

COME

unto me, all

YE THAT LABOR and
are
heavy laden,

AND I WILL GIVE YOU

REST

matthew 11:28

Ascension Lutheran Church and School
"A Church for Families and a Family for Everyone"
July 5, 2020

FIFTH SUNDAY AFTER PENTECOST

JULY 5, 2020

Welcome to all who are attending our service today. We are glad you are with us! To all guests and visitors, we especially extend our hands of friendship. May God bless the worship time for each one of you. Please come again!

NURSERY AVAILABLE We have an unstaffed nursery for your convenience and privacy. The nursery has audio and video so you may hear and see the worship service while attending to your child.

Holy Communion is celebrated at the 8:30 service on the 1st and 3rd Sundays of the month, and at the 11:00 service on the 2nd and 4th Sundays.

For those wishing to commune at the Lord's Table with us today: The Lutheran practice of close Communion attempts to prevent a person from eating and drinking judgment on himself (1 Corinthians 11:23-30). Thus, attendance at the Lord's Supper implies a four-level commitment to Christ. We believe that communicants must: (1) be baptized Christians, (2) accept the real presence of Christ's body in the bread and His blood in the wine, (3) confess and repent of one's sins and trust that God offers complete forgiveness of those sins in this Sacrament, and (4) share oneness of faith, doctrine and practice among those who commune. Those wishing to commune with us today who have not done so previously, please see the pastor or an elder before the service begins.

(Grape juice is available for those who not drink alcohol and gluten free wafers are available upon request.)

Para aquellos que desean participar en la Santa Cena con nosotros hoy: La práctica luterana de la comunión intenta evitar que una persona coma y beba el juicio de Dios sobre sí mismo (1 Corintios 11:23–30). Por lo tanto, la asistencia a la Cena del Señor implica un compromiso de cuatro niveles con Cristo. Creemos que los comulgantes deben: (1) ser bautizados como cristianos; (2) aceptar la presencia real del cuerpo de Cristo en el pan y Su sangre en el vino; (3) confesar y arrepentirse de sus pecados y confiar en que Dios ofrece el perdón completo de esos pecados en este Sacramento; y (4) compartir la unidad de fe, doctrina y práctica entre los que comulgan. Aquellos que desean comulgan con nosotros hoy que no lo han hecho anteriormente, por favor vean al pastor o un anciano antes de que comience el servicio.

(El jugo de uva está disponible para aquellos que no beben alcohol, y hostias libres de gluten están disponibles bajo petición.)

P = Pastor, **C** = Congregation, **A** = Reader/Assisting)

✠ PREPARATION ✠

Theme: “The Lord Who Gives Rest”

AS WE GATHER

Rest is elusive; as each day ends, we must confess with Paul in today’s Epistle that we had “the desire to do what is right, but not the ability to carry it out.” In our tiredness, the mirror shows that we are wretched indeed. But Zechariah wrote of a day when the battle would be over, thanks to a coming King, who would set the prisoners free. His description points us to Jesus on Palm Sunday; His death and resurrection have set us free from our bondage to sin. His compassion for us shows in His prayer of thanksgiving to our heavenly Father. In our Savior, we find the rest we need each day. Compared to the failing struggle we engage in daily, His yoke is easy, His burden is light. As David wrote in the psalm, “The LORD upholds all who are falling and raises up all who are bowed down.” He gives rest for the soul!

PRELUDE

“Let Freedom Ring”

Words and music by Niles Borop and Karen Peck,
arranged by Camp Kirkland, duet arrangement by Tom Fetke.
Karon Keup and Brad Hall, duo

WELCOME

HYMN

“O Day of Rest and Gladness”

O day of rest and gladness, O day of joy and light,
O balm of care and sadness, Most beautiful, most bright;
This day the high and lowly, Through ages joined to bless,
Sing, “Holy, holy, holy,” The triune God confess.

This day, God’s people meeting, His Holy Scripture hear;
His living presence greeting, Through bread and wine made near.
We journey on, believing, Renewed with heav’nly might,
From grace more grace receiving, On this blest day of light.

That light our hope sustaining, We walk the pilgrim way,
At length our rest attaining, Our endless Sabbath day.
We sing to Thee our praises, O Father, Spirit, Son;
The Church her voice upraises To Thee, blest Three in One.

INVOCATION

- P** In the name of the Father and of the † Son and of the Holy Spirit.
C Amen.

OPENING SENTENCES

- P** My soul finds rest in God alone; my salvation comes from Him.
C **He alone is my rock and my salvation; He is my fortress, I will never be shaken.** ~*Psalm 62:1-2*
- P** Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. ~*Psalm 91:1*
C **My flesh and my heart may fail, but God is the strength of my heart and my portion forever.** ~*Psalm 73:26*
- P** Thus says the LORD: “Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls. ~*Jeremiah 6:16*
C **“Thou hast made us for Thyself, O Lord, and our heart is restless until it finds its rest in Thee.”** ~*St. Augustine*

CONFESSION AND ABSOLUTION

Matthew 11:28; Romans 7:21, 24

- P** By ourselves, we are not righteous and cannot free ourselves; our only hope is to be given Christ’s righteousness and thereby be saved. Let us therefore confess our sins to God, our heavenly Father.

Silence for reflection on God’s Word and our sinful condition.

- P** Merciful God,
C **I confess to You and in the presence of my brothers and sisters that I daily sin much and deserve nothing but punishment. Not only am I by nature sinful and unclean, but also with St. Paul, “I find it to be a law that when I want to do right, evil lies close at hand. Wretched man that I am! Who will deliver me from this body of death?”**
- P** Jesus said, “Come to Me, all who labor and are heavy laden, and I will give you rest.” He offers full and free pardon for all your sins and even your sinful condition. By His death and resurrection, He provides rest, not only from physical turmoil and emotional stress; in Him, we find rest for the soul! As a called and ordained servant of Christ, I therefore forgive you all your sins in the name of the Father and of the † Son and of the Holy Spirit.
C Amen.

SALUTATION

- P** The Lord be with you.
C And also with you.

PRAYER OF THE DAY

- P** Let us pray.

Lord Jesus, whose yoke is easy and burden light, who has promised that we will find rest for our souls, when we are weary, strengthen our resolve; when disheartened, lift our spirits; and when opposed on all sides, surround us with Your strong love, for You live and reign with the Father and the Holy Spirit, one God, now and forever.

- C** Amen.

SHARING THE PEACE OF THE LORD

(Though separated in place, we take a moment to consider the peace we offer our brothers and sisters in Christ and the forgiveness which reigns among us.)

- P** The peace of the Lord be with you all.
C And also with you.

✠ THE WORD ✠

(The reading of God's Word is central to our worship, our life, and our faith; this portion of the service concludes with the sermon, or the preached Word.)

OLD TESTAMENT READING

Zechariah 9:9–12 (ESV)

(Through the prophet, the Lord promises an end to spiritual warfare.)

⁹ Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Behold, your King is coming to you; righteous and having salvation is He, humble and mounted on a donkey, on a colt, the foal of a donkey. ¹⁰ I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and He shall speak peace to the nations; His rule shall be from sea to sea, and from the River to the ends of the earth. ¹¹ As for you also, because of the blood of My covenant with you, I will set your prisoners free from the waterless pit. ¹² Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

- A** This is the Word of the Lord.
C Thanks be to God.

EPISTLE

Romans 7:14–25a (ESV)

(Unable to stop sinning, Paul finds deliverance only in Jesus Christ.)

¹⁴ For we know that the law is spiritual, but I am of the flesh, sold under sin. ¹⁵ For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree with the law, that it is good. ¹⁷ So now it is no longer I who do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. ²¹ So I find it to be a law that when I want to do right, evil lies close at hand. ²² For I delight in the law of God, in my inner being, ²³ but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. ²⁴ Wretched man that I am! Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord!

A This is the Word of the Lord.

C Thanks be to God.

LAMB'S LESSON

HOLY GOSPEL

Matthew 11:25–30 (ESV)

(Jesus invites His hearers to come to Him for true rest.)

P The Holy Gospel according to St. Matthew, the eleventh chapter.

C Glory to You, O Lord.

²⁵ At that time Jesus declared, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and understanding and revealed them to little children; ²⁶ yes, Father, for such was Your gracious will. ²⁷ All things have been handed over to Me by My Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal Him. ²⁸ Come to Me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke is easy, and My burden is light."

P This is the Gospel of the Lord.

C Praise to You, O Christ.

HYMN

“Come unto Me, Ye Weary”

“Come unto me, ye weary, and I will give you rest.”
O blessed voice of Jesus, which comes to hearts oppressed!
It tells of benediction, of pardon, grace, and peace,
of joy that hath no ending, of love which cannot cease.

“Come unto me, ye fainting, and I will give you life.”
O peaceful voice of Jesus, which comes to end our strife!
The foe is stern and eager, the fight is fierce and long;
but thou hast made us mighty, and stronger than the strong.

“And whosoever cometh I will not cast him out.”
O patient love of Jesus, which drives away our doubt;
which calls us, very sinners, unworthy though we be,
of love so free and boundless, to come, dear Lord, to thee!

SERMON

“ALBATROSS”

Matthew 11:25–30
Pastor Jim Sprengle

APOSTLES' CREED

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

And 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 sits at the right hand of God the Father Almighty. From thence 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 FOR TITHES AND OFFERINGS

(Our offerings are made as an act of worship, given in loving response to all that God has graciously given us, both materially and spiritually.)

PRAYER OF THE CHURCH

P Let us pray for the whole people of God in Christ Jesus and for all people according to their needs.

P Zechariah promised that the coming One would “speak peace to the nations.” Lord over all, move the leaders of the world’s nations to seek and find common ground so that peace breaks out across borders and displaced persons are able to return to their homes. Protect and guide armed forces deployed abroad and all who keep the peace within their nations and communities. We bring our petition to You, gracious Lord,

C **and there find rest for our souls.**

P David looked for the day when “one generation shall commend Your works to another, and shall declare Your mighty acts.” Guide, protect, and direct the Church’s leaders, heavenly Father, so that many people hear of Your ancient promises, the deliverance of Your people from Egypt, Your Son’s entry into history as one of us, and His sacrifice for our sins and victorious resurrection, opening heaven to all who call on You in faith. We bring our petition to You, gracious Lord,

C **and there find rest for our souls.**

P Your Word proclaims that “Your kingdom is an everlasting kingdom,” O God, but we also give You thanks for this nation and the blessings You have so graciously bestowed on us through it. Here we have found prosperity and peace; here we may respond to Your love and offer You our thanks and praise. In Your mercy, continue to use the powers that be in this world to give us the freedom we enjoy. We bring our petition to You, gracious Lord,

C **and there find rest for our souls.**

P Paul confessed, “I do not understand my own actions. For I do not do what I want, but I do the very thing I hate.” O Holy Spirit, hear the cries of those trapped in their various addictions, burdened with criminal records, and mired in societies of fear and terror. Surround them with faith-based organizations and compassionate counselors so that they find strength and opportunity to turn their lives around, praising You for gracious deliverance. We bring our petition to You, gracious Lord,

C **and there find rest for our souls.**

P Jesus invited, “Come to Me, all who labor and are heavy laden, and I will give you rest.” Listen to the prayers of those near and dear to us with problems of health or finances or mourning loved ones or failed relationships, [*including . . .*]. Use medical professionals, trained advisers, and loving neighbors, so that they look forward to the blessings You have in mind for them in Your wisdom and mercy. We bring our petition to You, gracious Lord,

C **and there find rest for our souls.**

P You have blessed us with many good things, and we give You thanks that we can celebrate this week...We bring our petition to You, gracious Lord,

C **and there find rest for our souls.**

- P** Into Your hands we commend ourselves and all for whom we pray, trusting in Your mercy for the sake of Your Son, Jesus Christ, our Lord.
- C** Amen.

THE LORD'S PRAYER (*Mt 6:9ff; Lk 11:2ff*)

- P** Lord Jesus, grant us a blessed hope and a sure confidence as we come boldly before Your throne of grace, praying the prayer that You have taught us:
- C** **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.**

BENEDICTION *Numbers 6:24–26*

- P** The Lord bless you and keep you.
The Lord make His face shine on you and be gracious to you.
The Lord look upon you with favor and ✠ give you peace.
- C** Amen.

ANNOUNCEMENTS

(Please read the FYI in your bulletin for additional announcements and information.)

HYMN

“God Of Our Fathers”

God of our fathers, Whose almighty hand
Leads forth in beauty all the starry band
Of shining worlds in splendor through the skies,
Our grateful songs before your throne arise.

Your love divine has led us in the past;
In this free land by You our lot is cast;
Oh, be our ruler, guardian, guide, and stay;
Your Word our law, Your paths our chosen way.

From war's alarms, from deadly pestilence,
Make Your strong arm our ever sure defense.
Your true religion in our hearts increase;
Your bounteous goodness nourish us in peace.

Refresh Your people on their toilsome way.
Lead us from night to never ending day.
Fill all our lives with Heav'n-born love and grace
Until at last we meet before Your face

DISMISSAL

P Go in peace. Serve the Lord.

G **Thanks be to God!**

ACKNOWLEDGEMENTS

Scripture taken from The Holy Bible, English Standard Version Copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Capitalization of pronouns referring to the Deity has been added and is not part of the original English Standard Version text.

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ANNOUNCEMENTS—FYI

JULY 5, 2020

† VIRUS UPDATE RELATED TO CHURCH ACTIVITIES

All Church activities are canceled until further notice. Although we are not fearful, we will take prudent measures to reduce the spread of COVID-19 in our community. ***Please stay at home, do not go out unless it is unavoidable and stay 6 feet away from others.*** You may call the office phone and listen to current messages, check the web site and emails to stay up on the latest news so you will be aware of what you need to do to stay healthy.

† ASCENSION HELP LINE – 971-715-1416

Our goal is to offer practical help for our members and friends in need during this difficult time. We have volunteers who are willing to run errands, bring groceries, or help with other needs. In addition, volunteers can call to check on people, offer a connection, and pray. Please leave your name, number, and as clearly as possible describe your need, and a HELP LINE Volunteer will return your call within 24 hours.

† LUTHERAN HOUR MINISTRIES ALTERNATIVE FOR HOMEBOUND WORSHIP

- Online Daily Devotions are on our Facebook page: Ascension Lutheran Church and School - Portland
- Radio: KPdq on 93.9FM Sunday mornings at 7:00am.

BAPTISM BIRTHDAYS

Teresa Osgood	7/6	Roberta Ritchie	7/6
Debbie Rekdahl	7/8	Jan Oswald	7/10
Sue Wentela	7/11		

BIRTHDAYS

Fabian Avendano	7/6	Merci McInaney	7/7
Bob Rekdahl	7/8	Travis Osgood	7/10
Leone Walton	7/11		

WEDDING ANNIVERSARIES

Hilary and Rich Sylvia	July 6, 2016
Pastor Jim and Michele Sprengle	July 10, 1994

PRAYER NEEDS? Contact the church office with any requests at 503-665-8821 or e-mail: office@alcportland.org

PRAYERS ARE REQUESTED FOR:

All those suffering or infected with Covid-19, Mike Hatley, The family of Alejandra Gamboa, Randy Arronson, Mary Niska, Jack Webber, Larry Hart, Bill Ritchie, Colleen Ek Yah, Esperanza Gutierrez, Virginia Hunt, John Eilers and Family, Marty Blankenburg, Richard Robertson, Lewis Eilers, Wayne Rippon, Ella Murray, Rich Zahursky, Audrey Bauch, Alan Bauch, Leonard Murphy, Bruce Blubaum, Judy Blubaum, Ray Brown, Antonia Martinez (mother of Esperanza Gutierrez), Ava Wentela (Sue Wentela's granddaughter), Carol Santorufo (sister of Sue Wentela), *Ordena Laxton, *Jean Smith, *Barbara Schrader, *Dale Porath **Home Bound*.

PRAY FOR OUR MILITARY:

Marie Cassetty Brown, Air Force — Ramstein Air Base, Germany AFB LA (sister-in-law of Wanda Cassetty);
Jaden Keup, Army – deployed (great-nephew of Karon Keup);
Jon Porath, Air Force — Nellis Air Force Base, Las Vegas NV (son of Dale and Sherry Porath);
Dakota Saunders, US Navy — Based in Cecilia Italy (godson of Carrie Graham);
Alex Williamson, Air Force, Reserve — Washington (grandson of Rebecca Williamson);
Michael Williamson, Air Force, Reserve — Texas (grandson of Rebecca Williamson);
Jamie Wong-Lopez, Marines — Annapolis MD (nephew of Kevin and Merci McInaney);
Clayton Wright Air Force – Yokota AFB Japan (grandson of Virginia Jacobs);
Colton Wright, Navy — Assigned to USS Harry S. Truman (grandson of Virginia Jacobs);
Tyler Young, Navy — Deployed (nephew of Randy and Karen Arronson).

Ascension Lutheran Church and School

1440 SE 182nd Avenue, Portland, OR 97233
Church: 503-665-8821 · Childcare Center: 503-667-6750
Web Site: www.alcportland.org

Church Office Hours: Monday–Friday 9am to 3pm

Our Mission Statement: Go and Share Jesus Christ

Our Vision Statement: Take part... Join Jesus on His mission

The members of Ascension Lutheran Church are committed to being God’s witnesses in Gresham, and in all of Portland and the Northwest, and to the ends of the earth (Acts 1:8): With the universal Christian Church, we believe, teach and respond to the love of the Triune God— the Father, Creator of all that exists; the Son Jesus Christ, Who left His home in Heaven to become flesh and blood, to suffer and die for the sins of all peoples of the world, and Who rose from the grave, victorious over sin, death and the devil, that we too might live with Him in Heaven; and the Holy Spirit, Who creates faith in our hearts in Christ Jesus through God’s Word and Sacrament. The three Persons of the Holy Trinity are one God, co-equal and co-eternal. The core teachings of our faith from the Lutheran perspective can be summarized in three short phrases: Grace alone, Scripture alone, Faith alone.

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