## *Third Sunday of Easter* April 14, 2024

### Welcome and Announcements Birthday Celebration

Prelude		Christopher A. McCroskey					
Call To Worship Centering Words	"I Love Thy Kingdom, Lord"	Choir					
*Hymn	"Great Is Thy Faithfulness"	140					
Opening Prayer The Lord's Prayer		895					
<b>Proclamation of the Word</b> Prayer of Illumination	I						
"Let the Children Come!" (Those 3 years of age through 8 years of age may go to Children's Church.)							
New Testament Reading	Acts 3:12-19	Page 115 (N.T.)					
Epistle Reading	1 John 3:1-7	Page 230 (N.T.)					
*Hymn	"Lead Me, Guide Me"	TFWS 2214					
Psalter	Psalm 4	741					
Anthem	"Holy, Holy, Holy! Lord God Almighty"	Choir					
Gospel Reading	Luke 24:36b-48	Pages 87-88 (N.T.)					
Sermon	When You Are Disturbed	Rev. John Jordan					
*Affirmation of Faith	"The Apostles' Creed"	881					
*Gloria Patri	"Glory Be to the Father"	70					
Pastoral Prayer Presentation of Tithes & Of	ferings						
Offertory *Doxology	"Praise God from Whom All Blessings Flow"	Christopher A. McCroskey 95					
*Hymn	"Be Thou My Vision"	451					
*Dismissal With Benediction *Benediction Response "May the Lord, Mighty God, Bless and Keep You" Choir							
*The Congregation May Stand							

## Leading in Worship Today

Pastor:	John D. Jordan	AV Director:	Marie Stiles
Music Director:	Christopher A. McCroskey	AV Assistant:	Chris Derrick
		Time Together:	Ruth Frady

**VISITORS ARE WELCOME** in the service of worship! Please make use of the visitor's tags (located in the pew backs) to help us better welcome you as a visitor to Trinity this morning. We ask that you also please fill in the pew pad as it passes to register your attendance with us. **Large print hymnals** are available from the ushers.

You may join as a member into the life and work of this congregation by Confession of Faith or byTransfer of Membership from another church. If you would be interested in becoming a member, please speak to the pastor.

TODAY'S LOVELY FLOWERS are given to the Glory of God.

### "AS MEMBERS OF THIS CONGREGATION, WE WILL FAITHFULLY PARTICIPATE IN ITS MINISTRIES BY OUR PRAYERS...

English Pearcy	Patsy Zeigler	Charlie Hooker	Kaye Floyd	Patsy Shuler	Taylor Linholm
Erin Derrick	Becky Derrick	John Ballentine	Jimmy Grahl	Latson Lewis	

Shut-Ins: Esther Carter; Gillett Hipp; Linda Maloch; Jean Raynor; Claudia Sineath; Jan Weaver

Family and Friends: Chantel Griffin (sister of Erin Derrick); Russell Eubanks (son-in-law of Jo Ann Heiting); **Malcolm Skipper** (grandfather of Matthew Skipper): **Mildred McOuitty** (great-grandmother of Matthew Skipper); Logan Sturkie (granddaughter of Marty Johnson's neighbor); Bryan Collard (brother-in-law of Mary Sue Lewis); Charlyn McNeill (sister of Mary Sue Lewis); Elizabeth Kelsey & Jamie Barnett (friends of John & Kay Jordan); Alex Courtney (friend of great nephew of Joyce Robinson); Lawrence Gilbert (friend of Becky Derrick); Bob Bohnstengel (spouse of Jo Ann Heiting's cousin); Judy Spence (former member); Anne Piercy (former member); Missy Abrams (stepdaughter of Lissa Abrams); Mary Davis (daughter of Bob & Libby Strickland); Gloria Erd (friend of Lynn Martin); Pearl Geddens (mother of Tom Geddens); Ross Deal (grandson of Mary Kamoroff); Nancy Wilson (friend of Jeanette Hornsby); David Turner (brother of Pam Turner); Ernie & Betsey Hendrix, Chip Mixon (friends of Tommy Gleaton); Ron & Janet Walker (friends of Tommy & Chris Gleaton); Merit Takach (friend of Joyce and Brent Robinson); James Boggs (father of Claire Boggs); Stacy Coggins (daughter of Steve Aiello); Sweat Family (friends of Marty Johnson); Bill Areheart (friend of Bonnie Ramsey); David Grandshaw (brother-in-law of Edwa Meek); Robert Bradley (Business Associate of Simon Ross); Gary Becton (friend of Mark Branham); Florence Lee Carter, Monnie Tiller (friends of Chris Derrick); Adrin & Linda Hargett (stepfather and stepmom of Christopher McCroskey); Alexa Lookingbill, Teddy Derrick (uncle of Arvan Derrick); Haidee Baehr (friends of Ruth Frady); Denise Paul, Scott & Karen Nelson (cousins of Gale Frady); Dan Conner, Max Johnson (friends of Gale Frady); Bernardo Velasquez, Walt & Janet Beck (friends of Jo Ann Heiting); Adam Lavender (son of Phil Lavender)

If you have a friend or family member on the Prayer List, we ask you to please keep us updated. If no word is received, we will trust that our prayers have been answered and remove the name. To update us, please call the office or e-mail us at trinityumcwc@sc.rr.com.

#### **OUR PRESENCE ...**

 In-Person Attendance 04/07
 SS:
 8
 Worship:
 24

 OUR GIFTS ...
 General Fund 04/07
 \$ 3,698.00
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#### **Upcoming Events**

TODAY Administrative Team Meeting, 4:45 p.m.
04/15 Exercise Class, 10:30 a.m.
04/17 Wednesday's Words, 11: 30 a.m. T.a.G., 7 p.m.
04/18 Exercise Class, 10:30 a.m.
04/19 Office Closed

#### **Readings for April 21**

Acts 4:5-12 Psalm 23 1 John 3:16-24 John 10:11-18



MinistersThe CongregationPastorJohn D. JordanResident BishopJonathan HolstonDistrict SuperintendentRev. Fran M. Elrod

Our mission is to make disciples of Jesus Christ for the transformation of the world.

Our vision is to Connect, Nurture, Inspire and Transform

will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety. Psalm 4:8

1201 Mohawk Drive West Columbia, SC 29169 Telephone: 803.794.7777 E-mail: <u>trinityumcwc@sc.rr.com</u> Website: <u>www.trinityumcwc.org</u>



The Administrative Team will meet on Sunday, April 14, at 4:45 p.m.





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Taste of Trinity, our church-wide covered dish luncheon, will be held on Sunday, April 28. It will continue on the fourth Sunday of every month. Don't miss this wonderful opportunity to share great food and great fellowship!

Please Note: The Ministry Team will meet immediately following Taste of Trinity.



Columbia Community Concert Band's Spring Concert April 28, 2024, 4:00 p.m. Airport High School Auditorium

Our 43<sup>rd</sup> season ends with the music of Ray Charles, the Sound of Music, Danny Boy and other Irish tunes which have been challenging for us to learn but which we're excited to play for our audience.

Having so many loyal followers means so much to our group of musicians, and we appreciate that you take time to support us with your attendance at our concerts. The music is listed on the flyer located on the round table in the Gathering Area along with the signup sheet to ride the bus which leaves the Gunter Circle parking lot at 3:20 p.m. Doors to the auditorium open at 3:30 p.m. We hope you can join us for our final performance until October.

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When You Are Disturbed

# 4/14/2024

## Psalm 4

"When you are disturbed, do not sin; ponder it on your beds, and be silent." (v4)

The literal translation of "When you are disturbed" is when you are trembling and quivering, indicating intense, violent emotion. We have emotions that are so intense, usually anger, fear, and anxiety, that we shake. Many situations around us may cause anxiety, fear, anger, and trembling.

In the world, the wars in Ukraine and the Middle East are threatening to escalate. Refugees are fleeing war-torn areas, trying to find a place to live in peace. People are leaving their country to escape drug lords and violence. People are trafficked to work in construction, hospitality, and the sex trade. People are searching for a place to earn a decent wage and live in peace.

Our nation is facing an election, and we are anxious about who will win. We are concerned about inflation, the economy, and social issues. We are disturbed about the direction of our country.

We are anxious about our church. We are on pins and needles regarding the denomination's stance on LGBTQ issues. We are disturbed about disaffiliation, should or shouldn't we?

We are concerned about Trinity. We wonder what the new pastor will be like. We see empty pews and wonder, "Where is everybody?" We have had so many pass away or become incapacitated.

We may have situations in our personal lives which provoke anxiety. Kay and I are anxious about moving. I will let you fill in the blanks about what is disturbing you.

Yes, there is much to be disturbed about on all levels. Often, we sin when we are disturbed. The Hebrew word for sin means to miss the mark. When we sin, we miss the mark of what God wants us to do and be. Our fear, anger, and anxiety cloud our judgment. We may say, do, or post something that harms others. We act and react without thinking of the consequences. We miss the mark of what God wants from us.

The Psalmist tells us, "Do not sin." It is hard not to sin when we are disturbed. We see a Post on Facebook that makes us furious. We shoot off a reply telling exactly what we think about that post and the person who posted it. Our reply hurts the one who posted it. Others who read our reply become angry, and relationships are damaged.

How do we avoid sin when we are disturbed? How do we hit the mark when our bodies are trembling with intense emotion?

The Psalmist says, "Ponder it on your beds." The literal translation is, "Speak to your heart." The heart can also mean the self. In psychotherapy, we call this doing some self-talk. We may need to ask, "What is the cause of my anger, fear, or anxiety?" Identifying the cause is the first step to overcoming our disturbance. We may

ask, "What can I do about this?" Sometimes, we may realize that our reaction is out of proportion to the situation. We need to look inside ourselves to discover the source of our disturbance.

The psalmist doesn't stop there. He or she then says to be silent. The word can also mean to be still. Be still and silent. Turn off the noise, both outer and inner, and be still.

Being still and silent is a hard thing to do. We live in a noisy society. We hear ambulances, airplanes, cars, the TV, and the radio. We are so used to noise that we are uncomfortable without noise. Many turn on the radio or TV, just to have some noise in the background. We are uncomfortable with silence.

We also live in a society that says to be active. Do something. Be productive. Don't just sit there, do something. We like our busyness; it helps us to feel we are in control. However, the noise and activity do not alleviate our disturbance, but exacerbate it. We become more agitated. We become more prone to sin. It becomes even harder to hit the mark.

Yet, it is only by being still and silent that we can hear the voice of God. When Elijah fled from Jezebel, he went to Mt. Horeb, the mountain of God. God was going to pass by Elijah. A great wind came, then an earthquake, then a fire, but God was in none of these noisy events. Then came the sound of sheer silence, a still small voice, which was God. God is in the still silence, not the noise.

By being still and silent, we can hear the voice of God. We can perceive the divine presence with us. The still small voice of God cannot be heard over the noise and busyness in our lives. Only when we are still and quiet, can we know God is with us. Only when we are still and quiet, can we receive God's peace and overcome our disturbance. Only when we are still and quiet, can we see the mark God has set for us.

This verse elicits the image of a basketball player shooting a free throw. They have been fouled. Someone on the other team did something that interfered with their play. If the player is agitated, anxious, or angry when they take the shot, they will likely miss. If they hear the noise and see the shenanigans of the fans behind the goal they will miss. If they are still, tell themselves they can make the shot, tune out the noise, and focus on the goal, they will make the shot.

When you are disturbed, agitated, and anxious, don't be reactive and sin. Follow the Psalmist. Talk to yourself to discover the cause. Be still and silent to perceive the presence of God. In the stillness and quiet, you will perceive God's direction. It may be an audible voice, a thought, or a sense of peace and calm.

I want to take a few moments for us to sit in silence. Try as best you can to turn off all thoughts. Nothing can or needs to be done right now except to be still and quiet. Rest in the presence of God. Let God's peace flow over you. Let God guide your thoughts.

In stillness and silence, we can experience God's peace. The anger, fear, and anxiety that disturb us may be replaced with the gladness God puts in our hearts. We can lie down and sleep in peace, for God is leading us to the mark he has for us, and God will always keep us safe.