



# First Christian Church

Disciples of Christ

430 S. 16<sup>th</sup> St. Lincoln, NE 68508 402.475.4289

## Weekly Worship

love all • live spiritually • rejoice in hope • show hospitality

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**Week of June 21, 2020**



Public Worship WILL be held at 10:30 am Sunday morning. If you are not quite ready to join us for public worship, we ask that you follow along with this printed service. Find a comfortable place to be, relax your body, and calm your mind. Try to come into a prayerful mindset. As you pray the community prayer, remember, your fellow congregants at First Christian will be praying this along with you. Feel free to keep this prayer to pray all week.

### Community Prayer

O God who hears us, we cry out to you today for our world. In our city, our state, and our country, people are hurting, fighting to be heard, and not caring for their neighbor as we know they should. Lord, give us the strength to not conform to the society we live in. Encourage us to live the alternative lifestyle of love and compassion modeled for us by your Son, Jesus. For when we call ourselves Christian, we are aligning our hopes and dreams with yours. We pray that tomorrow may be a better day. Amen.

Check out our weekly video at [www.fcclincoln.org](http://www.fcclincoln.org), First Christian's Facebook page, or search for First Christian Church, Lincoln, Nebraska on YouTube.

<https://www.youtube.com/channel/UCVeJAW8Dmqv8Jmk5rzj43g>

### Worship Playlist

Unfortunately, one piece of the worship service that we cannot replicate on paper is our wonderful music ministry. Below are links to the songs for this week's worship and reflection. If you have access to the internet, you can type in the links below - OR - you can type the name of each song into YouTube's search engine to enjoy the music this week.

#### When Peace Like a River

<https://www.youtube.com/watch?v=AHeqmo3gX4>

*Performed by Sovereign Grace Music*

#### You're a Good Good Father

<https://www.youtube.com/watch?v=-ak0OoFBw3c>

*Performed by Chris Tomlin*

Even if you are worshipping from home, please continue your regular giving to the church in addition to your faith giving. The FCC office is accepting checks at 430 S. 16th Street, Lincoln, NE 68508. We can also mail you a debit authorization form to do automatic withdrawals. Finally, there is a "GIVE" button on the top right-hand side of the fcclincoln.org website to make an online donation via PayPal.

# Scripture Readings

## *Psalm 86*

A Prayer of David.

<sup>1</sup> Incline your ear, O LORD, and answer me,  
for I am poor and needy.  
<sup>2</sup> Preserve my life, for I am devoted to you;  
save your servant who trusts in you.  
You are my God; <sup>3</sup>be gracious to me, O Lord,  
for to you do I cry all day long.  
<sup>4</sup> Gladden the soul of your servant,  
for to you, O Lord, I lift up my soul.  
<sup>5</sup> For you, O Lord, are good and forgiving,  
abounding in steadfast love to all who call on you.  
<sup>6</sup> Give ear, O LORD, to my prayer;  
listen to my cry of supplication.  
<sup>7</sup> In the day of my trouble I call on you,  
for you will answer me.  
  
<sup>8</sup> There is none like you among the gods, O Lord,  
nor are there any works like yours.  
<sup>9</sup> All the nations you have made shall come  
and bow down before you, O Lord,  
and shall glorify your name.  
<sup>10</sup> For you are great and do wondrous things;  
you alone are God.

<sup>11</sup> Teach me your way, O LORD,  
that I may walk in your truth;  
give me an undivided heart to revere your name.  
<sup>12</sup> I give thanks to you, O Lord my God, with my whole heart,  
and I will glorify your name for ever.  
<sup>13</sup> For great is your steadfast love towards me;  
you have delivered my soul from the depths of Sheol.  
  
<sup>14</sup> O God, the insolent rise up against me;  
a band of ruffians seeks my life,  
and they do not set you before them.  
<sup>15</sup> But you, O Lord, are a God merciful and gracious,  
slow to anger and abounding in steadfast love and faithfulness.  
<sup>16</sup> Turn to me and be gracious to me;  
give your strength to your servant;  
save the child of your serving-maid.  
<sup>17</sup> Show me a sign of your favor,  
so that those who hate me may see it and be put to shame,  
because you, LORD, have helped me and comforted me.

# Reflection

## “Meditation for 3rd Sunday after Pentecost”

### “Prayers of Lament”

You have probably noticed that one of my go-to books in the bible is the Psalter. The Psalmist has a way with words that often expresses the heart of my prayers so much better than I can. Psalm 86 is classified as a “Prayer for deliverance from personal enemies” or “a Psalm of Lament.” Biblical scholar, and one of my seminary professors, Bernhard Anderson notes in his book *Out of the Depths: the Psalms Speak for us Today* that the lament is the most common type of song in the Psalter. He goes on to say that God’s people often found themselves in the interim between God’s promises and the fulfillment of them.

Today, many of us may find ourselves in a similar “interim” place as well. As we navigate through our lives, and particularly through these times of Protest and Pandemic, we may feel like offering our laments as the Psalmist did. Our reading from Psalm 86 invites us to do that very thing.

Anderson goes on to point out that “lament” may not be a good word, it tends to imply a pessimism, “a bemoaning of a tragedy which cannot be reversed.” In the Psalter this is not the sense. There is a sense of confidence that the situation can be reversed if God wills to intervene. A lament is really an appeal to God’s compassion to intervene and change a desperate situation. Anderson offers a general structure of a Prayer of Lament which can guide us in our own prayers:

1. Address to God
2. Sharing our Complaint-naming and identifying our situation, including our feelings
3. Confession of Trust in God-that God hears us and responds to our prayers
4. Petition-what do we want?
5. Words of Assurance
6. Vow of praise no matter what happens in our lives and world

While participating in a recent Zoom meeting on Resilience, I was reminded of the importance of sharing our feelings and experiences with others. It is in naming and sharing our feelings that we acknowledge and embrace a situation, the good and the bad. As we share and embrace our feelings and experiences, we are empowered to move on. The Psalmist reminds us of how important it is to do this with God, to share our feelings, experiences, and hopes. Like the Psalmist we can do this knowing that God hears us and loves us enough to respond. The challenge is when God may not respond in the ways we hope. But, it is still critical to openly share our hopes and prayers. This process of lament enables us to embrace life fully, the blessings and the challenges alike.

In these challenging times, may we follow the path provided by the Psalmist as we share our laments with our God who loves and hears us.

AMEN

# Prayers & Praises

## June 21, 2020

# Spiritual Practice

## Pray and Work

### In Our Church Family:

- William Deterding
- Betty Ferguson
- Arlene Heimer
- Marvin Thurber
- Roger & Jessica Vocasek
- Scott Dietrick
- Marj Snodgrass

### Relatives:

- Friends and Family of *Vic Burgess*
- Friends and Family of *Dick & Roxie Pickel*
- Rick Pickel, *going back in for treatments, son of Dick & Roxie Pickel*
- Herb, *prayers for health and wellness, cousin of Tom Mason*
- Stephanie, *prayers for upcoming surgery on a frontal lobe tumor, cousin of Vince Ortega*

### Friends:

- Pam Larsen, *continuing to fight cancer, friend of Marcia Foster*
- Peggy Westburg, *prayers during chemotherapy, friend of Lindsay Swanson*
- Karen, *during cancer treatments, co-worker of Rhonda Ball*
- Dianna Clark, *prayers for health concerns and upcoming tests*
- Prayers for a co-worker, *who was paralyzed in an accident, from Carla Pinneo*
- Dennis, *battling cancer, friend of the Effle Family*
- Will Barrett, *for healing with gut issues, high-school aged neighbor of the Blossers*

### Our Timothy's:

- Bruce Frogge at Cypress Creek CC in Spring, TX
- Glenda Dietrich Moore, Creative Arts Ministry in Lincoln, NE

### In the Nebraska Region:

- CCN Ministry Coordinators Teresa Olberding, Paul Few, and Holly Gage

### Our Global Ministries Missionaries:

- Leda Zakarison serving in Lebanon

Find more information and stories about our Global Ministry partners at [www.globalministries.org](http://www.globalministries.org)



Cultivate an attitude of mindfulness toward daily chores so that you can see God in them. Take a moment to pray over the tools of your day, to give thanks for them, or to ask for their proper use, whether a mop, paintbrush, or high technology. The computer may or may not crash, but you might develop the gift of patience needed to handle the situation.

Use technology to help you in your devotional life. Set up your screensaver with a meaningful Bible verse or quotation from a spiritual writing. Make your computer wallpaper a scene from nature that reminds you of God's creative power. Each time you have to enter a password, make it a word of religious importance to you - the gifts of the Spirit, one by one, will keep you going for a long time!

Consider this variation on the Celtic prayer for starting a fire as you turn on your computer:

**For the God of Life:** turn on your computer tower;

**For the God of Peace:** turn on your monitor;

**For the God of Grace:** turn on your printer.

Brother Lawrence, a 17th century Christian Carmelite found in his thirty years of serving as a cook that the kitchen was a fruitful place for practicing the presence of God:

*"The time of business does not with me differ from the time of prayer, and in the noise and clatter of my kitchen, while several persons are calling for different things, I possess God as in great tranquility as if I were upon my knees."*

*Adapted from the Office of Spiritual Formation of the Presbyterian Church (U.S.A.)*