

August 11, 2024: “Rest, Eat, Journey”

Confession and Forgiveness by the Rev. Justin Kosec

Jesus, you spread out your arms to welcome the world. And then you tell us to feed them.
But we struggle with your command. We find the seed of doubt growing in our hearts:
What is our compassion among so much pain? What is our small kindness in a system of injustice?
What is one act of reconciliation in a divided society? How can so little food feed so many hungry mouths?

We have simply forgotten that when you ask us to feed the world, you always provide the bread.

**Even when we have tasted the bread you multiply; even when we gather your leftovers,
we still find ourselves between your wondrous power and our sinful reality.**

So we ask for your forgiveness.

When you call for our faith, forgive our unbelief. As you prepare our heavenly dwelling, forgive our earthly worries. When you offer us armfuls of food that satisfies, forgive our appetite for unhealthy fare.

When your gospel challenges us, forgive our irritable complaints.

You are patient with us even when we prove fussy and doubtful, reluctant and argumentative.

People of God, Jesus knows that you are hungry for forgiveness. So Jesus has set our table with bread from heaven; and a feast to heal the soul. You are forgiven. God leavens you with eternal goodness. Jesus gives you forgiveness enough to share. And the Holy Spirit fills your life with the flavor of transformation. You are forgiven.

God, give us this bread always. Amen.

GATHERING SONG *As We Gather at Your Table* (ELW 522)



1 As we gath-er at your ta-ble, as we lis-ten to your word,
2 Turn our wor-ship in-to wit-ness in the sac-ra-ment of life;
3 Gra-cious Spir-it, help us sum-mon oth-er guests to share that feast



help us know, O God, your pres-ence; let our hearts and minds be stirred.
send us forth to love and serve you, bring-ing peace where there is strife.
where tri-um-phant Love will wel-come those who had been last and least.



Nour-ish us with sa-cred sto-ry till we claim it as our own;
Give us, Christ, your great com-pas-sion to for-give as you for-gave;
There no more will en-vy blind us nor will pride our peace de-stroy,



teach us through this ho-ly ban-quet how to make Love's vic-t'ry known.
may we still be-hold your im-age in the world you died to save.
as we join with saints and an-gels to re-peat the sound-ing joy.

Text: Carl P. Daw Jr., b. 1944

Music: IN BABILONE, *Oude en Nieuwe Hollantse Boerenliedjes en Contradansen*, 1710

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Greeting

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
And also with you.

Kyrie (ELW p. 184)

The words "kyrie eleison" are an ancient prayer meaning "Lord have mercy". Some settings of the kyrie are more penitential in nature but this one is an upbeat celebration of God's grace. The worship leaders will sing the verses and the congregation will join on the refrain.

Refrain




Ky-ri-e e-lei-son, on our world and on our way.



Ky-ri-e e-lei-son, ev-'ry day.

Each verse ends with:

Congregation enters:




Refrain


let us pray to the Lord, let us pray to the Lord.

Canticle of Praise (ELW p. 185)


Refrain



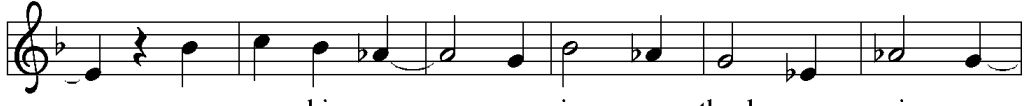
Glo-ry to God in the high-est, the high-est, and




peace to God's peo-ple on earth.



1 Lord God, heav-en-ly King, al-might-y God and Fa-ther,



we wor-ship you, we give you thanks, we praise you



for your glo-ry.

Refrain



2 Lord Je - sus Christ, on - ly Son of the Fa - ther, Lord God,



Lamb of God, you take a - way the sin of the



world: have mer - cy on us; you are seat - ed at the



right hand of the Fa - ther: re - ceive our prayer.

Refrain



3 For you a - lone are the Ho - ly One, you a - lone are the Lord,



you a - lone are the Most High, Je - sus Christ, with the



Ho - ly Spir - it, in the glo - ry of God the Fa - ther.



A - men. A - men. A - men.

Final refrain

Prayer of the Day

Gracious God, your blessed Son came down from heaven to be the true bread that gives life to the world. Give us this bread always, that he may live in us and we in him, and that, strengthened by this food, we may live as his body in the world, through Jesus Christ, our Savior and Lord. **Amen.**

Word

God speaks to us in scripture reading, preaching, and song.

FIRST READING: 1 Kings 19:4-8

⁴[Elijah] went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors."⁵Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat."⁶He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. ⁷The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you."⁸He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

PSALM: Psalm 34:1-8



Psalm tone reproduced from *Psalter for Worship Year C* © 2006 Augsburg Fortress.
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- 1** I will bless the LORD | at all times;
the praise of God shall ever be | in my mouth.
- 2** I will glory | in the LORD;
let the lowly hear | and rejoice.
- 3** Proclaim with me the greatness | of the LORD;
let us exalt God's | name together.
- 4** I sought the LORD, who | answered me
and delivered me from | all my terrors. **R**
- 5** Look upon the LORD | and be radiant,
and let not your faces | be ashamed.
- 6** I called in my affliction, and | the LORD heard me
and saved me from | all my troubles.
- 7** The angel of the LORD encamps around those who | fear the LORD
and de- | livers them.
- 8** Taste and see that the | LORD is good;
happy are they who take ref- | uge in God! **R**

SECOND READING: Ephesians 4:25—5:2

²⁵So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. ²⁶Be angry but do not sin; do not let the sun go down on your anger, ²⁷and do not make room for the devil. ²⁸Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. ²⁹Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. ³⁰And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³²and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you. ^{5:1}Therefore be imitators of God, as beloved children, ²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Gospel Acclamation

*The assembly stands to
welcome the gospel
using the words of Peter
in John 6:68*

Al - le - lu - ia. Lord, to whom shall we go? You have the
words of e - ter - nal life. Al - le - lu - ia.
Al - le - lu - ia, al - le - lu - ia. Al - le - lu - ia.
Al - le - lu - ia, al - le - lu - ia.

GOSPEL: John 6:35, 41-51

The holy gospel according to John.

Glory to you, O Lord.

³⁵Jesus said to [the crowd,] “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

⁴¹Then the Jews began to complain about him because he said, “I am the bread that came down from heaven.”

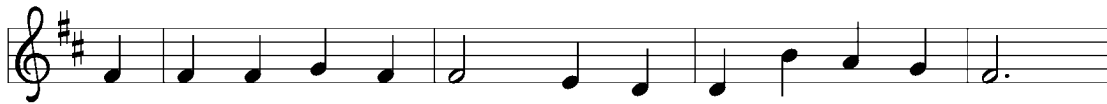
⁴²They were saying, “Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, ‘I have come down from heaven’?” ⁴³Jesus answered them, “Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It is written in the prophets, ‘And they shall all be taught by God.’ Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh.”

The gospel of the Lord.

Praise to you, O Christ.

Sermon

HYMN OF THE DAY *O Living Bread from Heaven* (ELW 542)



1 O liv - ing Bread from heav - en, how well you feed your guest!
2 My Sav - ior, you have led me with - in your ho - liest place,
3 You gave me all I want - ed; this food can death de - stroy.
4 Oh, grant me then, well - strength - ened with heav'n - ly food, while here



The gifts that you have giv - en have filled my heart with rest.
and here your - self have fed me with trea - sures of your grace;
And you have free - ly grant - ed the cup of end - less joy.
my course on earth is length - ened, to serve you, free from fear;



O won - drous food of bless - ing! O cup that heals our woes!
for you have free - ly giv - en what earth could nev - er buy,
My Lord, I do not mer - it the fa - vor you have shown,
and bring me home to praise you where none can peace de - stroy,



My heart, this gift pos - sess - ing, in thank - ful song o'er - flows!
the bread of life from heav - en, that now I shall not die.
and all my soul and spir - it bow down be - fore your throne.
where I will ev - er raise you glad songs in end - less joy.

Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's 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 to the dead.* On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints,
the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

Prayers of Intercession

Each petition ends with the words "In your mercy," and the assembly responds with "hear our prayer."

Peace

The peace of Christ be with you always.

And also with you.

The people may greet one another with a sign of Christ's peace.

Meal

God feeds us with the presence of Jesus Christ.

Offering Prayer

Great Thanksgiving Dialogue

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

Preface

Holy, Holy, Holy (ELW p. 190)



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and might,
heav-en and earth are full of your glo - ry, full of your glo-ry. Ho -
san - na, ho - san - na, ho - san - na in the high -
est. Bless-ed is he who comes in the name of the Lord. Ho -
san - na, ho - san - na, ho - san - na in the high - est.

Words of Institution

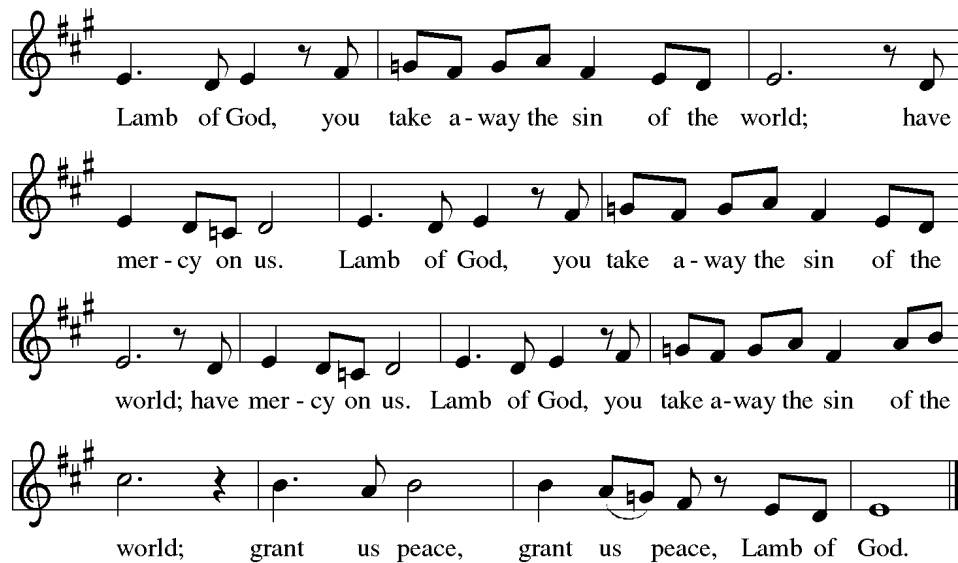
Lord's Prayer

Lord, remember us in your kingdom and teach us to pray.

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.

Invitation to Communion,

Lamb Of God



Lamb of God, you take a-way the sin of the world; have
mer-cy on us. Lamb of God, you take a-way the sin of the
world; have mer-cy on us. Lamb of God, you take a-way the sin of the
world; grant us peace, grant us peace, Lamb of God.

Communion Song: *I Am the Bread of Life* (ELW 485)

Copies are printed and in front of you in the pews. Please leave them there. This will be our communion song for the "Bread Of Life" series.

Prayer after Communion

Blessing

The blessing of God, who provides for us, feeds us, and journeys with us, ☩ be upon you now and forever.
Amen.

SENDING SONG *Hallelujah! We Sing Your Praises* (ELW 535)

Refrain— sung twice each time



Ha - le - lu - ya! Pe - lo tsa ro - na, di tha -
Hal - le - lu - jah! We sing your prais - es, all our



bi - le ka - o - fe - la. Ha - le - lu - ya! Pe - lo tsa
hearts are filled with glad - ness. Hal - le - lu - jah! We sing your



ro - na, di tha - bi - le ka - o - fe - la. *End*
prais - es, all our hearts are filled with glad - ness.



1 Christ the Lord to us said: I am wine, I am bread,
2 Now he sends us all out, strong in faith, free of doubt,

Repeat stanza, then sing refrain



I am wine, I am bread, give to all who thirst and hun - ger.
strong in faith, free of doubt. Tell to all the joy - ful gos - pel.

Text: South African; tr. *Freedom Is Coming*, 1984
Music: HALELUYA! PELO TSA RONA, South African
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Dismissal

Go in peace. You are the body of Christ.

Thanks be to God.

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