

KIRK IN THE HILLS  
PRESBYTERIAN CHURCH (U.S.A.)  
AUGUST 2, 2026 | 8:00 A.M. CHAPEL COMMUNION SERVICE  
IN THE WAY OF IONA ABBEY, SCOTLAND



**COMMUNION SERVICE**  
8:00 a.m., Cedarholm Chapel

**PRELUDE**

**WELCOME AND ANNOUNCEMENTS**

Rev. Matthew Means

**\* CALL TO WORSHIP**

*Psalm 90*

Teach us to number our days,  
that we may gain wise hearts.  
**The Lord is our dwelling place  
throughout all generations.**  
Let everything that has breath praise the Lord.  
**Praise the Lord!**

**\* HYMN 410**

**God is Calling Through the Whisper**

W ŻŁOBIE LEŻY

**PRAYER OF CONFESSION**

Eternal God,  
Our days pass quickly  
and we confess how often we fail to seek you.  
We cling to what fades and neglect the treasure of your kingdom.  
**Forgive us for our pride, impatience, and unbelief.**  
**By your Holy Spirit,**  
**Teach us wisdom, deepen our trust,**  
**And make us steadfast in faith and love;**  
**Through Jesus Christ our Lord. Amen.**

**ASSURANCE OF PARDON**

Hear the promise of the gospel:  
"If we confess our sins, God is faithful and just  
to forgive us our sins  
and to cleanse us from all unrighteousness."  
Friends, believe the good news of the gospel:  
**In Jesus Christ, we are forgiven!**  
**In Jesus Christ, we are a new creation!**  
**Alleluia, Amen!**

**SCRIPTURE READING**

**Psalm 37:1-8, 22-29**  
The Word of the Lord.  
**Thanks be to God.**

**SERMON**

**Summer in the Psalms: Do Not Fret**

**INVITATION**

## THE THANKSGIVING

### THE LORD'S PRAYER

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 debts, as we forgive our debtors;  
and lead us not into temptation, but deliver us from evil.  
For thine is the kingdom, and the power, and the glory, forever.  
Amen.

### THE WORDS OF INSTITUTION

### THE COMMUNION

### PRAYER AFTER COMMUNION

Gracious God,  
we thank you for meeting us at this table with the gift of your  
presence and grace. As you have nourished us with the bread of life  
and the cup of salvation, fill us with your Holy Spirit. Send us into the  
world with thankful hearts, ready to love, serve, and follow Christ  
each day. In his holy name we pray. Amen.

### \* HYMN 661

Why Should I Feel Discouraged?

SPARROW

### BENEDICTION

### TITHES AND OFFERING

*Your offering for the Kirk's ministry will be received as you leave worship. Our giving is an offering to God. All offerings are part of our worship of God and are used to support the Kirk's ministry. Text "KITH" to 73256 to give using your mobile device.*

### CLOSING VOLUNTARY



## A Note from Pastor Matthew Means!

Associate Pastor, Kirk in the Hills

Psalms 37 begins with a simple, yet challenging, exhortation: “Do not fret!”

During seasons when worry, frustration, and fear come far more naturally than peace, this may be easier said than done. Thankfully, the psalmist does not leave us there but gently guides us toward a different way of living – one rooted not in fear, but in faithful trust.

Consider the beautiful, faith-filled invitations woven throughout this psalm: trust in the Lord when the future is uncertain, delight in the Lord as the source of our deepest joy, and commit our way to the Lord, confident God is already at work before us. We are invited to be still before the Lord, to learn the grace of patient waiting, and to lay down anger and let go of wrath, allowing God’s peace to shape our hearts in their place.

These are not burdensome commands, but life-giving practices of faith intended to draw us closer to the heart of God. As we prepare for worship, may God awaken a desire within our hearts, minds, bodies, and spirits to walk a path of righteousness that is not simply about avoiding what is wrong, but embracing the abundant life God longs to give.



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