

September 4, 2022

Psalm 62 select verses

Do you ever have trouble sleeping at night? You lie in bed, can't get to sleep, and what do you notice? The clock ticking - tick, tick, tick. The wind rustling the trees, rattling the windows so it seems someone is outside. The floor creaking as if someone is walking around inside. The water-softener, the air conditioner, noise after noise. Every time you're about to fall asleep another noise and you might feel like yelling -- "when can I get some quiet around here?"

But those noises that come from outside our head aren't the real problem noises, are they? Otherwise a pair of ear-plugs and we'd be fast asleep. The problem noises come from inside. The haunting whisper of a guilty heart - "how could you be so wrong, wrong, wrong." The pounding of a fearful heart - "You're in trouble, trouble, trouble." The wondering of a worrying heart - "what if, what if, what if?" The murmuring of a bitter heart - "Look at what he did to me today - victim, victim, victim." The sighing of a hopeless heart - "hopeless, hopeless, hopeless." The questioning of a confused heart: "What should I do? What should I do? What should I do?" It's those noises from the inside, and the noise of angry, fighting, hurting words echoing over and over inside - those are the real problem noises. So loud that sometimes we might want to yell, **"Where Can I Find Some Quiet - For My Soul?"**

Where can we find quiet for our souls? Our lesson this morning was written by someone who had heard some noise in his life. David had heard the growl of the lion and the bear as he fought them. David had heard the mockery of giant Goliath. He had heard the sound of an army hunting him down to kill him. And he had heard the sound of his own crying after he had stolen his neighbor's wife

and murdered her husband. And again when he lost child after child in his messed-up family. David had heard the same noises we hear -- his heart pounding in fear, haunted by guilt, crying out in hurt. David had heard all the noise, but David also knew where to find quiet - **my soul finds rest in God alone.**

At the beginning of our lesson David sings: **“My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will not be greatly shaken.”** And at the end of our lesson David sings, **“One thing God has spoken, two things have I heard: that you, O God, are strong, and that you, O Lord, are loving. Surely you will reward each person according to what he has done.”**

That last line, **“surely you will reward each person according to what he has done,”** that doesn't sound like a very quieting thought, does it? What I have done deserves the earthquake and fire, the thunder and lightning of Mt. Sinai, not peace and quiet. And David certainly didn't think his life earned him peace and quiet in God's love. No, David knew his guilt; he confessed he deserved God's very noisy judgment.

And yet David could sing that last line, **“surely you will reward each person according to what he has done”** in quiet peace. David knew God had forgiven him. David knew God's promise of a Savior. David knew the noise of Good Friday - Jesus cursed and Jesus crying out in pain. David knew his sin was washed away in the blood of the Lamb, and that in the blood of the Lamb God judged him clean and right.

The quietness of God's forgiveness is for you too. David invites you, **“trust in him at all times, o people.”** David invites you

to trust in God because God's salvation is for you. So when your heart pounds - "guilty, guilty, guilty" - Jesus whispers "forgiven, forgiven, forgiven." When your heart trembles- "trouble, trouble, trouble" - Jesus whispers, "I am with you; with you, with you." When your heart sighs - "hopeless, hopeless, hopeless" - Jesus whispers, **"Do not let your heart be troubled ... you know that in all things God works for the good of those who love him ... because I live, you also will live."** And in God we find quietness for our souls.

Does that mean our lives will always be quiet and peaceful? At the time of our lesson David wasn't just hearing quiet, he was hearing noise - the noise of lies and hatred - people out to get him. David's enemies wanted to knock him down from his throne. And David, strong David, the David who stood up to Goliath, he felt weak and tired, like a leaning wall, a tottering fence, any push and he would fall, any push and he would be finished, broken, wrecked.

"Like a leaning wall, like a tottering fence" - do you ever feel that way? One more push and you'll be knocked over? As a parent does it ever seem as if one more push from your children is all it'll take? As a spouse does it ever seem as if one more push from your husband or wife and you'll be finished? At work does it ever seem that one more push from the boss, one more push from the competition, one more push from the bill collector, and that'll be the end? That's the way David felt.

When we think that one more push, one more bit of bad news is all it'll take to knock us over, what do we do? Sometimes we might be tempted to just plain give up. Other times we might be tempted to make some noise, to do some pushing of our own. Yell at the kids, argue with the mate, take control, and do some pushing of our own --

that'll get us some quiet, that'll get us some relief, right? It usually just gets us a lot more noise.

So what gave David quiet in the noise? What held David up when he was about to fall apart? David said, **“My soul finds rest in God alone, my hope comes from him. Only he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge.”**

It's so easy to think that taking control and pushing for our way is what will give us quiet. That wasn't David's way. When David felt pushed, he didn't think he had to push back; he had God as his Rock to hold him up. When David was attacked, he didn't think he had to fight back to save himself; David knew he had God to save him. When David was used and abused, he didn't think he had to defend his honor; David knew the only honor that matters comes from God.

The quiet that David found for his soul is the same quiet you can have for your soul. No matter how people use us or abuse us, so that our hearts cry out - “unfair, cheated, victim” - Jesus whispers to us - “chosen, child of God, conqueror.” No matter how people attack us, so that our hearts cry out - “fight back” - Jesus whispers - “I am with you, you are safe.” No matter how tired we are, ready to fall over, so that our hearts cry out - “I can't make it; I can't take it anymore” - Jesus whispers - “I've got you. I'll hold you, keep you, make you strong.” Sounds good, doesn't it? With Jesus, we can sing like David - **“I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge.”**

Our life, our future, our safety and security in this world don't depend on our strength, our power, our ability to make things right. And our life, our future, our safety and security in this world don't depend on who in this world is for us or against us. When we look to people to make our lives right, to give us safety and security in this world, well that's a good reason to stay up at night worrying.

“Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath.” Lowborn, highborn, rich, poor, ugly, cute; compared with God, we're nothing, they're nothing but hot air. We have better. When our world is shaking, we have God to be our rock; when our world is dangerous, we have God to be our refuge. When our world is noisy out there and in here, we have God to give us quiet.

So next time your ears are aching with the noise of a hurting heart, remember Psalm 62. David has a song to sing quiet to your heart -- **“One thing God has spoken, two things have I heard: that you, O God, are strong, and that you, O Lord, are loving.”** Amen.

September 3 & 4, 2022

SERVICE OF WORD AND SACRAMENT

IN OUR WORLD TODAY ... we are blessed with a labor Day weekend, for many people a little added time for rest.

IN OUR WORSHIP TODAY ... we are blessed with rest better than an extra day off - with Jesus, we get to rest easy with God!

OPENING HYMN

"How Great Thou Art"
Hymn 612

O Lord my God, when I in awesome wonder
consider all the works thy hand hath made,
I see the stars, I hear the mighty thunder,
thy pow'r throughout the universe displayed;

Refrain

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!

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; *Refrain*

And when I think that God, his Son not sparing,
sent him to die, I scarce can take it in,
that on the cross my burden gladly bearing
he bled and died to take away my sin; *Refrain*

When Christ shall come with shout of acclamation
and take me home, what joy shall fill my heart!
Then I shall bow in humble adoration
and there proclaim: "My God, how great thou art!"

Refrain

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!

INVOCATION

M: The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you.

C: **And also with you.**

+ CONFESSIO OF SINS AND ABSOLUTION +

M: God invites us to come into his presence and worship him with humble and penitent hearts. Therefore, let us acknowledge our sinfulness and ask him to forgive us.

C: **Holy and merciful Father, I confess that I am by nature sinful, and that I have disobeyed you in my thoughts, words, and actions. I have done what is evil and failed to do what is good. For this I deserve your punishment both now and in eternity. But I am truly sorry for my sins, and trusting in my Savior Jesus Christ, I pray: Lord, have mercy on me, a sinner.**

M: God, our heavenly Father, has been merciful to us and has given his only Son to be the atoning sacrifice for our sins. Therefore, as a called servant of Christ and by his authority, I forgive you all your sins in the name of the Father and of the Son † and of the Holy Spirit.

C: **Amen.**

+ PRAYER AND PRAISE +

LORD, HAVE MERCY

M: For all that we need in life and for the wisdom to use all your gifts with gratitude and joy, hear our prayer, O Lord.

C: **Lord, have mercy.**

M: For the steadfast assurance that nothing can separate us from your love and for the courage to stand firm against the assaults of Satan and every evil, hear our prayer, O Christ.

C: **Christ, have mercy.**

M: For the well-being of your holy Church in all the world and for those who offer here their worship and praise, hear our prayer, O Lord.

C: **Lord, have mercy.**

M: Merciful God, maker and preserver of life, uphold us by your power and keep us in your tender care:

C: **Amen.**

M: The works of the Lord are great and glorious; his name is worthy of praise.

HYMN

"O Lord, Our Lord"
Hymn 939

Refrain

O Lord, our Lord, how glo-ri-ous is your name in all the earth.

Al-might-y God, mer-ci-ful Fa - ther, you crown our life

with your love. You take a-way our sin; you com-fort our spir-it;

The musical notation is written on three staves in treble clef with a key signature of two sharps (D major). The first staff is labeled 'Refrain' and contains the first line of the hymn. The second and third staves contain the second and third lines of the hymn. The lyrics are written below the notes. There are triplets indicated by a '3' above the notes in the second and third staves.

you make us pure and ho-ly in your sight. You did not spare your
Refrain
 on - ly Son, but gave him up for us all. O Lord, our Lord,
 how glo - rious is your name in all the earth. O Son of
 God, e - ter - nal Word of the Fa - ther, you came to live with us;
 you made your Fa - ther known; you washed us from our sins in
 your own blood. You are the King of glo - ry; you are the Lord!
Refrain
 O Lord, our Lord, how glo - rious is your name in all the earth.

PRAYER OF THE DAY

Lord God, in this changing and exhausting world we look to you as our unchanging rock of refuge and rest. Hear us as we plead for your mercy, and grant us your saving peace and protection; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

FIRST READING*Hebrews 4:9-16*

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

The Word of the Lord.

Thanks be to God.

PSALM OF THE DAY

Psalm 62C



1 My soul finds rest in God a-lone, my rock and my sal -
 2 Find rest, my soul, in God a-lone a - mid the world's temp -
 3 I'll set my gaze on God a-lone and trust in him com -



va - tion; a for - tress strong a - gainst my foes, and
 ta - tions; when e - vil seeks to take a hold I'll
 plete - ly; with ev - 'ry day pour out my soul and



I will not be shak - en. Though lips may bless and
 cling to my sal - va - tion. Though rich - es come and
 he will prove his mer - cy. Though life is but a



hearts may curse, and lies like ar - rows pierce me, I'll
 rich - es go, don't set your heart up - on them; the
 fleet - ing breath, a sigh too brief to mea - sure, my



fix my heart on right-eous-ness, I'll look to him who hears me.
 fields of hope in which I sow are har-vest-ed in heav - en.
 King has crushed the curse of death and I am his for - ev - er.

Refrain



O praise him, hal - le - lu - jah, my de - light and my re - ward;



ev - er - last - ing, nev - er fail - ing, my Re - deem - er, my God.

GOSPEL ACCLAMATION

Hebrews 4:16

Alleluia. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Alleluia.

GOSPEL

Matthew 11:28-30

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

The Gospel of the Lord.

Praise be to you, O Christ!

HYMN OF THE DAY

"Come unto Me, Ye Weary"

Hymn 706

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

"Come unto me, ye wand'ers, and I will give you light."
O loving voice of Jesus, which comes to cheer the night!
Our hearts were filled with sadness, and we had lost our way,
but thou hast brought us gladness and songs at break of day.

"Come unto me, ye fainting, and I will give you life."
O cheering voice of Jesus, which comes to aid 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, though we be unworthy of love so great and free,
invites us very sinners to come, dear Lord, to thee!

SERMON

NICENE CREED

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through him all things were made. For us and for our salvation, he came down from heaven, was incarnate of the Holy Spirit and the Virgin Mary, and became truly human. For our sake he was crucified under Pontius Pilate. He suffered death and was buried. On the third day he rose again in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who in unity with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy Christian and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead and the life of the world to come. Amen.

PRAYER OF THE CHURCH

Gracious God and Father, we praise you for the countless blessings, which we receive from your hand: the beauties of creation and the bounties of the earth, the joy of life and the pleasure of friendship, the good of work and the gift of rest, the privilege to share happiness and sorrow with one another. Above all we praise and thank you for your saving Word and for your Son's body and blood, which you give us to eat and to drink in the sacrament. Through these means of grace, you send the Holy Spirit into our hearts and unite us to Jesus and to the whole Christian Church on earth. **Strengthen us through this heavenly food; increase our trust in Christ and our love for one another.**

Great God and Lord, without your continuing help we easily waver in our faith, lose courage, and grow careless in our watchfulness. The times and days are perilous. Give us strength to face the evils of each day with fresh confidence. Open our lips to speak of your grace, and move us to use the gifts that you give us to share your Word of salvation with all people. Protect and prosper the family, the school, the government, and all good institutions that you have established for the benefit of society. Remember in mercy those who are sick and suffering, and bring your healing to troubled homes and lives.

Move us to pray for those in need and to help them with deeds of kindness.

Special prayers and intercessions may follow.

Hear us, Lord, as we bring you our private petitions.

Silent prayer.

Now, eternal God and Father, keep us in the saving faith and so enable us to overcome all things through our Lord Jesus Christ.

LORD'S PRAYER

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.

THE SACRAMENT

(Guests, please see our communion practice on page 2.)

(Individually packaged wafers are gluten-free.)

M: The Lord be with you.

C: **And also with you.**

M: Lift up your hearts.

C: **We lift them up to the Lord.**

M: Let us give thanks to the Lord our God.

C: **It is right to give him thanks and praise.**

M: Praise to the God and Father of our Lord Jesus Christ! In love he has blessed us with every spiritual blessing. He sends the Holy Spirit to testify that we are his children and to strengthen us when we are weak.

Now have come the salvation and the power and the kingdom of our God and the authority of his Christ. To him who sits on the throne and to the Lamb be praise and thanks and honor and glory for ever and ever.

HOLY, HOLY, HOLY *Sanctus*



C: Ho - ly, ho - ly, ho - ly is the Lord of hosts.



The whole earth is full of your glo - ry.



You are my God and I will ex - alt you.



I will give you thanks for you have be - come my sal -



va - tion. Ho - ly, ho - ly, ho - ly is the Lord of hosts.



The whole earth is full of your glo - ry.

WORDS OF INSTITUTION

M: Our Lord Jesus Christ, on the night he was betrayed, took bread; and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my † body, which is given for you. Do this in remembrance of me."

Then he took the cup, gave thanks, and gave it to them, saying, "Drink from it, all of you; this is my † blood of the new covenant, which is poured out for you for the forgiveness of sins. Do this, whenever you drink it, in remembrance of me."

M: The peace of the Lord be with you always.

C: **Amen.**

O CHRIST, LAMB OF GOD *Agnus Dei*

C: O Christ, Lamb of God, you take a - way the sin of the
world; have mer-cy on us. O Christ, Lamb of God, you
take a - way the sin of the world; have mer-cy on us.
O Christ, Lamb of God, you take a - way the sin of the
world; grant us your peace. A - men.

DISTRIBUTION HYMN

"I Come, O Savior, to Your Table"

Hymn 670

I come, O Savior, to your table, for weak and weary is my soul;
O Jesus, you alone are able to satisfy and make me whole.

Refrain

Lord, may your body and your blood be for my soul the highest good.

O grant that I in manner worthy may eat and drink and be restored,
and, dwelling on your boundless mercy, look only unto you, O Lord.

Refrain

I should not be your sheep, dear Savior; I stray in sin's accursed terrain.
And yet you pardon my behavior; my faithful Shepherd you remain.

Refrain

O let me loathe all sin forever as death and poison to my soul,
that I through willful sinning never may see your judgment take its toll!

Refrain

Your holy heart has one obsession, one blessed thing it burns to do—
to cleanse the sinner from transgression; so I, a sinner, come to you.

Refrain

My soul is burdened; Lord, relieve me, by all this weight of sin oppressed!
Though sinful, yet, in grace receive me and feed me as your grateful guest.

Refrain

Within me, Lord, your vision traces a heart of deep humility
that mourns its sin and yet embraces the merit you have earned for me.

Refrain

By faith I call your holy table the testament of your deep love,
for by your gift I now am able to know the heart of God above.

Refrain

This meal with blessing is abounding:
to poor ones wealth, to weak ones pow'r,
to angels joy, to hell confounding, and life for me in death's dark hour.

Refrain

My heart has now become your dwelling, O blessed, holy Trinity.
With angels I, your praises telling, shall live in joy eternally.

Refrain

CLOSING PRAYER

M: Hear the prayer of your people, O Lord, that the lips which have praised you here may glorify you in the world, that the eyes which have seen the coming of your Son may long for his coming again, and that all who have received in his true body and blood the pledge of your forgiveness may be restored to live a new and holy life, through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

BLESSING

M: Brothers and sisters, go in peace. Live in harmony with one another.
Serve the Lord with gladness.

The Lord bless you and keep you.

The Lord make his face shine on you and be gracious to you.

The Lord look on you with favor and give you peace. **Amen.**

CLOSING HYMN

"Guide Me, O Thou Great Jehovah"

Hymn 923

Guide me, O thou great Jehovah, pilgrim through this barren land.
I am weak, but thou art mighty; hold me with thy pow'rful hand.
Bread of heaven, bread of heaven,
feed me till I want no more, feed me till I want no more.

Open now the crystal fountain whence the healing stream doth flow;
let the fiery, cloudy pillar lead me all my journey through.
Strong deliv'rer, strong deliv'rer,
be thou still my strength and shield, be thou still my strength and shield.

When I tread the verge of Jordan, bid my anxious fears subside;
death of death and hell's destruction, land me safe on Canaan's side.
Songs of praises, songs of praises
I will ever give to thee, I will ever give to thee.

OFFERING

*If you prefer online giving, you may scan this code
with your mobile device.*



Acknowledgements: *Texts and music covered under OneLicense.net #A-712373 and CCLI Copyright License 11194382, CCLI Streaming License CSPL059933 Scriptures taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™ **Service of Word and Sacrament O Lord, Our Lord** Text: © 1993 Northwestern Publishing House. Tune: © 1993 Kurt J. Eggert, admin. Northwestern Publishing House. **How Great Thou Art** Text: © 1949, 1953 The Stuart Hine Trust, admin. Hope Publishing Co. **I Come, O Savior, to Your Table** Text (sts. 1, Ref, 2, 4, 8-10): © 1941 Concordia Publishing House; (sts. 3, 5-7): © 2021 Northwestern Publishing House **Psalms 62C** Text and tune: © 2008 Thankyou Music (PRS), admin. CapitolCMGPublishing.com*