



Acceptance

WHITNEY

UNITED METHODIST CHURCH

September 20, 2020

10:00 a.m.

Rev. Christina Thompson

Welcome

Welcome to worship this morning. I am Rev. Christina Thompson, Pastor here at Whitney United Methodist Church and I am so glad you are worshiping with us this morning. We are exploring how we find Finding Peace in an anxious world by finding acceptance of the things we cannot change. May we indeed find the peace of God through our worship this morning.

Opening thoughts

We struggle with finding peace when we try to control things that can't be controlled. It is in finding trust in God and leaving room for God to work that we can find acceptance and peace. Hear these words from Psalm 146 that remind us that we can put our trust in God and thereby sing praise to God all our life long.

*Praise the Lord! Praise the Lord, O my soul!
I will praise the Lord as long as I live;
I will sing praises to my God all my life long.*

*Do not put your trust in princes,
in mortals, in whom there is no help.
When their breath departs, they return to the earth;
on that very day their plans perish.
Happy are those whose help is the God of Jacob,
whose hope is in the Lord their God,
who made heaven and earth, the sea, and all that is in them;
who keeps faith forever; who executes justice for the
oppressed;
who gives food to the hungry.*

*The Lord sets the prisoners free; the Lord opens the eyes of
the blind.*

*The Lord lifts up those who are bowed down;
the Lord loves the righteous.*

*The Lord watches over the strangers;
he upholds the orphan and the widow,
but the way of the wicked he brings to ruin.*

*The Lord will reign forever,
your God, O Zion, for all generations.*

Praise the Lord!

Let us worship God.

Lighting the candle

As we begin our worship this morning, I invite you to light your candle as a reminder that God is our refuge and strength, God is our very present help in trouble. May this light remind us of that truth.

Prayer Centering us for worship

We bow down before you, O Sovereign God, for your power fills all the universe, and your ways are beyond our knowing. We want to fully live in your kingdom, to be guided by your spirit to accept the things we cannot change. But God you know how often we try to change things that cannot be changed. Forgive us for all the work and energy we put into trying to make things work the way we want. Grant us the serenity and peace to accept that there are things we cannot change and help us to put our trust in you, knowing that our help comes from you. Amen

Opening Song

Andy/Svetlana

How Great Thou Art RH v. 1,2

Verse 1

O Lord my God, when I in awesome wonder
Consider all the worlds Thy hands have made
I see the stars, I hear the rolling thunder
Thy power throughout the universe displayed

Chorus

Then sings my soul, my Savior God to Thee
How great Thou art – How great Thou art
Then sings my soul, my Savior God to Thee
How great Thou art – How great Thou art

Verse 2

When through the woods and forest glades I wander
And hear the birds sing sweetly in the trees
When I look down from lofty mountain grandeur
And hear the brook and feel the gentle breeze

Chorus

Scripture Proverbs 1:2-7, 3:5-8

Sermon

Acceptance

Rev Christina

Response Welcoming Prayer (Spiritual Practice)

This way of living in acceptance of what we cannot change is faithful and good, but not easy or intuitive. One practice that is helpful for teaching our hearts the practice and discernment of acceptance is the welcoming prayer. This prayer was first understood as a spiritual practice by Mary Mrozowski in the 1980 while she was studying with priests and founding contemplative outreach.

The Welcoming practice is a spiritual practice of welcoming the now, whatever it may be, so that our hearts might be more attentive and more able to accept whatever comes into our lives on this journey we are on with God.

The welcoming prayer can be practiced anywhere, anytime, anyplace. It simply means centering into one's emotional and prayer life following the following three steps.

1. **Focus, Feel, sink in:** Become aware of whatever is happening in your body and your soul. Sink in to truly allow and accept what you are feeling and experiencing, without judgement or attempting to change it. Notice deeply and with God,
2. **Welcome and name:** Whatever you find, welcome it in words spoken or unspoken, even if it is something you find challenge. "Welcome, fear" or "Welcome, pain" or "Welcome, grief", "welcome confusion," are all fitting words of welcome. Fit it to whatever truth you are experiencing at the moment.
3. **Let go and let God:** Once you have felt, welcomed, and named the experience you are having, begin to release it in whatever ways possible. Release yourself physically, and emotionally. It can also help to use words of release to ease yourself out of the prayerful exercise. Some recommendations include, "I let go of the desire for security, affection, control" and "I let go of the desire to change what I am experiencing."

Welcoming prayer is from chapter 2 of *Finding Peace in an Anxious World* copy write 2020 United Methodist Women. All rights reserved. Used by permission.

Anthem

Six Ways to Sunday

“Come as You Are” by Crowder

Verse 1

Come out of sadness, from wherever you’ve been
Come broken hearted, let rescue begin
Come find your mercy, oh sinner, come kneel
Earth has no sorrow that heaven can’t heal.
Earth has no sorrow that heaven can’t heal.

Chorus

So, lay down your burdens, lay down your shame
All who are broken, lift up your face
Oh wanderer, come home, you’re not too far
lay down your hurt, lay down your heart, Come as you are.

Verse 2

There’s hope for the hopeless and all who’ve strayed
Come sit at the table, come taste the grace
There’s rest for the weary, rest that endures,
Earth has no sorrow that heaven can’t cure.

Chorus

Come as you are, fall in his arms, Come as you are.

Verse 3

There’s joy for the morning, oh sinner, be still
Earth has no sorrow that heaven can’t heal.
Earth has no sorrow that heaven can’t heal.

Chorus/Ending

So, lay down your burdens, lay down your shame
All who are broken, lift up your face
Oh wanderer, come home, you’re not too far
So lay down your hurt, lay down your heart,
Come as you are. Come as you are. Come as you are.

CCLI Song # 7017790

Ben Glover | David Crowder | Matt Maher

© 2014 9t One Songs (Admin. by Capitol CMG Publishing) Ariose Music (Admin. by Capitol CMG Publishing) Inot Music (Admin. by Capitol CMG Publishing) sixsteps Music (Admin. by Capitol CMG Publishing) Thankyou Music (Admin. by Capitol CMG Publishing) Valley Of Songs Music (Admin. by Capitol CMG Publishing)

worshiptogether.com songs (Admin. by Capitol CMG Publishing)

For use solely with the SongSelect© Terms of use. All rights reserved. www.ccli.com

CCLI License # 3183399 - Streaming License #20112113

Pastoral Prayer

Listening God, you hear the prayers of your people. Hear now these prayers, both spoken and silent:

For peace where there is conflict ...

Lord in your mercy, hear our prayer

For food where there is hunger ...

Lord in your mercy, hear our prayer

For hope where there is despair ...

Lord in your mercy, hear our prayer

For acceptance where there is anxiety...

Lord in your mercy, hear our prayer

For health where there is sickness ...

Lord in your mercy, hear our prayer

For faith where there is fear ...

Lord in your mercy, hear our prayer

For life where there is death ...

Lord in your mercy, hear our prayer

We pray in the name of Jesus, who conquers all that would defeat us and gives us new life. **Amen.**

Feasting on the Word Worship Companion: Liturgies for Year A, Volume 2 (p. 140). Presbyterian Publishing Corporation. Kindle Edition.

The Lord’s Prayer

Dewey Knowles

Offering

Whether we face plenty or hunger, abundance or want, we can live in the acceptance of the God who walks with us. In these moments of thankfulness, we remember how God has blessed us. We can give with great joy because we trust the God of our salvation.

You can give of your tithes and offerings by sending in a check to the church by mail, or giving electronically through our website.

Let us pray over the gifts that will be received.

We rejoice, O God of peace and serenity, in the privilege of giving without fear. You come to us daily with blessings too numerous to count. You are the Holy One whose presence relieves our anxieties, feeds our hungers and stirs our compassion. Through our offerings, we express our gratitude. Thank you for accepting all we offer. Amen.

Reprinted by permission of United Church Press from *Gathered by Love: Worship Resources for Year C* by Lavon Bayle. Copy write 1994 by United Church Press.

Closing Hymn

Andy/Svetlana

Help Us Accept Each other #560 v. 1, 2, 3

Verse 1

Help us accept each other
As Christ accepted us
Teach us as sister brother
Each person to embrace
Be present Lord among us
And bring us to believe
We are ourselves accepted
And meant to love and live

Verse 2

Teach us O Lord Your lessons
As in our daily life
We struggle to be human
And search for hope and faith
Teach us to care for people
For all - not just for some
To love them as we find them
Or as they may become

Verse 3

Let Your acceptance change us
So that we may be moved
In living situations
To do the truth in love
To practice Your acceptance
Until we know by heart
The table of forgiveness
And laughter's healing art

Sending Forth

May we go into the world to find the serenity that comes from accepting the things we cannot change and trusting that there are many moments when we can simply say, let it be. God will take care of the rest.

Passing the Peace

May the Peace of the Risen Christ be with you

And also with you

Invitation to next week

I invite you to join us next week as we continue Finding Peace in an Anxious World based on the serenity Prayer. Next week we will explore courage.

After worship, you are invited to our virtual coffee hour on zoom. The link to join us is in the email you received with the links to this service. There are also instructions on this screen. We will gather about 10:45 am.

You are also invited to join us on our Facebook Group - [Whitney United Methodist Church Group](#) to chat about the service. You can join the conversation anytime.

There are many ways to connect with us even as we are physically distancing.

Our radio program Reach Out and Trust broadcasts on KBXL 94.1 FM on Sunday mornings at 7:30 am and 11:30 am.

May God be with us until we meet again.

NOTES