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## A Glance at the Week

### Monday

6:30 pm Small Group

### Tuesday

7:00 am Men's Discussion (*Zoom*)

## Church Contact Information

*Office Phone:* 651-698-3889

*Office Hours:* Thurs & Fri 1:00-6:00 p.m.

Office Admin ([secretary@randolphheights.org](mailto:secretary@randolphheights.org))

*Session* ([session@randolphheights.org](mailto:session@randolphheights.org))

*For Pastoral Communication, please call Pastor Ken @ 651-592-3320*

*Or Email @ [ken.highley@randolphheights.org](mailto:ken.highley@randolphheights.org)*

## Looking Ahead

*Epistle of James*

Renewal

James 5:16-20

*Psalms of Ascents*

*Psalm 120*

*Psalm 121*

*Psalm 122*



## Randolph Heights Presbyterian Church

435 Hamline Ave. South  
Saint Paul, MN 55105

### June 16, 2024

9:30am Discussion

10:30am Worship

[www.randolphheights.org](http://www.randolphheights.org)

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## We are glad you're here!

This is a community which strives to worship and serve God together. Within this community, people freely explore their personal questions about God and the Bible. It's together that we can better learn the breadth and depth of the Gospel and how it works out in our lives. Then, through the grace and hope of the gospel, we serve those in need and work together towards a thriving community.

This program is organized under five headings as described below:

**Gathering:** We remember God of Creation. The creator is amazing, perfect, powerful, good and is worthy of our worship and praise. This helps center and prepare our hearts for a time of worship.

**Confession and Renewal** reminds us that this world is not as God originally intended it. We express our grief and sorrow over the brokenness of this world and of our own lives. Our need for grace never goes away, and it is only by faith in Jesus that we can be made right with God. Within these words of renewal we recognize the truth that God's redemption of his people has been accomplished in Jesus.

**Thanksgiving** is our response to the redemptive plan of God. It is also an opportunity to express our thanks tangibly.

**Ministry of the Word** is expressed through reading our scripture passage for the day, listening to the Word preached, and responding with words of prayer from the congregation.

The **Benediction** is a good word to be sent out on.

*We encourage you to spend some time before the service begins and note how it flows. You are also encouraged to take this bulletin with you to use for personal devotional time throughout the week.*

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## Scripture Reading Psalm 120 (NLT)

I took my troubles to the Lord;  
I cried out to him, and he answered my prayer.  
2 Rescue me, O Lord, from liars  
and from all deceitful people.  
3 O deceptive tongue, what will God do to you?  
How will he increase your punishment?  
4 You will be pierced with sharp arrows  
and burned with glowing coals.  
5 How I suffer in far-off Meshech.  
It pains me to live in distant Kedar.  
6 I am tired of living  
among people who hate peace.  
7 I search for peace;  
but when I speak of peace, they want war!

L This is the Word of the Lord.  
A Thanks be to God!

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## BENEDICTION

L God has shown you what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.  
~ from Micah 6:8, NIV

### *\*Life in the Body*

#### Send Out

L As God's own, clothe yourselves with compassion, kindness, and patience, forgiving each other as the Lord has forgiven you, and crown all these things with love, which binds everything together in perfect harmony.  
~ based on Colossians 3:12-14

May the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen.

#### A Prayer of Commitment

Lord Jesus Christ, there is nothing I can do that would make you love me more, and nothing I have done that makes you love me less. Your presence and approval are all I need for everlasting joy. As you have been to me, so I will be to others. As I pray, I'll measure your compassion by the cross and your power by the resurrection. Amen.

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## *Reflect, Resonate, Reevaluate, Respond*

The greatest sources of our suffering are the lies we tell ourselves.  
~ Bessel van der Kolk, 1943- , *The Body Keeps the Score*

The experience of being in between-between the time we leave home and arrive at our destination; between the time we leave adolescence and arrive at adulthood; between the time we leave doubt and arrive at faith. It is like the time when a trapeze artist lets go the bars and hangs in midair, ready to catch another support: it is a time of danger, of expectation, of uncertainty, of excitement, or extraordinary aliveness.  
~ Paul Tournier, 1898-1986, *Swiss Physician and Author*

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We have learned that trauma is not just an event that took place sometime in the past; it is also the imprint left by that experience on mind, brain, and body. This imprint has ongoing consequences for how the human organism manages to survive in the present. Trauma results in a fundamental reorganization of the way mind and brain manage perceptions. It changes not only how we think and what we think about, but also our very capacity to think.  
~ Bessel van der Kolk, 1943- , *Trauma Research Author*

Jesus today has many who love his heavenly kingdom, but few who carry his cross; many who yearn for comfort, few who long for distress. Plenty of people he finds to share his banquet, few to share his fast. Everyone desires to take part in his rejoicing, but few are willing to suffer anything for his sake. There are many that follow Jesus as far as the breaking of bread, few as far as drinking the cup of suffering; many that revere his miracles, few that follow him in the indignity of his cross.  
~ Thomas à Kempis, 1380- 1471, *Christian Theologian, wrote 'Imitating Jesus'*

The essential thing in heaven and earth is that there should be long obedience in the same direction; there thereby results, and has always resulted in the long run, something which has made life worth living.  
~ Friedrich Nietzsche, *Beyond Good and Evil*

Every choice is a renunciation. Indeed. Every choice is a thousand renunciations. To choose one thing is to turn one's back on many others. ~ Ronald Rolheiser, 1947- , *Theologian, The Holy Longing: The Search for a Christian Spirituality*

## PRELUDE

*Micah 6:6 – With what shall I come before the LORD and bow down before the exalted God?*

- L Today as we worship, we long for a glimpse of your glory, seen perfectly in Jesus Christ, our Lord.  
A *As we worship, may we gain new insight about the mystery and wonder of your love. And may we sense new ways to mirror that love in our world, through Christ, our Lord. Amen.*

### O God Our Help in Ages Past

KINGSFOLD (Tune)

Isaac Watts



Un - der the sha-dow of your throne your saints have dwelt se-  
Be - fore the hills in or - der stood, or earth re - ceived its  
A thou-sand age-s in your sight are like an ev' - ning



- cure; suf - fi-cient is your arm a - lone, and our de - fense is  
frame, from ev - er - last - ing you are God, to end-less years the  
gone, short as the watch that ends the night be - fore the ri - sing



sure. O God, our help in a-ges past, our hope for years to come, Will  
same. O God, our help in a-ges past, our hope for years to come, Will  
sun. O God, our help in a-ges past, our hope for years to come, Will



be our guard while troub-les last, and our e - ter-nal home:  
be our guard while troub-les last, and our e - ter-nal home:  
be our guard while troub-les last, and our e - ter-nal home:

## Pastoral Prayer

- L Let us give thanks to the Lord our God.  
A *It is right to give our thanks and praise.*
- L Gracious Father, giver of all good things: For our home on earth and for your unfailing mercy,  
A *we give you thanks.*
- L Christ, our Redeemer: For your sacrifice on the cross and for rising from death so that we might live,  
A *we give you thanks and praise.*
- L Holy Spirit, giver of life: For your abiding presence in our lives and for comforting and guiding us,  
A *we give you thanks, praise, and glory.*
- L O triune God: To you be glory and praise now and forever. Let us pray:

### Open Petition

After each petition the Leader will say:

- L Lord in your mercy  
A *Hear our prayer. (Response from Congregation)*  
~or~
- L *Let us Give God Thanks*  
A *We give You thanks O Lord.*
- L Fulfill now, O Lord, our desires and petitions as may be best for us, granting us, in this world knowledge of your truth, and in the age to come life everlasting. Amen.

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## The Lord's Table *(Offered 1st Sunday of Month)*

### *Invitation to the Table*

L Professing & baptized members of a church in which Jesus Christ is professed as Lord and Savior: the Lord has prepared his table for all who love him and trust in him alone for their salvation. All who are truly sorry for their sins, who sincerely believe in the Lord Jesus as their Savior, and who desire to live in obedience to him, are now invited to come with gladness to the table of the Lord.

A *We receive this food gladly, believing, as we eat, that Jesus is our lifegiving food and drink and that he will come again to call us to the wedding feast of the Lamb.*

L Let us give thanks together:

### *Prayer of Thanks*

A *With joy we praise you, gracious God, for you created heaven and earth, made us in your image, and kept covenant with us – even when we fell into sin. We give you thanks for Jesus Christ, our Lord, who by his life, death, and resurrection opened to us the way of everlasting life. Therefore we join our voices with all the saints and angels and the whole creation to proclaim the glory of your name.*

\* *The Mystery of Faith –*

*Christ has died, Christ is Risen Christ will come again! (2x)*

*Emmanuel, Emmanuel Christ will come again! (2x)*

*Christ has died, Christ is Risen Christ will come again!*

### *Words of institution*

L The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes. *1 Cor 11:23-26, NIV*

### *Distribution of the Elements*

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## Call to Worship

L Praise the LORD, my soul; all my inmost being, praise his holy name.

A *Praise the LORD, my soul, and forget not all his benefits.*

L Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word.

A *Praise the LORD, all his heavenly hosts, you his servants who do his will.*

L Praise the LORD, all his works everywhere in his dominion.

A *Praise the LORD, my soul.* – *Psalms 103:1-2, 20-22, NIV*

## Prayer of Adoration *(followed by Lord's Prayer)*

L O God, your constant love reaches to the heavens, your faithfulness extends to the skies. Your righteousness towers like the mountains, your justice is deeper than the sea. All find protection under the shadow of your wings. We feast on the abundance you provide. You are the source of all life, and in your light, we see light. – *based on Psalm 36:5-9*

Hear us now, as we pray together, the words Jesus taught his disciples:

A *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 debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power and the glory forever. Amen*

O Thou That Dwellest in the Heav'ns

William Billings

AFRICA

O thou that dwell - est in the  
 As maids do watch their mis - tress'  
 O Lord be gra - cious un - to  
 Our Soul is filled with scorn from

5  
 heav'ns, I lift my eyes to thee, Be-  
 hand, so our eyes now at - tend Up-  
 us, to us now gra - cious be; For  
 those that at their ease a - bid, And

9  
 - hold, as ser - vants' eyes at - tend their  
 - on the Lord our God un - til to  
 filled with scorn - ing and con - tempt ex-  
 with the in - so - lent con - tempt of

13  
 ma - ster's hand to see.  
 us he mer - cy send.  
 - ceed - ing - ly are we.  
 those that swell in pride.

O God of Love, Forever Blest

Isaac Watts

Bruce Benedict

O God of love, for - e - ver blest, pit - y my suf - f'ring  
 A - las for me, that i so - journ, so long in Me - shech's  
 I cried in trou - ble to the Lord, and he has an - swered

5  
 state. When will you set my soul at rest  
 land; That I have made my dwell - ing where  
 me. From ly - ing lips and craft - y tongue,

8  
 from lips that love de - ceit? Too long my soul (has made its  
 the tents of Ke - dar stand.  
 O Lord, my soul set free.

11  
 home) with those who lift the sword I am for

14  
 peace; (but when I speak,) they make for war.

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## MINISTRY OF THE WORD

### Preparation

L O God, our guide, set your path clearly before us and lead us to follow you willingly for the sake of Jesus Christ, our Lord. Amen.

**Scripture** Psalm 120 *(found on Page 15)*

**Series** Pilgrim Journey (Psalms of Ascents)

**Sermon** Distress

### Response

A *From the beginning  
you have given your promises of loving care  
and have been forever faithful to those promises.  
When your people were in bondage,  
you did not hesitate to rescue them through the sea  
and lead them into the land of your promise.  
And we praise you most of all for sending your Son, Jesus Christ,  
born of the virgin Mary, baptized in the waters of the Jordan,  
and anointed by your Holy Spirit.  
We praise you for his gracious ministry  
of teaching, healing, and comforting,  
and for his death and resurrection in victory.  
We praise you that through his death and resurrection  
you set us free from the bondage of sin and death.  
You give us baptism as a sign of the cleansing  
and rebirth we have through our Lord Jesus Christ.  
And we rejoice that you are renewing us by your Spirit,  
leading us to be ambassadors of your love,  
until that day when your kingdom will fully come.  
To you be all glory, now and forever.*

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## CONFESSION & RENEWAL

L Our Lord Jesus said: “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.” As God has instructed us in these great commandments, and because we have not lived in full obedience, let us now confess our sins to God, trusting Christ as our Savior and Lord.

*– based on Matthew 22:37-40, NRSV*

A *Out of the depths I cry to you, O LORD.  
Lord, hear my voice! Let your ears be attentive  
to the voice of my supplications!  
If you, O LORD, should mark iniquities, Lord, who could stand?  
But there is forgiveness with you,  
so that you may be revered.  
I wait for the LORD, my soul waits, and in his word I hope;  
my soul waits for the Lord more than those who watch for the morning,  
more than those who watch for the morning.  
O Israel, hope in the LORD!  
For with the LORD there is steadfast love,  
and with him is great power to redeem.  
It is he who will redeem Israel from all its iniquities. – Psalm 130, NRSV*

### Silent and Personal Confession

## Psalm 126

Isaac Wardell

Our mouths they were filled, filled with laugh-ter Our  
The na - tions will say, "He has done great things!" The

tongues they were loosed, loosed with joy Re-store us, O Lord  
na - tions will sing songs of joy Re-store us, O Lord

Re - store us, O Lord Al - though we are weep - ing Lord,  
Re - store us, O Lord

help us keep sow - ing The seeds of Your King - dom For the day You will

reap them Your sheaves we will car - ry Lord, please do not tar - ry

All those who sow weep - ing will go out with songs of joy

## Renewal

- L The LORD is faithful in all his words, and gracious in all his deeds. The LORD upholds all who are falling, and raises up all who are bowed down. — Psalm 145:13-14, NRSV
- A *Thanks be to God!*

## Doxology (Special Music 'Dona Nobis Pacem')

- L What shall I return to the LORD for all his bounty to me? I will give what I have promised in the presence of all God's people. — from Psalm 116:12, 14
- A *Praise God, from Whom all blessings flow.  
Praise Him, all creatures here below.  
Praise Him above, ye heavenly host.  
Praise Father, Son, and Holy Ghost. Amen.*

## Dedication

- A *Lord, we thank for Your faithfulness.  
Thank you that we can always trust in You.  
You are an abundant God and out of your great kindness  
you have given us so much.*

*We give you this offering today, and with it we also give ourselves.  
Use this congregation, for your kingdom and your glory.  
Extend and multiply its reach and influence we pray.  
And may we be a great blessing to many. Amen.*