

To learn more about various prayer practices

- 1) Visit The Upper Room website at:
<https://www.upperroom.org/resources/category/prayer>
- 2) Speak with Pastor Lisa



**Crooks Memorial
United Methodist Church**
September 26, 2021, at 10:00 a.m.



Serving In Worship Today

Ushers/Greeters: Betty Custer and Marilyn Jenkins

A/V Coordinator: Allen Conway

Stream Team: Jim Pile, Chuck Eldred, Pete Prokup,
Kasey Landis, Elvin Ahl

Our Mission:

To Make Disciples of Jesus Christ for the
Transformation of the World

Our Vision:

Making Space for God and Others

Our Values:

Worship † Faith † Family † Hospitality

Rev. Lisa Ann Barbery, Pastor
Rev. Sharma Lewis – Bishop
Rev. Charles F. Ledlum-Bates –
York River District Superintendent
Phillip Higgins – Director of Music Ministries
Kristie Brookshire – Admin. & Comm. Assist.

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Office Hours: 9 – 3 Mon – Thu

Welcome to Worship

Cell phone and electronic devices: Please set to silence.

Connection Card: Helps us know you are here and helps you engage. Please complete and place it in the offering plate.

Hard of hearing or sight: Large print hymnals and listening devices are available from an usher.

We love children in worship! However, if needed, our staffed nursery is available for infants through 3yrs.
See an usher for directions.

We record worship: As a ministry to those unable to be present, our worship service is livestreamed, recorded and posted to our website and social media sites.

In his Spiritual Exercises, Ignatius urged that all be taught the **Examen**, a daily prayerful reflection on our responses to the events of the day. The purpose of this reflection was to see God's presence and to discern God's direction for us. Ignatius believed that the key to a healthy spirituality is to find God in all things and to work constantly to cooperate with God's will.

The Prayer of Examen takes about fifteen minutes, and involves three parts. Find a place you can relax and be comfortable. You may want to light a candle to remind you of the presence of God with you.

1. Ask God to bring to your awareness the moment today for which you are most grateful.
 - If you could relive one moment, which one would it be?
 - When were you most able to give and receive love today?
 - Ask yourself what was said and done in that moment that made it so good.
 - Breathe in the gratitude you felt and receive life again from that moment.
2. Ask God to bring to your awareness the moment today for which you are least grateful.
 - When were you least able to give and receive love?
 - Ask yourself what was said and done in that moment that made it so difficult.
 - Relive the feelings without trying to change or fix it in any way.
 - Take deep breaths and let God's love fill you just as you are.
3. Give thanks for whatever you have experienced. If possible, share as much as possible of these two moments with a friend. It is also helpful to record your thoughts in a journal. Rereading these notes will help you see God's grace at work in your life even when things seemed impossible.

Bold print indicates a congregational/unison reading.

Prelude "Piano Sonata No. 8, Op. 13, Zachary Brandt
Mov II. Adagio Cantabile" (Ludwig Van Beethoven)

Welcome

Call To Worship

We will walk this day with you, O God, and you will walk with us,
gathering us into a community to pray for one another in all things.

We will walk this day with you, O Christ, and you will walk with us,
calling us to follow you, helping us to set aside all which holds us back.

We will walk this day with you, O Spirit, and you will walk with us,
sending us out, side by side, to serve those cast aside by the world.

Hymn "Sweet Hour of Prayer" UMH 496

Prayer

Scripture Psalm 124 and James 5:13-20 Vennie Lulofs
(Pew Bible O.T. 540 and N.T. 217-218)
The Word of God for the People of God.
Thanks be to God.

Message Rev. Lisa Barbery

Hymn "Lord, Listen to Your Children Praying" TFWS 2193

Prayer

Special Music "The Giving" (Michael W. Smith)

Our Next Step

Hymn "Have Thine Own Way, Lord" UMH 382

Benediction

Postlude "All of Me" (Jon Schmidt)