

# SJUMC Online Worship Guide

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**May 21, 2023**

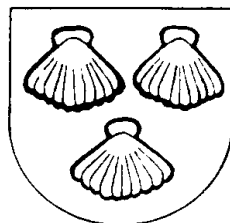
**9:30 am**

**“Let Go: Leaving Behind What We Don’t Need”**

**ONLINE WORSHIP SERVICE**

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Administrative Assistant: Kenna Haj      |      Bell Choir Director: Laural Clark  
Director of Music Ministry: Antuan Hairston      |      Organist: Clarice Snyder  
Pastor: Rev. Patricia Abell



**Saint James United Methodist Church**

Marriottsville, MD

# WE GATHER

## Prelude

"Only Trust Him, My Savior's Love" arr. by Harold DeCou

*Offered by Clarice Snyder*

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## Welcome

*Donna Benson, CLS*

## Introit

"Come Out"



1. Come out! Come out of your com-for-ta-ble spac-es.



Come, meet Je-sus in the dif-fi-cult plac-es.

Words by Tanya Linn Bennett & Mark A Miller, music by Mark Miller  
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## Call to Worship

*Jim Quindlen*

*Leader:* While our spiritual ancestors were living in Egypt, they wondered...

***People:* ...how long must we endure this oppression?**

When they left Egypt and followed Moses in the desert, they wondered...

***...is this really any better than our old life in Egypt?***

When we feel the urge to make a change in our lives, we wonder...

***...how much longer can I go on like this?***

When we consider the cost of change, we wonder...

***...what is the cost if I stay the same?***

Then the love of the Divine reminds us,

***"You too are my child.***

***You can emerge to renewed life.***

***Again and again."***

***Amen.***

**Passing the Peace:** The Peace of Christ be with you! **And also with you!**

## Opening Hymn

"I'm So Glad Jesus Lifted Me"

**TFWS 2151**

1 I'm so glad, Jesus lifted me,  
I'm so glad, Jesus lifted me,  
I'm so glad, Jesus lifted me,  
singing glory, hallelujah, Jesus lifted me.

2. Satan had me bound, Jesus lifted me,  
Satan had me bound, Jesus lifted me,  
Satan had me bound, Jesus lifted me,  
Singing glory, hallelujah, Jesus lifted me

3. When I was in trouble, Jesus lifted me,  
When I was in trouble, Jesus lifted me,  
When I was in trouble, Jesus lifted me,  
singing glory, hallelujah! Jesus lifted me.

African-American Spiritual, Public Domain

## Time for Children

*Jelinda Blum*

## Hymn of Preparation

“Are Ye Able” (vs. 4)

*UMH 530*

“Are ye able?” Still the Savior  
whispers down eternity,  
and heroic spirits answer,  
“Now, as then, in Galilee.”

Lord, we are able!  
Our spirits are Thine.  
Remold them, make us,  
Like Thee, divine.  
Thy guiding radiance  
above us shall be  
A beacon to God,  
to love, and loyalty.

Words: Earl Marlatt  
Music: Harry S. Mason  
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## Scripture

**Exodus 16 (CEB)**

*Jim Quindlen*

<sup>1</sup> The whole Israelite community set out from Elim and came to the Sin desert, which is located between Elim and Sinai. They set out on the fifteenth day of the second month<sup>[a]</sup> after they had left the land of Egypt. <sup>2</sup> The whole Israelite community complained against Moses and Aaron in the desert. <sup>3</sup> The Israelites said to them, “Oh, how we wish that the LORD had just put us to death while we were still in the land of Egypt. There we could sit by the pots cooking meat and eat our fill of bread. Instead, you’ve brought us out into this desert to starve this whole assembly to death.”

<sup>4</sup> Then the LORD said to Moses, “I’m going to make bread rain down from the sky for you. The people will go out each day and gather just enough for that day. In this way, I’ll test them to see whether or not they follow my Instruction. <sup>5</sup> On the sixth day, when they measure out what they have collected, it will be twice as much as they collected on other days.” <sup>6</sup> So Moses and Aaron said to all the Israelites, “This evening you will know that it was the LORD who brought you out of the land of Egypt. <sup>7</sup> And in the morning you will see the LORD’s glorious presence, because your complaints against the LORD have been heard. Who are we? Why blame us?” <sup>8</sup> Moses continued, “The LORD will give you meat to eat in the evening and your fill of bread in the morning because the LORD heard the complaints you made against him. Who are we? Your complaints aren’t against us but against the LORD.”

<sup>9</sup> Then Moses said to Aaron, “Say to the whole Israelite community, ‘Come near to the LORD, because he’s heard your complaints.’” <sup>10</sup> As Aaron spoke to the whole Israelite community, they turned to look toward the desert, and just then the glorious presence of the LORD appeared in the cloud.

<sup>11</sup> The LORD spoke to Moses, <sup>12</sup> “I’ve heard the complaints of the Israelites. Tell them, ‘At twilight you will eat meat. And in the morning you will have your fill of bread. Then you will know that I am the LORD your God.’”

<sup>13</sup> In the evening a flock of quail flew down and covered the camp. And in the morning there was a layer of dew all around the camp. <sup>14</sup> When the layer of dew lifted, there on the desert surface were thin flakes, as thin as frost on the ground. <sup>15</sup> When the Israelites saw it, they said to each other, “What<sup>[b]</sup> is it?” They didn’t know what it was.

Moses said to them, “This is the bread that the LORD has given you to eat. <sup>16</sup> This is what the LORD has commanded: ‘Collect as much of it as each of you can eat, one omer<sup>[c]</sup> per person. You may collect for the number of people in your household.’” <sup>17</sup> The Israelites did as Moses said, some collecting more, some less. <sup>18</sup> But when they measured it out by the omer, the ones who had collected more had nothing left over, and the ones who had collected less had no shortage. Everyone collected just as much as they could eat. <sup>19</sup> Moses said to them, “Don’t keep any of it until morning.” <sup>20</sup> But they didn’t listen to Moses. Some kept part of it until morning, but it became infested with worms and stank. Moses got angry with them. <sup>21</sup> Every morning they gathered it, as much as each person could eat. But when the sun grew hot, it melted away.

<sup>22</sup> On the sixth day the people collected twice as much food as usual, two omers per person. All the chiefs of the community came and told Moses. <sup>23</sup> He said to them, “This is what the LORD has said, ‘Tomorrow is a day of rest, a holy Sabbath to the LORD. Bake what you want to bake and boil what you want to boil. But you can set aside and keep all the leftovers until the next morning.’” <sup>24</sup> So they set the leftovers aside until morning, as Moses had commanded. They didn’t stink or become infested with worms. <sup>25</sup> The next day Moses said, “Eat it today, because today is a Sabbath to the LORD. Today you won’t find it out in the field. <sup>26</sup> Six days you will gather it. But on the seventh day, the Sabbath, there will be nothing to gather.”

<sup>27</sup> On the seventh day some of the people went out to gather bread, but they found nothing. <sup>28</sup> The LORD said to Moses, “How long will you refuse to obey my commandments and instructions? <sup>29</sup> Look! The LORD has given you the Sabbath. Therefore, on the sixth day he gives you enough food for two days. Each of you should stay where you are and not leave your place on the seventh day.” <sup>30</sup> So the people rested on the seventh day.

<sup>31</sup> The Israelite people called it manna. It was like coriander seed, white, and tasted like honey wafers.

<sup>32</sup> Moses said, “This is what the LORD has commanded: ‘Let an omer of it be kept safe for future generations so that they can see the food that I used to feed you in the desert when I brought you out of the land of Egypt.’”

<sup>33</sup> Moses said to Aaron, “Take a jar, and put one full omer of manna in it. Then set it in the LORD’s presence, where it should be kept safe for future generations.” <sup>34</sup> Aaron did as the LORD commanded Moses, and he put it in front of the covenant document for safekeeping. <sup>35</sup> The Israelites ate manna for forty years, until they came to a livable land. They ate manna until they came to the border of the land of Canaan. (<sup>36</sup> An omer<sup>[d]</sup> is one-tenth of an ephah.)

## Hymn

### “God Who Stretched the Spangled Heavens”

**UMH 150**

1. God who stretched the spangled heavens  
Infinite in time and place  
Flung the suns in burning radiance  
Through the silent fields of space  
We Your children in Your likeness  
Share inventive powers with You  
Great Creator still creating  
Show us what we yet may do

3. We have ventured worlds undreamed of  
Since the childhood of our race  
Known the ecstasy of winging  
through untraveled realms of space  
probed the secrets of the atom  
yielding unimagined power  
facing us with life’s destruction  
or our most triumphant hour.

4. As each far horizon beckons  
May it challenge us anew  
Children of creative purpose  
Serving others honoring You  
May our dreams prove rich with promise  
Each endeavor well begun  
Great Creator give us guidance  
Till our goals and Yours are one

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**Message**

“Let Go: Leaving Behind What We Don’t Need”

**Donna Benson, CLS**

**Response to the Word**

Affirmation of Faith

**UMH 889**

**Leader:** There is one God and there is one mediator, Christ Jesus, who came as a ransom for all, to whom we testify.

**People:** This saying is sure and worthy of full acceptance: That Jesus Christ came into the world to save sinners, and was manifested in the flesh, vindicated in the Spirit, seen by angels, proclaimed among the nations, believed in throughout the world, taken up in glory. Great indeed is the mystery of the gospel. Amen.

**Prayer for God’s People, Church, & World**

**Jim Quindlen**

**Response:** Let us unite our hearts in prayer, saying, God of resurrection, fill us with your power.

**Praying With Jesus**

Cleansing God, in whom is heaven,  
may your name be lifted in the chambers of our hearts.  
May the joy of transformation come,  
may your plans for us be unfurled here on earth  
as it is in the flight of heaven’s glory.  
For the strength we need, feed us.  
For the forgiveness we desire, and need to give, invite us.  
Save us from the temptation  
of all that would keep us from you,  
and deliver us from those things that seek to harm.  
Unwrap your perfect kinship  
of love, power, and glory forever.  
Amen.

**\*Doxology**

“Praise God, from Whom All Blessings Flow”

**UMH 94**

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Gilbert H. Vieira | Ralph Vaughan Williams | Thomas Ken  
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\*Please stand as able

## Offering Prayer

### \*Closing Hymn

“Take My Life and Let it Be”

UMH 399

1. Take my life and let it be  
Consecrated Lord to Thee  
Take my moments and my days  
Let them flow in ceaseless praise  
Take my hands and let them move  
At the impulse of Thy love  
Take my feet and let them be  
Swift and beautiful for Thee

2. Take my voice and let me sing  
Always, only for my King  
Take my lips and let them be  
Filled with messages from thee  
Take my silver and my gold,  
not a mite would I withhold.  
Take my intellect and use  
Every power as thou shalt choose

3 Take my will and make it Thine  
It shall be no longer mine  
Take my heart it is Thine own  
It shall be Thy royal throne  
Take my love my Lord I pour  
At Thy feet its treasure store  
Take myself and I will be  
Ever only all for Thee

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## Benediction

### Postlude

"The Solid Rock" arr. by Harold DeCou

***Offered by Clarice Snyder***

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### ***Questions for Reflection***

**Butterfly Fact: A chrysalis is a hard exoskeleton that the caterpillar forms when it's time to transform. The chrysalis keeps the caterpillar safe for a time during metamorphosis and is ultimately discarded when the new butterfly is ready to come out.**

**What safe spaces and comfort zones have you outgrown?**

**Does our protective armor sometimes impede growth?**

### ***Household Prayer: Morning***

*Delivering God, you have safely brought me to this new day. Keep me free from all dangers, perils, and troubles. By the power of your Spirit, strengthen my focus as I seek to follow Christ and to humbly serve your truth. Amen*

**Household Prayer: Evening**

*Redeeming God, by your mighty hand you have safely brought me to this night, and for this and all other mercies, I give you thanks. Post your angels around me this night that I may rest in peace. .AMEN.*

**RESOURCES:**

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