



ST. HELENA'S

CHURCH AT FRIPP ISLAND

Raising up Servant Leaders and Gospel Communities in Beaufort and Beyond



SUNDAY 9AM

August 23, 2026

Welcome and Call to Worship

Celebrant: Blessed be God: the Father, the Son, and the Holy Spirit.

People: And blessed be his kingdom, now and for ever. Amen.

Bless the Lord O My Soul (Psalm 103)

My God is slow to anger when I go astray

Bless the Lord O my soul

For all of my betrayals He will not repay

Bless the Lord O my soul

Through mercy and compassion His great love is proved

He covers my transgressions like the snow

As far as east from west are all my sins removed

Bless the Lord O my soul

He saved me from the pit when I had lost all hope

Bless the Lord O my soul

From endless springs of kindness all His blessings flow

Bless the Lord O my soul

Our days will fade like flowers and are quickly spent

And like the wind our years will come and go

Everlasting favor is His covenant

Bless the Lord O my soul

Merciful and gracious is my God to me bless the Lord O my soul
And I will tell His goodness through eternity
Bless the Lord O my soul
Bless the Lord you angels all you heav'nly hosts
And every living creature here below
Praise the Father praise the Son and Holy Ghost
Bless the Lord O my soul

Bless the Lord you angels all you heav'nly hosts
And every living creature here below
Praise the Father praise the Son and Holy Ghost
Bless the Lord O my soul bless the Lord O my soul

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Graves Into Gardens

I searched the world but it couldn't fill me
Man's empty praise and treasures that fade are never enough
Then You came along and put me back together
And every desire is now satisfied here in Your love

Chorus

Oh there's nothing better than You
There's nothing better than You
Lord there's nothing nothing is better than You

I'm not afraid to show You my weakness
My failures and flaws Lord You've seen them all
And You still call me friend
'Cause the God of the mountain is the God of the valley
And there's not a place your mercy and grace
Won't find me again

(continued on next page)

You turn mourning to dancing
You give beauty for ashes
You turn shame into glory
You're the only one who can

You turn graves into gardens
You turn bones into armies
You turn seas into highways
You're the only one who can

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Prayers of the People

Almighty God, to you all hearts are open, all desires known,
and from you no secrets are hid: Cleanse the thoughts of our
hearts by the inspiration of your Holy Spirit, that we may
perfectly love you, and worthily magnify your holy Name;
through Christ our Lord. **Amen.**

Prayer of Confession (saying together)

**Most merciful God, we confess that we have sinned against
you in thought, word, and deed, by what we have done, and
by what we have left undone. We have not loved you with our
whole heart; we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent. For the sake of
your Son Jesus Christ, have mercy on us and forgive us;
that we may delight in your will, and walk in your ways,
to the glory of your Name. Amen.**

The Peace

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

People: And with your spirit.

Announcements

First Reading: Psalm 103:1-13

¹Bless the LORD, O my soul, and all that is within me, bless his holy name! ²Bless the LORD, O my soul, and forget not all his benefits, ³who forgives all your iniquity, who heals all your diseases, ⁴who redeems your life from the pit, who crowns you with steadfast love and mercy, ⁵who satisfies you with good so that your youth is renewed like the eagle's. ⁶ The Lord works righteousness and justice for all who are oppressed. ⁷He made known his ways to Moses, his acts to the people of Israel. ⁸The LORD is merciful and gracious, slow to anger and abounding in steadfast love. ⁹He will not always chide, nor will he keep his anger forever. ¹⁰He does not deal with us according to our sins, nor repay us according to our iniquities. ¹¹For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; ¹²as far as the east is from the west, so far does he remove our transgressions from us. ¹³As a father shows compassion to his children, so the Lord shows compassion to those who fear him.

Reader: The Word of the Lord.

People: Thanks be to God.

Gospel Reading: Luke 5:17-26

¹⁷ On one of those days, as he was teaching, Pharisees and teachers of the law were sitting there, who had come from every village of Galilee and Judea and from Jerusalem. And the power of the Lord was with him to heal. ¹⁸ And behold, some men were bringing on a bed a man who was paralyzed, and they were seeking to bring him in and lay him before Jesus, ¹⁹ but finding no way to bring him in, because of the crowd, they went up on the roof and let him down with his bed through the tiles into the midst before Jesus. ²⁰ And when he saw their faith, he said, “Man, your sins are forgiven you.” ²¹ And the scribes and the Pharisees began to question, saying, “Who is this who speaks blasphemies? Who can forgive sins but God alone?” ²² When Jesus perceived their thoughts, he answered them, “Why do you question in your hearts? ²³ Which is easier, to say, ‘Your sins are forgiven you,’ or to say, ‘Rise and walk’? ²⁴ But that you may know that the Son of Man has authority on earth to forgive sins”—he said to the man who was paralyzed—“I say to you, rise, pick up your bed and go home.” ²⁵ And immediately he rose up before them and picked up what he had been lying on and went home, glorifying God. ²⁶ And amazement seized them all, and they glorified God and were filled with awe, saying, “We have seen extraordinary things today.”

Reader: The Word of the Lord.

People: Thanks be to God.

The Sermon: “Rise and Walk”

Justin Johnson

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the Holy Spirit
and born of the Virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,
and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and the life everlasting. Amen.

Holy Communion

Officiant: The Lord be with you.

People: And with your spirit.

Officiant: Lift up your hearts.

People: We lift them up to the Lord.

Officiant: Let us give thanks to the Lord our God.

People: It is right to give him thanks and praise.

Words at the Table

Officiant: Therefore we proclaim the mystery of faith:

People: Christ has died.

Christ is risen.

Christ will come again.

The Lord's Prayer (saying together)

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.

Good God

Be still my soul be still my soul
Be still and know my God is here
Be still my soul be still my soul
Be still and know my God is here

Chorus

All that I need to know is this you are a good God
The Maker of Heaven calls me His you are a good God
And Your heart beats in my chest you are a good God
All that I have to do is rest you are a good God

I won't be afraid I won't be afraid
I won't be afraid my God is here
He will make a way He will make a way
He will make a way my God is here
You gave me Your eyes You gave me Your heart
Your Spirit flows through my veins (Repeat)

Oh You gave me Your eyes You gave me Your heart
You had a plan right from the start
I know who I am 'cause I know who You are
You are a good God

Tag

You are a good God You are a good God

You are a good God

Jessica Ray Langdon, Leslie Jordan, Natalie Taylor Leonhardt

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Gratitude

All my words fall short I got nothing new

How could I express all my gratitude

I could sing these songs as I often do

But every song must end and You never do

Chorus

So I throw up my hands and praise You again and again

‘Cause all that I have is a hallelujah hallelujah

And I know it’s not much but I’ve nothing else fit for a king

Except for a heart singing hallelujah hallelujah

I’ve got one response I’ve got just one move

With my arms stretched wide I will worship You

Bridge

Come on my soul oh don’t you get shy on me

Lift up your song ‘cause you’ve got a lion inside of those lungs

Get up and praise the Lord

Benjamin Hastings | Brandon Lake | Dante Bowe

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How Great is Our God

The splendor of the King clothed in majesty
Let all the earth rejoice all the earth rejoice
He wraps Himself in light and darkness tries to hide
And trembles at His voice and trembles at His voice

How great is our God
Sing with me how great is our God
And all will see how great how great is our God

And age to age He stands and time is in His hands
Beginning and the End beginning and the End
The Godhead three in one Father Spirit Son
The Lion and the Lamb the Lion and the Lamb

Name above all names
Worthy of all praise
My heart will sing how great is our God

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Post-Communion Prayer (saying together)

Heavenly Father, we thank you for feeding us with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us in these Holy mysteries that we are living members of the body of your Son, and heirs of your eternal Kingdom. And now, Father, send us out to do the work you have given us to do, to love and serve you as faithful witnesses of Christ our Lord. To him, to you, and to the Holy Spirit, be honor and glory, now and for ever. Amen.

The Blessing

He Is

If you're troubled, heavy hearted
Come to Jesus and find your peace
If you're run down, empty handed
Come to Jesus and find your strength

Chorus

(He is) Hope for the hopeless rest for the weary
Help for the hurting He is He is
Mending the broken bearing the burdens
All that you're needing He is

If you're wandering, in the darkness
Come to Jesus and find your way
If you want freedom, need forgiveness
Just come to Jesus and find His grace

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The Dismissal

Officiant: Go in peace to love and serve the Lord.

People: Thanks be to God. Alleluia, alleluia, alleluia.

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