

Matthew 4:1-4; 6:16-18

Acts 13:2-3

**Biblical Practices for Faithful Living:
Practice Spiritual Disciplines – Fast**

SPIRITUAL
DISCIPLINES
THE PATH TO TRANSFORMATION

March 6, 2022

1st Sunday in Lent



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 firstpresgfmt

PREPARING FOR WORSHIP

How amazing, Jesus, that you faced temptation just as we do every day. Remind us to draw on Scripture to confront it, but most of all to rely on you for strength to resist and forgiveness when we fail.

Welcome to worship this first Sunday in Lent as we journey toward the cross and the empty tomb. With voices full of excitement, attitudes full of enthusiasm, and spirits full of joy let us actively give our worship to God.

Be sure to check-in through **social media** or text message to let your family members, friends and followers know you are here to praise God. And like us on Facebook.

Please use the time before worship begins to prepare yourself for your **offering of worship** to God. Feel free to listen to music; read and meditate on the Scripture reading for today; or silently meditate on God's grace, emptying your mind of all distractions.

May you be renewed and strengthened through our celebration of **Communion** this morning. The Presbyterian Church (USA) has an open communion table. We welcome all who accept Jesus as Lord and Savior, have been claimed by the Holy Spirit, and are baptized "in the Name of the Father, the Son, and the Holy Spirit" by any Christian denomination to join us in communing with our Lord and Savior, Christ Jesus. If you are joining us at home, be sure to have something ready for the bread and juice at the appropriate time. You will be instructed when to eat and drink.

All **music** is copied, projected, and live streamed with permission, CCLI #2716126, OneLicense A-722348, CSPL 104723.

All **scripture** passages quoted or referred to are from the New Revised Standard Version (NRSV), unless noted.

If you are comfortable standing, please do so when you see an asterisk "***". There are **hearing enhancement** devices and **large print** bulletins available from the ushers. Please join us after worship for **fellowship** downstairs in the Social Hall.

*We are the Body of Christ
Joyfully Worshiping God
Compassionately Caring for One Another
Humbly Serving Others
Continually Growing Together in God's Word
And Actively Sharing the Good News of Christ*

May our worship be pleasing to God!

GATHERING BEFORE GOD

Prelude

Allegretto Cantabile (from String Quartet), Joseph Haydn

Time of Silence

Welcome

*Call to Worship (Leader **People**)

Draw near to God

and God (*raise both arms to the sky*)

will draw near to us. (*bring hands toward heart, crossing them over your heart*)

When we fast, we free up space to ponder God's goodness.

Let us (*extend arms forward, palms facing upward*)

keep company (*bend elbows and bring together hands in prayer*)

with Jesus. (*sign "Jesus" using right middle finger touching the middle of left palm, repeat with left middle finger touching the middle of right palm*)

*Song of Praise #775

I Want Jesus to Walk with Me

*Our Confession and God's Forgiveness (Leader **People**)

Happy are those whose sin is forgiven,
who no longer suffer in silence,

**but name their sin
and seek God's grace...**

Merciful God,

we confess that we have been a rebellious people.

We have broken your covenant,

and we have tolerated injustice in our land.

We have not shared our food with the hungry,

we have not sheltered the homeless,

and we have not aided the destitute.

We quarrel and fight among ourselves,

and we use religion to cover our deceit.

We have become a mockery of our heritage;

the world looks at us and asks,

"Where is their God?"

Forgive us,

O God...

(Silent Personal Prayers of Confession)

According to the Lord's abundant mercy,
there is forgiveness
for all who seek repentance,
and grace
for all who turn their hearts to the way of Jesus.

Thanks be to God.

HEARING THE GOOD NEWS

Message in Music

He Looked Beyond My Fault, Dottie Rambo

Prayer for Illumination

Scripture & Message

Matthew 4:1-4; 6:16-18

Acts 13:2-3

Biblical Practice for Faithful Living:
Practice Spiritual Disciplines – Fast

RESPONDING TO THE GOOD NEWS

*Song of Response #519

You Are My All in All

*Affirmation of Faith (**Unison**) *The Second Helvetic Confession*, 5.227, 5.229, adapted

Fasting is an aid to the prayers of the saints and for all virtues. But as is seen in the books of the prophets, the fast of the Jews who fasted from food but not from wickedness did not please God.

All fasts ought to proceed from a free and willing spirit, and from genuine humility, and not pretend to gain the applause or favor of people, much less that a person should wish to merit righteousness by them. But let every one fast to this end, that each may deprive the flesh of its fuel in order that each may the more fanatically serve God.

Giving of God's Tithe and Our Offerings

Invitation to Offering (Leader **People**)

As God so freely offers us
the gift of life in Jesus,

**we respond with gratitude,
offering our lives to God.**

Offertory

Andante Religioso (from *Sonata 4*), Felix Mendelssohn

Prayer of Dedication (Leader **People**)

We give you thanks and praise, O God,
for the free and abundant gift of grace
you have given us in Jesus.

**Let the simple gifts of our lives
be a sign of our unending gratitude
for your undying love;
through Jesus,
our Lord.**

Amen.

Holy Communion

Invitation to the Lord's Table

Prayer of Thanksgiving (Leader **People**)

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Let us pray...

The Lord's Prayer (Luke 11:2-4, NRSV)

Father, hallowed be your name.

Your kingdom come.

Give us each day our daily bread.

And forgive us our sins,

for we ourselves forgive everyone indebted to us.

And do not bring us to the time of trial.

Amen.

Breaking of the Bread and Pouring of the Cup

Communion of God's People #525

Let Us Break Bread Together

Prayer after Communion (**Unison**)

Thank you,

gracious God,

for giving us bread for the journey of these forty days.

As we travel on through the wilderness,

help us to share your grace with others

and draw us ever closer to you;

through Jesus our Lord.

Amen.

Prayers of the People

SENDING FOR SERVICE

*Sending Song

Go Now In Peace

*Charge (Leader **People**)

We are the Body of Christ;

Joyfully worshiping God,

compassionately caring for one another,

humbly serving others,

continually growing together in God's Word,

and actively sharing the Good News of Christ.

*Invitation to Discipleship

*Blessing

*Postlude

Fantasy in C Major, J.S. Bach

May our service be pleasing to God!

SPECIAL NOTES ABOUT TODAY'S WORSHIP

Lent is the fourth season of the Christian year. Its length is the 40 days preceding Easter Day, not counting Sundays. This means Lent always begins on a Wednesday, known as Ash Wednesday. Lent commemorates Jesus' fast and temptation in the wilderness which lasted 40 days. Just as Jesus confronted his temptations during these 40 days, Lent helps us focus on our most basic need as sinners: forgiveness. The only way our Lord's forgiving power can become effective in our lives is by our taking the initiative to confront our sins, confess them and repent of them. In short, Lent is a season of penitence. The liturgical color is purple.

The **Time of Silence** is an opportunity for you to clear yourself from what might distract you from fully giving your worship to God; for you to sit in the presence of God with nothing to do but simply be there; and to open yourself to the power of the Holy Spirit.

The **Call to Worship** is from the Young Children and Multiage Children Leader Guides from Follow Me: Biblical Practice for Faithful Living- Practice Spiritual Disciplines material.

ANNOUNCEMENTS

Office Hours The church office is open Monday through Friday 8:00 a.m. – 12:00 noon and 1:00-3:00 p.m.

Tithes and Offerings may be mailed to the church office or made online through our website, www.firstpresgfmt.org.

Souler Energy, our weekly Sunday Worship broadcast, can be viewed every Sunday at 9:30 a.m. on KFBB TV Channel 5 (cable channel 9).

Prayer Partners Prayer requests may be made by calling Jane Snowberger (761-0518) or Marla Wilckens (452-0226).

Remember: articles for the PRESS, or eblast, are to be e-mailed directly to Faith at publications@firstpresgfmt.org. If you use her personal email address, or the office email of secretary@firstpresgfmt.org, there is no guarantee they will be noticed for inclusion in a timely manner.

Upper Room, Bulletins, Sermon Manuscripts If you would like any of these mailed to you on a weekly basis, please let the office know.

If you are not receiving **emails**, including the Saturday morning “Church Update”, please send your current email address to the office, secretary@firstpresgfmt.org.



Today, we start looking at the biblical practice of “Practice Spiritual Disciplines”. Spiritual disciplines are practices we undertake intentionally to deepen our relationship with God, and to be transformed into better disciples of Jesus. As we look at the Biblical Practice of Spiritual Disciplines, we will focus on these six aspects:

- ~**Fast**
- ~**Pray**
- ~**Listen to God**
- ~**Embrace Simplicity**
- ~**Unplug**
- ~**Try New Spiritual Disciplines**

Following Jesus is a lifelong journey where we learn and do what Jesus said and did. And it takes practice. And practice. And more practice. Not so we main obtain perfection, but rather to open and honestly put our faith and love into action. Learning about and following these different practices will help form our worship, adult education classes, children and youth education classes, even some congregation events. Adult Classes begin Thursday, January 6 and meet every Thursday at 6:30 p.m. (Zoom only) and Sundays at 8:15 a.m. (in the library and on Zoom).

Our times of worship are **live streamed** on our YouTube channel and Facebook page. Search for “First Presbyterian Church Great Falls MT” on either site. Recordings of previous live streams will remain on both sites. Direct links to upcoming live streams can be found on our website and in the weekly Saturday morning email. If for some reason, the live stream fails, we will establish a new stream connection. Return to our YouTube channel home page, or Facebook page, to find the new link.

Mark your calendars now. The Deacons’ **Spring Follies** will be March 20.

All **church meetings**, classes, and events (including worship) held at the church are hybrid events, which means you can attend in person, or online through either YouTube or Zoom, depending on the event. Please respect the comfort and safety level of others, including honoring social distancing and potentially wearing a mask. Also, if you are not feeling well, please stay home and join us online (either on YouTube or Zoom). The normal Zoom meeting ID is 491 101 0646 and the passcode is 406884 or type the following into your web browser: <https://us02web.zoom.us/j/4911010646?pwd=azRJamU5dFRFdTdXU3R5Um1UZ09wZz09>

Financial Update:	February	March to Date	2022 to Date
Income	\$18,412.13	\$0.00	\$44,186.92
Expenses	<u>\$31,024.85</u>	<u>\$9,653.16</u>	<u>\$71,769.19</u>
Difference	(\$12,612.72)	(\$9,653.16)	(\$27,582.27)

WOW (Worship on Wednesday) has programs for children, youth, young adults, and adults. Our hope is to attract community members as well as congregation members. Childcare will be available for all under 3. Dinner is served at 6:00 p.m., with programs/classes to follow. Invite a neighbor and join us!

COMING WORSHIP THEMES

March 13, 2022

2nd Sunday in Lent

Matthew 6:1-15

Biblical Practices for Faithful Living:

Practice Spiritual Disciplines – Pray

March 20, 2022

3rd Sunday in Lent

1 Kings 19:1-18

John 10:27

Revelation 3:20

Biblical Practices for Faithful Living:

Practice Spiritual Disciplines – Listen to

God

March 27, 2022

4th Sunday in Lent

Matthew 6:19-21

Philippians 4:11-12

Revelation 3:20

Biblical Practices for Faithful Living:

Practice Spiritual Disciplines – Embrace

Simplicity

April 3, 2022

5th Sunday in Lent

MAY GOD BLESS THIS WEEK

Unless noted, all events are hybrid (in person and live-streamed or via Zoom)

Today, Sunday, March 6	8:15 a.m.	The Biblical Practice of Following Jesus Adult Class
	10:00 a.m.	Worship
	11:15 a.m.	Fellowship Time
	11:30 a.m.	Listening Group
		Worship Task Force
Monday, March 7	6:30 p.m.	Women's Bible Study
Tuesday, March 8	10:30 a.m.	Staff Meeting
	4:00 p.m.	Finance Committee
	6:00 p.m.	Property Committee
Wednesday, March 9	7:00 a.m.	Men's Group
	6:00 p.m.	WOW (Worship on Wednesday)
Thursday, March 10	6:30 p.m.	The Biblical Practice of Following Jesus Adult Class (Zoom only)
Saturday, March 12	10:00 a.m.	Presbyterian Women
Next Sunday, March 13	8:15 a.m.	The Biblical Practice of Following Jesus Adult Class
	10:00 a.m.	Worship
	11:15 a.m.	Fellowship Time
	11:30 a.m.	Listening Group
	4:00 p.m.	Children & Youth Ministries Committee

UPCOMING DATES TO REMEMBER

Unless noted, all events are hybrid (in person and live-streamed or via Zoom)

Tuesday, March 15.....	Joint Session & Board of Deacons Meeting, 6:30 p.m.
Sunday, March 20	Spring Follies, 11:30 a.m.
Thursday, March 24	Spiritual Life Committee, 12:00 noon
Sunday, March 27	Annual Meeting, 11:30 a.m.
Wednesday, March 30	Game Night, 6:00 p.m.
Friday, March 1-Sunday, April 3	Presbytery Meeting in Hamilton
Tuesday, April 5.....	Souler Energy Committee, 12:00 noon
Thursday, April 7	Worship Committee, 5:00 p.m.
Saturday, April 9.....	Presbyterian Women, 10:00 a.m.

The Officers and Staff of First Presbyterian Church welcome you
to this time of worship and invite you to join us in ministry!

Head of the Church

Christ Jesus, our Lord and Savior

Session

John Ritchie (Moderator)

Ginger Blevins
Alissa Brown
Mary Fagenstrom

April Hansen
Randy Houtz (Clerk)

Jane Snowberger
Jennie Yates

Deacons

Judy Buer
Barb Flaherty

Tom Hazen
Dave Herman

Paula Jackson
Deb Skinner

Staff

Rev. John E Ritchie, Pastor (906-322-9490)	Liza Nosich, Accounts Payable/Payroll Financial Secretary
Alissa Brown, CE Director	Butch Steele, Worship Video Coordinator
Joan Schmidt, Ministry of Music	Alex Rosenleaf, Choir Director
Keyna Myers, Office Manager	Kari Rosenleaf, Bell Choir Director
Faith Janes, Publications Secretary	

Wounded Healers “Nobody escapes being wounded,” writes Henri Nouwen. “We all are wounded people, whether physically, emotionally, mentally or spiritually. The main question is not ‘How can we hide our wounds?’ so we don’t have to be embarrassed, but ‘How can we put our woundedness in the service of others?’ When our wounds cease to be a source of shame, and become a source of healing, we have become wounded healers.” He continues, “Jesus is God’s wounded healer: through his wounds we are healed. Jesus’ suffering and death brought joy and life. His humiliation brought glory; his rejection brought a community of love. As followers of Jesus, we can also allow our wounds to bring healing to others.” How might viewing Jesus as a wounded healer affect your relationship with him? What roles have wounds and healing played in your own faith life? How can you minister to other people from a place of brokenness?



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Prayer Requests for the Week of March 6, 2022

To you, O Lord, I lift up my soul. (Psalm 25:1)

This week's staff/officer:	Kari Rosenleaf, Bell Choir Director	
This week's elder:	Mary Fagenstrom	
This week's deacon:	Tom Hazen	
This week's ministry:	Personnel Committee	
This week's mission support:	Haiti	
This week's home bound/care center:	Buz & Mary Sibert	
This week's families	Rebecca & Brandan Hannant & Caroline Collins	
	April Hansen	
	Pearl Hansen	

Other prayer requests:

Bonnie Feddes	Kurt and Mary Fagenstrom	Hyke
The Family of Michael Evans	Stu Brown	Shirley
Evelyn		

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If an update on prayer requests has not been received after three weeks, the request will be removed from this list. Please call the church to update the prayer list.

Notes from Worship – March 6, 2022

Matthew 4:1-4; 6:16-18

Acts 13:2-3

Biblical Practices for Faithful Living: Practice Spiritual Disciplines – Fast

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished.

(Matthew 4:1-2, New Revised Standard Version)

Jesus said, “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.”

(Matthew 6:16-18, New Revised Standard Version)

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Then after fasting and praying they laid their hands on them and sent them off.

(Acts 13:2-3, New Revised Standard Version)