Ushers 8 am:** James Norton Jr. & James Norton III

## **Next Sunday's Servants**

**Accompanist:** Jill Rasmussen

**Altar Guild:** Abbey Norton & Tammy Rummel

**Counters:** Leon Burger & Cassandra Canny

**Mowing:** Brad Pippett

**Streaming:** TBA

**Ushers 8 am:** James Norton Jr. & James Norton III

### **Prepare for Next Sunday**

For a simple devotional reading plan, review the readings for this week on Monday through Wednesday. Then read the Scripture for next Sunday on Thursday through Saturday. The Word for next Sunday: *Genesis 3:8-15, Revelation 20:1-6, Mark 3:20-35*

### **Interested in Playing Hand Bells?**

The hand bell choir played some beautiful pieces for us this year. Perhaps the thought of playing crossed your mind while they played. Please contact Sarah Riese if you would like to join the handbell choir for next year. [sriese@gmail.com](mailto:sriese@gmail.com)

### **Nature Walk -June 8**

Join us at Brown's Woods (65 SE Brown's Woods Drive, West Des Moines) for a devotion and nature walk. We will break into groups depending on how far people want to hike. Meet at the trailhead at 9:00 am.

### **Branches Band Concert - Thursday, June 20**

Join Branches Band for a FREE Christian concert! A meal will be provided at 5:30 pm. The hour-long concert will start at 6:30 pm and will feature beloved hymns as well as original songs based on Scripture. [Branchesband.com](http://Branchesband.com)

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