

THIS WEEK AT ST. PAUL'S LUTHERAN CHURCH

Sunday 5/1 Message: "Transformed: Emotional Health"
 9:20 am Education Time / Basics 1 & 2 Class (Conf. Room)
 12:00 pm NYG Participants Meeting (Great Room)
 6:30 pm THRIVE Community (TRANSFORMED for Youth)

Monday 5/2
 7:00 pm Schlosser Small Group (Conference Room)

Tuesday 5/3
 5:45 am Body & Soul Exercise Class (Rm 122) *All Welcome!*
 6:30 pm Lay Ministry Meeting (LCR)

Wednesday 5/4
 10:30 am Ministry to Mature: TRANSFORMED (Great Room)
 6:30 pm Basics 1 & 2 Class (Conference Room)

Thursday 5/5 Handbell 5:30pm, Choir & Winds 6:30pm
 5:45 am Body & Soul Exercise Class (Rm 122) *All Welcome!*
 6:30 am Men's Bible Study (Conference Room)
 6:00 pm Choir Potluck (Fellowship Area)

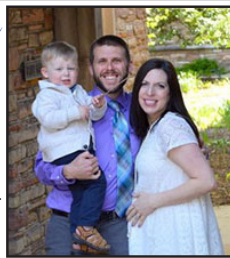
Friday 5/6

Saturday 5/7 Message: "Transformed: Relational Health"
 7:30 am Community Pancake Breakfast
 4:00 pm SPL Praise Team Rehearsal (Sanctuary)
 4:30 pm Power Small Group (Great Room)
 6:00 pm Contemporary Worship (SHiNe Time - 6:15pm)

Sunday 5/8 Message: "Transformed: Relational Health"
 8:00 am Traditional Worship
 9:20 am Education Time / Basics 1 & 2 Class
 10:15 am The Morning Blend - Fellowship Time
 10:30 am Contemporary Worship
 6:30 pm THRIVE Community (TRANSFORMED for Youth)

We Celebrate & Give Thanks

God has blessed SPL with an answered call for Associate Pastor of Outreach & Mission - we will be glad to welcome Mark & Jennifer Gearig and their family (Ezra - 2, Baby Gearig) to Decatur and to the SPL. Jennifer are both originally from Ohio and also completed their schooling there.



They have been married for four years. We do not yet know the details of their arrival, but as soon as we have additional information we will be sure to let you all know. Please keep them in your prayers in this time of transition.

We Worship...

Last Week in Worship: 901
 4 Week Avg. Regular Attendance: 848

...Better Together!

CALENDAR OF UPCOMING EVENTS

May 12th Hosted by the LSA High School - Call 233-2000
 Red Cross Blood Drive (9:00am-5:00pm @LSA)

May 13th Lead by the SPL Praise Team - All are welcome to attend!
 Let the Heavens Open: An Evening of Praise & Worship (7pm)

May 14th Get Your Tickets in the Fellowship Area Today!
 Women's Brunch Sponsored by Women's Ministry (@SPL)

May 15th SPL Foundation Planting for Eternity Weekend
 SPL Semi-Annual Voters Meeting (2:00pm @Great Room)

June 5th Tickets now available \$25 - Adults & Youth (Age 13 & Up)
 Retirement Celebration for Pastor Wray Offermann (4:00pm)

June 13th-17th Visit the display in the Fellowship Area for info
 "Cave Quest" Vacation Bible School (VBS) at SPL

June 23rd Serving opportunities available: Contact Andrea Gerhard
 WBGL Backyard Bounce @St. Paul's Lutheran Church (8a-12p)

CONNECT WITH US!

Visit our updated website at spldecatour.org
 Find us on Facebook at www.facebook.com/stpaulsdecatour
 Follow us on Twitter at [@SPLDecatur](https://twitter.com/SPLDecatur)
 View our Live Stream at stpaulsdecatour.sermon.net
 Subscribe to our SPL E-Updates at <http://eepurl.com/bu3tql>

TRANSFORMED

How God Changes Us

Be transformed by the renewing of your mind...

ROMANS 12:2

EMOTIONAL HEALTH

6:00 PM & 10:30 AM WORSHIP
 APRIL 30 & MAY 1, 2016

Pastor Eric Trickey
 Pastor Doug Bender
 Pastor Wray Offermann



COME TO ME, all you
 who are WEARY and BURDENED
 and I will give you REST.
 MATTHEW 11:28 (NIV)

Prayer Before Worship

From Mother Teresa (1910-1997)

Lord, when I think that my heart is overflowing with love and realize in a moment's honesty that it is only myself that I love in the loved one, *Deliver me from myself.* Lord, when I think that I have given all that I have to give and realize in a moment's honesty that it is I who am the recipient, *Deliver me from myself.* Lord, when I have convinced myself that I am poor and realize in a moment's honesty that I am rich in pride and envy, *Deliver me from myself.* And, Lord, when the Kingdom of Heaven merges deceptively with the kingdoms of this world, *Let nothing satisfy me but God.* Amen.

Welcome & Announcements

Invocation

Opening Praise

Love The Lord

Memory Verse Review

Romans 12:2 (NIV)

Scripture Reading

Matthew 11:28 (NIV)

Lead Me To The Rock

Message

"TRANSFORMED: Emotional Health"



ST. PAUL'S LUTHERAN CHURCH
 1 BACHRACH CT. | DECATUR, IL 62526
 PH: 217-423-6955 | INFO@SPLDECATUR.ORG
 SPLDECATUR.ORG
 BUILD THE HOME, CHANGE THE WORLD.

Offering

Our offerings, gifts, and tithes are returned to Jesus in response to His sacrificial love for us. During the offering time, please complete one of the worship cards found in the pew in front of you and pass it to the center aisle.

God Is On The Move

Confession and Absolution

Through our fault, through our fault, through our own most grievous fault, we have failed and sinned against both God and man. Forgive us Lord for clinging to the sinful ideas of this world that shape our thoughts and feelings and come out of us in sinful words and deeds. Forgive us for worshipping our emotions rather than You, for following our own broken hearts rather than Your perfect path. Remove our sin from us and set our feet back on Your narrow road - the road to peace, forgiveness and life everlasting. In Your name, Jesus, we pray. Amen.

Words of Institution

Celebrating the Lord's Supper

If you have not communed with us before, please read "Our Belief: Receiving the Lord's Supper" located on the following page. We encourage families to commune together. Prayer Ministers are available at the front and back of the sanctuary to pray with you at this time.

Communion

Be Still

No Longer Slaves

10,000 Reasons

Prayers of the Church

A handout with this week's prayer concerns is available at the Usher's Booth for those who would like to continue to pray about these concerns.

The Lord's Prayer

Blessing

Closing Song

Trading My Sorrows

TRANSFORMED RELATIONAL HEALTH 5/7 & 5/8

TRANSFORMED EMOTIONAL HEALTH

Following the seven weeks of our TRANSFORMED series, we will begin our First 90 Days, a cycle of community offerings where you can dig deeper into one of the seven areas. For Emotional Health, Scott & Jayne Powers will lead a study in *Emotional First Aid* at SPL beginning in June.

Individually you might consider these additional resources:

Emotional First Aid by Guy Winch

Emotional Intelligence by Ian Tuhovsky

Flowers on the Altar

Flowers on the Altar are placed to the glory of God and in celebration of the 50th wedding anniversary on April 30th of Mike and Cindy Smith.

Our Belief: Receiving the Lord's Supper

The Apostle Paul wrote, "A man ought to examine himself before he eats of the bread and drinks of the cup." (1 Corinthians 11:28) In order to examine yourself before attending the Lord's Supper, when offered, ask yourself the following questions:

1. Do I believe I am a sinner, and am I sorry for my sins?
2. Do I believe Jesus, by His death, offers me forgiveness for all my sins?
3. Do I believe I receive the body and blood of Jesus in and with the bread and wine? (*They are not merely symbolically present.*)
4. Do I truly desire to turn from my sinful ways?

If you are able to answer "yes" to these questions, we invite you to join us for the Lord's Supper, when offered. Children and adults who cannot answer affirmatively are invited and encouraged to come forward for a blessing but should refrain from receiving the bread and wine.*

**For those who are unable, or prefer not to consume wine, cups with white grape juice are located in the center of the communion trays.*

MESSAGE NOTES

EMOTIONAL HEALTH

Community Life Discussion Questions are available along with the weekly Prayer Concerns at the back of the sanctuary.

COMMUNITY PANCAKE BREAKFAST

Bring your family and friends to SPL on Saturday, May 7th from 7:30-10:30am for a Community Pancake Breakfast provided by SPL Men's Ministry in support of the 2016 SPL Guatemala Mission Team. Enjoy pancakes, Heinkel's sausage, coffee & juice. Tickets are available in the Fellowship Area (or at the door).

WOMEN'S FELLOWSHIP EVENT

SPL Women's Ministry welcomes women of all ages to attend the Women's Fellowship Brunch titled "A Woman's Life TRANSFORMED: The Roles We Play" on Saturday 5/14 at 10:00am. Tickets are \$3.00 each - includes Brunch & Program.

The Journey Celebrating Pastor Wray Offermann

Sunday, June 5th at 4:00pm - Decatur Conference Center
Tickets now available in the Fellowship Area

CHILDREN & YOUTH MINISTRY CORNER Follow @SHiNeSPL

Children's Ministry: SHiNe with us on Sundays at 9:20am (Saturday 6:15pm) for children's education time. PreK-K meet in 206. 1st-4th Gr. meet in 203. Gr. 5/6 meet in the Choir Room.

BUILDING BLOCKS: Class for Parents/Caretakers and Babies to 3 year olds on Sundays at 9:20am in Room 211.

Youth Ministry: THRIVE Senior High Youth Sundays at 9:20am (Rm 214) (pastordoug@spldeatur.org). **All grades (7-12) are welcome in 214 on Sundays.**

THRIVE Community: SPL Youth TRANSFORMED on Sundays at 6:30pm [This Week: Brown Home - 4095 Graces Lane]