



SEASON OF REST

REST. WORK. PLAY.

WEEK 3

WHAT KIND OF REST: THE SCIENCE BEHIND REST

GENESIS 2:1-3



Methodist Church of Lancaster
29 E. Walnut St., Lancaster, PA 17602
EngageGodFirst.org . 717-394-7231

**First United
Methodist Church**

Our Vision

To be a central hub of Christian
ministry in Lancaster County & beyond

Our Mission:

Connect people to Jesus Christ
& the church, grow Christian disciples,
& relieve suffering

**July 19, 2026
8:15 & 10:45 AM**

Prelude “Christians, We Have Met to Worship” (Mark Hayes)
Diane Styer and Deb Kelleher, piano duet

Announcements & Greeting Pastors Jason Ríos & Laura Sambrick

***Call to Worship**

Leader: God worked, and then God rested.

People: We, too, are invited into a sacred rest.

Leader: Rest is not a reward, but a gift.

People: We come to receive that gift, to pause and be restored.

Leader: Let us rest in the One who created us.

**All: We come to rest, to reflect, and to renew. Here and now is the
season of rest.**

*Hymn No. 101 “From All that Dwell Below the Skies”

Common Prayer

**God of grace and love, we rely on Your love extended to us in all ways
and at all times, extravagantly and with generosity. We live day by day
knowing that Your care and concern are poured out for us in Your
provision for our needs and beyond our imagining. You entrust us with
the gift of the good news of the Gospel and invite us to be partners in the
sharing of the message of grace. Day by day, we realize the many gifts
lavished upon us. We come to You to acknowledge and praise You for all
Your goodness to us. Amen.**

Scripture Isaiah 40: 28-31 (*pew Bible, OT, p. 628*)

The Word of the Lord.

Thanks be to God.

(8:15 AM) Anthem “Be Still and Know” (Chapman)
Jeff Guy, baritone

(10:45 AM) Anthem “Go Ye Now in Peace” (Joyce Eilers)
Summer Choir– Jeff Guy, conductor

Sharing the Sacrament

Congregational Prayer (8:15 seated, 10:45 remain standing)

**Creator God, You modeled for us a sacred rhythm of work and rest.
Teach us to follow Your example, to pause in the busyness and find deep
rest for our souls. Amen.**

Receiving the Offering “Hymns for the Recorder” (Fritchie)
Jeff Guy, baritone

*Doxology, No. 160 “Rejoice, Ye Pure in Heart” (stanza 5)

**Praise God who reigns on high, the Lord whom we adore, the Father,
Son, and Holy Ghost, one God forevermore. Rejoice, rejoice, rejoice,
give thanks and sing.**

*Hymn No. 369 “Blessed Assurance”

*Dismissal with Blessing

*Response, No. 369 “Blessed Assurance” (refrain)

**This is my story, this is my song, praising my Savior all the day long;
this is my story, this is my song, praising my Savior all the day long.**

Postlude “Festive Trumpet Tune” (David German)
Deborah Kelleher, organ

8:15 AM Worship

Ushers— Barbara Hill
Acolyte – Rachel Ridgeway
Liturgist -Mark & Ellen Campbell
Sound Tech - Amayah DiBiasi
Projector- Christian Faux

10:45 AM Worship

Usher Chief – Sue Kepner
Acolyte – Natalie Reed
Liturgist – Gregory Adkins
Sound Tech - Amayah DiBiasi
Projector/Livestream – Alexandra Neumann

Pastors– Jason Ríos & Laura Sambrick
Ministers– First Church Congregation

***Please recycle your bulletins
in the marked bins. Thank you!***

**DONATE
HERE**

**Thank you
for giving!**

Offering is received
in the pews.
For online giving,
please scan
the QR code