

# YOU ARE SAFE HERE.

Church In Bethesda is a multi-denominational, multicultural, open & inclusive community, connecting our city through spirituality, education, and service. We seek to serve people of all races, genders, ages, cultures, orientations, family configurations, physical and mental conditions, religions, and all other distinctions which make up the beautiful tapestry of God's creation.

## Words

In some traditional prayers, hymns, and scripture passages, God is often portrayed as gender-specific. As we pray, sing, and learn together, you are invited to substitute terms that reflect your understanding of the full inclusiveness of God.

# SINGING

## Everlasting God

All music is used by permission under CCLI License #11275957

### Verse 1

Strength will rise as we wait upon the Lord  
We will wait upon the Lord  
We will wait upon the Lord

### Pre Chorus

Our God, You reign forever  
Our hope, our strong Deliverer

### Chorus

You are the everlasting God  
The everlasting God  
You do not faint  
You won't grow weary

You're the defender of the weak  
You comfort those in need  
You lift us up on wings like eagles

# SINGING

## What A Beautiful Name

All music is used by permission under CCLI License #11275957

### Verse 1

You were the Word at the beginning  
One with God the Lord Most High  
Your hidden glory in creation  
Now revealed in You our Christ

### Chorus

What a beautiful Name it is  
What a beautiful Name it is  
The Name of Jesus Christ my King  
What a beautiful Name it is  
Nothing compares to this  
What a beautiful Name it is  
The Name of Jesus

### Verse 2

You didn't want heaven without us  
So Jesus You brought heaven down  
My sin was great Your love was greater  
What could separate us now

### Bridge

Death could not hold You  
The veil tore before You  
You silence the boast of sin and grave

The heavens are roaring  
The praise of Your glory  
For You are raised to life again

You have no rival  
You have no equal  
Now and forever God You reign

Yours is the kingdom  
Yours is the glory  
Yours is the Name above all names

# WELCOME

## Anna Centeno

We're glad you're here! Welcome back if you've been here before, and a very special welcome if you're here for the first time.

## CiB Kids

Our program for kids, K through 5th grade happens right now, downstairs. During The Passing Of The Peace, you may take your children there if they would like to join the other kids.

## The Passing Of The Peace

This is a time for us to greet other in the spirit of peace. Please be COVID conscious, as some might prefer not to engage in physical touch.

# THE LORD'S PRAYER

## McKenna Merz

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 for ever and ever.

# A SONG OF CENTERING

We invite you to sit and listen to a song before we hear from the scriptures.

## Fighting For Me

All music is used by permission under CCLI License #11275957

### Verse 1

I need the kinda love that  
can outlast the night  
I need the kinda love that  
is willing to fight

When the going gets tough  
And my strength's not enough  
I see You showing up like never before

This battle for my heart  
You took on from the start  
You are the peace when  
my mind's at war

### Chorus:

You will never stop fighting for me  
When I can't fight for myself

Every word is a promise You keep  
'Cause You love me like nobody else

You stand up for me in the darkest night  
When my faith is weak You're still by my side

You will never stop fighting for me  
You will never stop fighting for me

### Verse 2

In the perfect timing  
You make all things right  
You paint a silver lining in this heart of mine

When the going gets tough  
And my strength's not enough  
I see You showing up like never before

This battle for my heart  
You took on from the start  
You are the peace when my mind's at war

### Bridge

Your love is winning me over  
Your heart is pulling me closer  
Your love is winning me over  
Your heart is pulling me closer

# SERMON

## Ryan Phipps "A Busy Heart"

Passage: "Above all else, guard your heart, for everything you do flows from it."  
—Proverbs 4:23

Perspective: I lied and said I was busy. I was busy; but not in a way most people understand. I was busy taking deeper breaths. I was busy silencing irrational thoughts. I was busy calming a racing heart.

I was busy telling myself I am okay.  
Sometimes, this is my busy - and I will not  
apologize for it. —Brittin Oakman

FOR NOTES

---

---

---

---

---

---

---

---

---

---

---

---

## REFLECTION

Ryan Phipps

### Communion

We take time each Sunday to remember the  
love of God for us symbolized by bread and  
wine.

### Candles

You are invited to light a candle representing  
peace, a prayer, or in the memory of a loved  
one.

### Giving

We give as gestures of gratitude and worship.  
You are invited to place your offerings in the  
box at the back of the room. You may also give  
digitally by using the QR code on the offering  
box.

### Table Time

This is a time for us to engage with an object  
lesson to help us further contemplate our  
lesson from today.

## THE PRAYERS OF THE PEOPLE

Lisa Dale

This is a time for us to share our celebrations  
and concerns with the community.  
All are welcome to share.

### May we pray with you after worship?

If you have a need, a fear, a hurt, or a triumph  
to share with God, Tom and Allison would love  
to pray with you at the front of the sanctuary  
after the worship service concludes. Anything  
you share will be held in confidence, no matter  
your circumstance. You are safe here.

## NEWS

Lisa Dale

We have plenty for you to be involved with and  
to keep you engaged throughout the week.  
Please see the insert include here for more  
information.

## SINGING

This Love

All music is used by permission under CCLI License #11275957.

This love is higher than  
the highest of mountains  
This love is deeper than  
the deepest of seas

This love, it stretches to the farthest horizon  
And this love, it reaches to me

## BENEDICTION

Allison Mckie



MAY 14, 2023

# WELCOME