



— CULTIVATING — HEALTH

Grow in Wisdom

JANUARY 29, 2023
10:30AM CONTEMPORARY



WORSHIP

DISCIPLES CELEBRATE
GOD TOGETHER

CHRISTLAMESA.ORG/WORSHIP

CONNECT

DISCIPLES DEVELOP
FAITH RELATIONSHIPS

CHRISTLAMESA.ORG/CONNECT



DEVELOPING
DYNAMIC DISCIPLES



SERVE

DISCIPLES SHARE CHRIST'S
LOVE IN WORD AND DEED

CHRISTLAMESA.ORG/SERVE

LEARN

DISCIPLES LEARN IN ORDER
TO LIVE GOD'S WORD

CHRISTLAMESA.ORG/LEARN

ANNOUNCEMENTS

ASSISTANT MUSIC DIRECTOR POSITION

Christ Lutheran Church is searching for a Christ-like servant leader who can fill the role of Assistant Music Director. The job description and application can be found at **christlamesa.org/employment**.

DINNER FOR 6, 7, OR 8

Stop by the table in the courtyard and sign up TODAY or next Sunday for an opportunity to enjoy “an evening out” where you can meet new friends, enjoy someone else’s cooking and even share new recipes! Questions?

Contact Chuck and Joanene Falk at cfalk9@gmail.com.

2023 MISSION TRIPS TO SOUTH AMERICA

Su Refugio mission trip dates for next year have been set. Come join us in 2023 on one or more trips and experience how God will use you to further His Kingdom in another country! We will be in Paraguay from June 29-July 8, Peru from August 4-12, and Argentina from October 5-14. For more info, please contact Sandy Cole at colesj@hotmail.com or 619-818-5871.

Additional trip information may be found at SuRefugio.org/join-us. Mission Trip meeting will be February 26 at 9:15 a.m. in Youth Center Room 1.

MEXICO HOUSE BUILD

As we partner with Amor Ministries to build one home for one family in Mexico, we are looking for volunteers! Please consider serving in this important way. The sign up, and all details, can be found at **christlamesa.org/housebuild**.

CHRIST LUTHERAN SCHOOL

Now is the perfect time to start thinking about enrolling your child at Christ Lutheran School or Preschool. Christ Lutheran School will prepare your student spiritually, intellectually, physically, socially, and emotionally. Visit **lutheranschool.org** to schedule a tour, apply, or find more information.

Let Us Know You're Worshipping With Us!



Or visit christlamesa.org/hello

AS WE GATHER

Welcome to worship! In our current series, "Cultivating Health," we are discovering what holistic healthy living means as a Christian. "Cultivating Health" is composed of five practices: Recognize God's Call, Pursue Wellness, Grow in Wisdom, Optimize Finances, and Stay Connected. Some of these practices may be new to you; others may already be second nature. Whatever the case may be for you, we believe the daily pursuit of these practices will shape your understanding of yourself as you continue developing as a dynamic disciple.

WELCOME AND INVOCATION

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

People: **Amen!**

OPENING SONGS

TO GOD ALONE

Can You take me by the hand, can You use me as I am
Break me into who You want me to be
When the time is finally right will You open up my eyes
And show me everything You want me to see
This life is not my own

To God alone be the glory, to God alone be the praise
Everything I say and do, let it be all for You
The glory is Yours alone, Yours alone

Take the offering I bring, You want more than what I sing
Can I give You every part of me
Turn these pennies into gold, take this life I call my own
Until I'm running after Your heart
I'm needing to let go

To God alone be the glory, to God alone be the praise
Everything I say and do, let it be all for You
The glory is Yours alone

We will rise and we will fall, but You remain after all
You're glorious and beautiful, You're beautiful

To God alone be the glory, to God alone be the praise
Everything I say and do, let it be all for You
The glory is Yours alone, the glory is Yours alone
Yours alone, Yours alone

KINGDOM (SANCTUARY CHOIR)

CONFESSION AND FORGIVENESS

SCRIPTURE READING

JAMES 3:13-18

PEW BIBLE PAGE 1724

Reader: In James chapter 3, St. James encourages us to see the wisdom that comes from God.

¹³ Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom.

¹⁴ But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵ Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶ For where you have envy and selfish ambition, there you find disorder and every evil practice.

¹⁷ But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. ¹⁸ Peacemakers who sow in peace reap a harvest of righteousness.

Reader: This is the Word of the Lord.

People: Thanks be to God.

HOLY GOSPEL

LUKE 2:41-52

PEW BIBLE PAGE 1461

Reader: To honor the words and works of Jesus, please stand. Mary and Joseph find Jesus in the temple, growing in wisdom, in the Holy Gospel according to St. Luke the 2nd chapter.

People: Glory to You, O Lord.

⁴¹ Every year Jesus’ parents went to Jerusalem for the Festival of the Passover. ⁴² When he was twelve years old, they went up to the festival, according to the custom. ⁴³ After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. ⁴⁴ Thinking he was in their company, they traveled on for a day. Then they began looking for him among their relatives and friends. ⁴⁵ When they did not find him, they went back to Jerusalem to look for him. ⁴⁶ After three days they found him in the temple courts, sitting among the teachers, listening to them and asking them questions. ⁴⁷ Everyone who heard him was amazed at his understanding and his answers. ⁴⁸ When his parents saw him, they were astonished. His mother said to him, “Son, why have you treated us like this? Your father and I have been anxiously searching for you.”

⁴⁹ “Why were you searching for me?” he asked. “Didn’t you know I had to be in my Father’s house?” ⁵⁰ But they did not understand what he was saying to them.

⁵¹ Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. ⁵² And Jesus grew in wisdom and stature, and in favor with God and man.

Reader: This is the Gospel of the Lord.

People: Praise to You, O Christ.

STATEMENT OF FAITH

APOSTLES’ CREED

People: I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, His 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 into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. He will come again to judge the living and the dead.

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

CHILDREN’S MESSAGE

MESSAGE

GROW IN WISDOM

OFFERING

CHRISTLAMESA.ORG/GIVE

SONG OF RESPONSE

BE THOU MY VISION

Be Thou my vision, O Lord of my heart
Naught be all else to me, save that Thou art
Thou my best thought, by day or by night
Waking or sleeping, Thy presence my light

Be Thou my Wisdom and Thou my true Word
I ever with Thee and Thou with me, Lord
Thou my great Father and I, Thy true son
Thou in me dwelling and I with Thee one

Riches I heed not, nor man's empty praise
Thou mine inheritance, now and always
Thou and Thou only, first in my heart
High King of heaven, my treasure Thou art

High King of heaven my victory won
May I reach heaven's joys, bright heaven's Sun
Heart of my own heart, whatever befall
Still be my vision, O Ruler of all

(Please stand)

PRAYERS AND THE LORD'S PRAYER

People: **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.**

HOLY COMMUNION

SHARING OF THE PEACE

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

People: And also with you.

What we believe about Holy Communion

We believe Communion is Medicine for the sick, not a reward for the perfect. We believe that we are sinful, in need of grace, and want to do better. We believe, as Jesus said, that the bread and wine are truly and physically His body and His blood, which is the ultimate mystery of faith. If this is not your belief, are a child who has not taken the First Communion Class or are unfamiliar with the belief of the Lutheran Church - Missouri Synod, we invite you to come forward with your arms crossed so that we can give you a blessing by making the sign of the cross over you. We also encourage you to talk to one of our pastors after the service if you have questions.

MUSIC DURING COMMUNION

COME AS YOU ARE

Come out of sadness from wherever you've been

Come, brokenhearted, let rescue begin

Come find your mercy, O sinner, come kneel

Earth has no sorrow that Heaven can't heal

Earth has no sorrow that Heaven can't heal

Lay down your burdens, lay down your shame

All who are broken, lift up your face

O wanderer, come home; you're not too far

So lay down your hurt, lay down your heart, come as you are

There's hope for the hopeless and all those who've strayed

Come sit at the table, come taste the grace

There's rest for the weary, rest that endures

Earth has no sorrow that heaven can't cure

Lay down your burdens, lay down your shame
All who are broken, lift up your face
O wanderer, come home; you're not too far
So lay down your hurt, lay down your heart, come as you are
Come as you are, fall in His arms, come as you are

There's joy for the morning, o sinner, be still
Earth has no sorrow that Heaven can't heal
Earth has no sorrow that Heaven can't heal

Lay down your burdens, lay down your shame
All who are broken, lift up your face
O wanderer, come home; you're not too far
So lay down your hurt, lay down your heart, come as you are
Come as you are, come as you are

WONDERFUL, MERCIFUL SAVIOR

Wonderful, merciful Savior, precious Redeemer and Friend
Who would have thought that a Lamb could rescue the souls of man
Oh, You rescue the souls of man

Counselor, Comforter, Keeper, Spirit we long to embrace
You offer hope when our hearts have hopelessly lost our way
Oh, we've hopelessly lost the way

You are the One that we praise, You are the One we adore
You give the healing and grace our hearts always hunger for
Oh, our hearts always hunger for

Almighty, infinite Father, faithfully loving Your own
Here in our weakness You find us falling before Your throne
Oh, we're falling before Your throne

You are the One that we praise, You are the One we adore
You give the healing and grace our hearts always hunger for
Oh, our hearts always hunger for

You are the One that we praise, You are the One we adore
You give the healing and grace our hearts always hunger for
Oh, our hearts always hunger for

(Please stand)

PRAYER OF DISMISSAL AND BENEDICTION

Leader: Now may the body and blood of our Lord Jesus Christ strengthen and preserve you in true faith to life everlasting.

People: Amen.

Leader: The Lord bless you and keep you. The Lord make His face shine on you and be gracious to you. The Lord look upon you with favor and give you peace.

People: Amen.

CLOSING SONG

THRIVE

Here in this worn and weary land, where many a dream has died
Like a tree planted by the water, we never will run dry
So living water flowing through, God we thirst for more of You
Fill our hearts and flood our souls with one desire

Just to know You and to make You known, we lift Your name on high
Shine like the sun, make darkness run and hide
We know we were made for so much more than ordinary lives
It's time for us to more than just survive we were made to thrive, Oh

Into Your Word we're digging deep, to know our Father's heart
Into the world we're reaching out, to show them who You are
So living water flowing through, God we thirst for more of You
Fill our hearts and flood our souls with one desire

Just to know You and to make You known, we lift Your name on high
Shine like the sun, make darkness run and hide
We know we were made for so much more than ordinary lives
It's time for us to more than just survive: we were made to thrive

Joy unspeakable, faith unsinkable
Love unstoppable, anything is possible
(REPEAT 3X)

Just to know You and to make You known, we lift Your name on high
Shine like the sun, make darkness run and hide
We know we were made for so much more than ordinary lives
It's time for us to more than just survive: we were made to thrive, Oh
We were made to thrive

THOSE SERVING IN WORSHIP AT 10:30AM

Preacher and Worship Leader

Children's Message

Acolyte

Reader

Music Leader

Worship Partner

Communion Assistants

Pastor Travis Ferguson

DCE Cheri Selander

Ethan Sedino

Ethan Sedino

Praise Band

Shaun Johnson

Greg Giles

Ron Recksiedler

Bill Roan

Georg Winkler

Joseph Arzillo

Craig Barkett

Paula Winkler

Mark Gould

Julie Brown

Hallie Crane

Angelika Winkler

Lucas Winkler

Zissi Winkler

Livestream Technician

Sound Technician

Media Technician

Welcome Team



HELP MAKE SUNDAY SPECIAL!

CHRISTLAMESA.ORG/VOLUNTEER

G.P.S. – GROW, PRAY, STUDY GUIDE

Get the weekly GPS on your computer/phone/etc. by going to www.clcm-gps.com. You can also get automatic notifications by texting “@clcm-gps” to 81010, or by subscribing through Feedly.com.

Daily Prayer for “Grow in Wisdom”:

Dear God, I yearn to learn about You and Your world. The breadth and depth of Your creative will are all around me. Help me to see a love for learning as a way to continue to embrace You. As I learn every day, show me how to use my new understanding in ways that honor You and serve Your people. In Jesus’ name. Amen.

DAY ONE – READ 1 KINGS 3:5-12, 4:29-34

Words or phrases that
catch my attention:

Major thought:

What impressed me the
most, and what I’ll do
about it:

What does this lead me to
pray about?

DAY TWO – READ PROVERBS 15:30-33

Words or phrases that
catch my attention:

Major thought:

What impressed me the
most, and what I’ll do
about it:

What does this lead me to
pray about?

DAY THREE – READ PROVERBS 1:1-7

Words or phrases that
catch my attention:

Major thought:

What impressed me the
most, and what I'll do
about it:

What does this lead me to
pray about?

DAY FOUR – READ JAMES 1:2-8

Words or phrases that
catch my attention:

Major thought:

What impressed me the
most, and what I'll do
about it:

What does this lead me to
pray about?

DAY FIVE – READ JAMES 3:13-18

Words or phrases that
catch my attention:

Major thought:

What impressed me the
most, and what I'll do
about it:

What does this lead me to
pray about?

DAY SIX – REVIEW

Which reading(s) spoke
most directly to you this
week?

What is God saying to you
in this reading?

How are you responding?

WHAT'S HAPPENING THIS WEEK?

TODAY | January 29

- 8:00 am—Traditional Worship
- 9:15 am—Sunday School
 - 3yrs -Grade 6—CLS Back Entrance
 - Confirmation—Room 202
 - Senior High—Youth Center Room 3
- 9:15 am—Christian Education Hour
 - Focus—Room 101
 - Bereans—Room 203
 - Village—Lucas Hall
- 10:30 am—Contemporary Worship with Holy Communion
- 5:00 pm—Senior High Sunday Night—Youth Center

MONDAY | January 30

- No Events Scheduled

TUESDAY | January 31

- 7:00 pm—Alcoholics Anonymous—Youth Building Room 1

WEDNESDAY | February 1

- 9:30 am—Women's Bible Study—Lucas Hall

THURSDAY | February 2

- 9:30 am—Insights—Lucas Hall
- 6:30 pm—Choir Rehearsal—Sanctuary
 - Al Anon Meeting—Fireside Room

FRIDAY | February 3

- 7:00 pm—Refuge—Youth Center

SATURDAY | February 4

- 7:00 am—Housebuilding in Tijuana
- 7:30 am—Men's Bible Study in Lucas Hall

In Our Prayers

REJOICING

Lord, we rejoice with those who are journeying towards a life of sobriety. Be their strength and provide the guidance they need to persevere.

ASKING

Lord, be with the lonely, the sick, the dying, the captives, and those in anguish. Bring the comfort of wellness to their lives.

CALLING

Lord, bless those who are unemployed or underemployed. May they find work in order to provide for themselves and their families. May their work be of great benefit to the community.

SERVING

Lord, be with those who will join with Amor Ministries to build one house for one family in Mexico. We thank you for sending your Holy Spirit to inspire the hearts of Your faithful to serve.



HELP MAKE SUNDAY SPECIAL!
JOIN A TEAM
CHRISTLAMESA.ORG/VOLUNTEER



Christian Education | 9:15-10:15am



Children ages 3 years through 6th grade check in at the back entrance to CLS on parking Lot 2



Confirmation Students (7th and 8th Graders) meet in Room 202.



High School Students meet in Youth Center Room 3.



A group for those in their 20's and 30's, meets in the CLS Teacher's Lounge.



A group that engages in an in-depth study of God's Word, verse by verse, meets in Room 203.



A group for fellowship and focusing in on God's word, meets in room 101



A group that explores issues that impact families, meets in Lucas Hall.

Kid Care for ages 2 and under.



Richard Burkey
Senior Pastor



Travis Ferguson
Pastor of Family
Connections



Dave Peterson
Visitation Pastor



Cheri Selander
Coordinator of
Youth Ministries



Brandon Heath
Minister of Youth



Kathy Barkett
Director of
Worship and Music



Xavria Schwarz
Principal,
Christ Lutheran School



Melissa Payne
Preschool Director



Patti Maass
Church Administrator



Emily Lieber
HR Specialist



Craig Barkett
Director of Facilities



Kathy Garces
Administrative Accountant



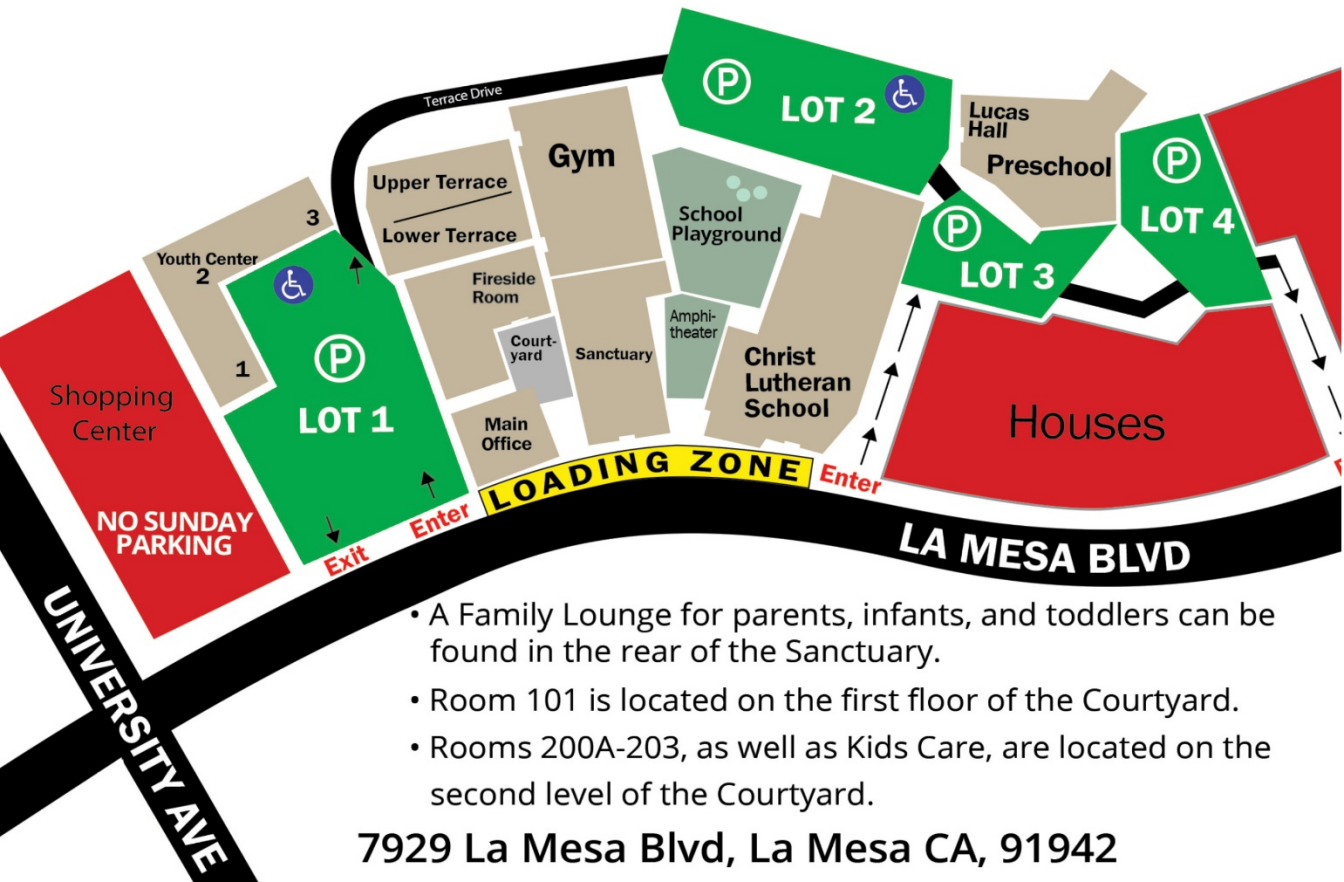
Kathy Johnson
Worship and Music Assistant



Kim Voss
Administrative Assistant



Stuart Gardner
Director of Community
and Communications



- A Family Lounge for parents, infants, and toddlers can be found in the rear of the Sanctuary.
- Room 101 is located on the first floor of the Courtyard.
- Rooms 200A-203, as well as Kids Care, are located on the second level of the Courtyard.

7929 La Mesa Blvd, La Mesa CA, 91942