

Gettysburg United Methodist Church

May 6, 2020

Psalm 31:1-5, 15-16, 23-24

To the leader. A Psalm of David.

- ¹ *In you, O Lord, I seek refuge;
do not let me ever be put to shame;
in your righteousness deliver me.*
- ² *Incline your ear to me;
rescue me speedily.
Be a rock of refuge for me,
a strong fortress to save me.*
- ³ *You are indeed my rock and my fortress;
for your name's sake lead me and guide
me,*
- ⁴ *take me out of the net that is hidden for
me,
for you are my refuge.*
- ⁵ *Into your hand I commit my spirit;
you have redeemed me, O Lord, faithful
God.*
- ¹⁵ *My times are in your hand;
deliver me from the hand of my enemies
and persecutors.*
- ¹⁶ *Let your face shine upon your servant;
save me in your steadfast love.*
- ²³ *Love the Lord, all you his saints.
The Lord preserves the faithful,
but abundantly repays the one who acts
haughtily.*
- ²⁴ *Be strong, and let your heart take cour-
age,
all you who wait for the Lord.*

Sunday worship video services will be uploaded to our Facebook page every week. They should be available by Sunday morning, and will remain on Facebook indefinitely. Search Facebook for Gettysburg United Methodist Church.

Meditation

Read Ephesians 6:18-20; 1 Thess. 5:17; James 5:13-18

When I prepare to leave for vacation or for a long trip, I like to make sure that the car is filled with gas. Even when I start out with a full tank, however, if the trip is long enough I'll have to stop to refuel along the way. Spiritual journeys are no different. We need fuel to arrive at our destination. Spiritual fuel includes scripture, worship, fellowship, and helping others. One of the most important sources of fuel for our spiritual journey is prayer.

When we pray, we grow closer to God. Prayer seals and empowers our relationship with God; it is essential to faith. We are blessed as we spend time with God in prayer, for we draw nearer to him and deepen our connection to him. When Jesus lived among us, he spent time alone in prayer with his heavenly Father, for he needed the spiritual strength of that relationship to minister to others.

Prayer strengthens our relationships with other people as well. It's a powerful way to share our love with them. Paul is always praying for others (Eph. 3:14-19, for example). When we pray for others we help to bear their burdens; we pray out of the

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The *Upper Room* devotional guide for May-June is temporarily available as a [free PDF download](https://www.upperroom.org/news/1155) at <https://www.upperroom.org/news/1155>. You may also pick up copies of the May-June issue of the *Upper Room* at the church.

Prayer is . . .

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depths of love as we seek God's best for them. Prayer unites us with one another. We may not be able to meet physically, especially during this time of social distancing, but we are spiritually present with others through the power of prayer.

Prayer is a conversation, not a monologue. In prayer we spend time listening to God, as well as time sharing our deepest thoughts and needs with God. We see the depths of God's heart and allow God to see the depths of ours. We learn God's ways in the world as he teaches us to be part of his plan. We learn to pray his will as we discern his purpose for others and for the world.

Prayer releases God's power in our lives. God's power is not like worldly power. God's power is his steadfast love for us, for others, and for all creation. God's love does not destroy but always creates; it does not discourage but always builds up; it does not embrace the wrong but always promotes the truth; and it never echoes our own selfish desires but works for the good of others. Prayer brings healing, strength, comfort, and above all love to our lives and the lives of those around us.

Prayer changes things. It first changes us, and then works through us to change the world. Sometimes it even changes God's will (see Exodus 32:7-14). Prayer can lead to healing for the sick, it can change circumstances people face, it can change the course of events, and it can open the door for anything within God's loving purpose. Above all it changes us—it reshapes our hearts, strengthens our faith and our patience, helps us to see things from God's perspective, and do God's work in the world. Prayer stretches us in ways we don't expect. We always grow through prayer. "Prayer is to religion what original research is to science." (*Prayer in the Contemporary World*, Douglas V. Steere, Pendle Hill: 1990, p. 3)

Prayer is essential, especially in times like these. We're in the midst of a spiritual journey through

the coronavirus wilderness that's been longer than many of us expected. We don't know how long the it will last, but we do know that God will be with us. As we walk hand in hand with Jesus, we rely on prayer to keep us strong, to bring us through, and to give us strength for the journey.

Pastor Rick

Prayer

Lord, teach us to pray. Teach us to listen for your voice and discern the depths of your heart. Enable us to put others ahead of ourselves as we lift them before you in prayer. Strength our faith, for prayer can change the world.

Make us thirsty for your presence, Lord. Give us a deep hunger for prayer, and a desire to seek and do your will. May we be the presence of your love in the world, grounded upon prayer.

We pray your blessing upon all affected by COVID-19—upon those who are ill and their families, and all who do so much to help. We pray for those who are sick, who have suffered loss, and who are losing hope. Surround them with your love and your grace and make your light to shine upon them; through Jesus Christ our Lord. Amen.



. . . food for the journey.

Our Wednesday morning Bible study is meeting on Zoom every week from 10:30 to noon. We are studying the second half of the Gospel of John. If you would like to participate please contact Pastor Rick, who will send you the link for each week's meeting.



Crisis Hotlines and Helplines

During these trying times, it's good to be aware of some of the positive resources available in our community. Many people are under extraordinary stress because of the current situation. Please feel free to share this information with others as you feel appropriate.

Suicide Prevention Hotline: (800) 273-8255

Substance Abuse Hotline: (800) 662-4357

Disaster Distress Helpline: (800) 985-5990
(for distress caused by natural disasters,
including coronavirus)

Veterans Crisis Line: (800)-273-8255

Domestic Violence Hotline: (800) 799-7233

Wellspan Behavioral Health Helpline (Philhaven):
(800) 932-0359

Adams-Hanover Crisis Information Referral Hotline:
(717) 632-4900

A PRAYER FOR MOTHERS' DAY

Leader: *For our mothers, who have given us life and love, that we may show them respect and love,*

People: *We pray to the Lord.*

Leader: *For mothers who have lost a child, that their faith may give them hope, and their family and friends support and console them,*

People: *We pray to the Lord.*

Leader: *For women, though without children of their own, who like mothers have nurtured and cared for us,*

People: *We pray to the Lord.*

Leader: *For mothers, who have been unable to be a source of strength, who have not responded to their children, and have not sustained their families,*

People: *We pray to the Lord.*

All: *Almighty God, in your wisdom and love you made all things. Bless these women, that they may be strengthened as Christian mothers. Let the example of their faith and love shine forth. Grant that we, their sons and daughters, may honor them always with a spirit of profound respect. Grant this through Christ our Lord. Amen.*

This prayer for mothers is adapted from *The United Methodist Book of Worship*, © 1992, No. 441

Two wonderful cats are seeking a loving home. Lois Mae's cats are currently being well cared for by a neighbor, but they're looking for a forever home. If you can help please call Carol Crews at (717) 677-9992.

HYMN

Be Still, My Soul

Katharina von Schlegel, trans. Jane Borthwick; Jean Sibelius

1 Be still, my soul: the Lord is on your side.
Bear patiently the cross of grief or pain;
leave to your God to order and provide;
in every change God faithful will remain.
Be still, my soul: your best, your heavenly friend
through thorny ways leads to a joyful end.

2 Be still, my soul: your God will undertake
to guide the future, as in ages past.
Your hope, your confidence let nothing shake;

all now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
the Christ who ruled them while he dwelt below.

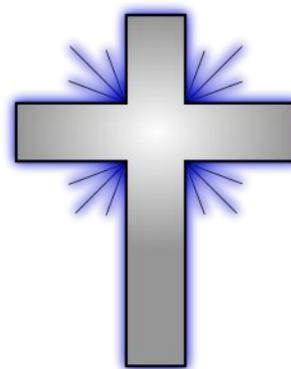
3 Be still, my soul: the hour is hastening on
when we shall be forever with the Lord,
when disappointment, grief, and fear are gone,
sorrow forgot, love's purest joys restored.
Be still, my soul: when change and tears are past,
all safe and blessed we shall meet at last.

Little is known of the life of Katharina von Schlegel, who wrote the words for *Be Still, My Soul*. She was born in 1697 in Germany, and was probably a member of the ducal court in Cöthen. Her faith was influenced by the Pietistic movement, which also influenced John Wesley and William Otterbein. Pietism emphasized small group fellowship, a personal relationship with Christ, holy living, and Biblical doctrine. The text was translated into English in 1855 by Jane Borthwick, who lived in Edinburgh, Scotland. Jean Sibelius was Finland's greatest composer. Born in 1865, he composed a number of symphonies, symphonic poems, songs, and choral music.

The hymn reminds us of Psalm 46:10, "Be still, and know that I am God". If we place ourselves in God's hands we can always rely on him. When we abide quietly in his presence, his peace will fill our souls. The tune is from Sibelius's great tone poem *Finlandia*, written as a tribute to his own country. It expresses our confidence in God's strength. The hymn may be found as No. 534 in our *United Methodist Hymnal*.

Special thanks to everyone who has continued to send their weekly donations to GUMC. Your generosity is helping us to get through this difficult situation. Your faithful giving is deeply appreciated!

Thank you for your very generous donations to purchase grocery cards for families in need. We are giving them to some of our neighborhood families to help them until these difficult times are over. Cards are also available to other families in our community who face similar situations. So far, we have received \$6,269.98 for grocery cards. Your generous support of this project is greatly appreciated!



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