



Come to Me,

all you who labor and are heavy laden,
and I will give you rest.

MATTHEW 11:28

The Lutheran Church *of* Vestavia Hills
SIXTH SUNDAY AFTER PENTECOST
July 9, 2023

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PRELUDE

WELCOME AND ANNOUNCEMENTS

HYMN OF INVOCATION

"O Day of Rest and Gladness"

LSB #906



1 O day of rest and glad - ness, O day of joy and light,
2 This day at earth's cre - a - tion The light first had its birth;
3 This day, God's peo - ple meet - ing, His Ho - ly Scrip - ture hear;
4 That light our hope sus - tain - ing, We walk the pil - grim way,



O balm of care and sad - ness, Most beau - ti - ful, most bright;
This day for our sal - va - tion Christ rose from depths of earth;
His liv - ing pres - ence greet - ing, Through bread and wine made near.
At length our rest at - tain - ing, Our end - less Sab - bath day.



This day the high and low - ly, Through a - ges joined to bless,
This day our Lord vic - to - rious The Spir - it sent from heav'n,
We jour - ney on, be - liev - ing, Re - newed with heav'n - ly might,
We sing to Thee our prais - es, O Fa - ther, Spir - it, Son;



Sing, "Ho - ly, ho - ly, ho - ly," The tri - une God con - fess.
And thus this day most glo - rious A three - fold light was giv'n.
From grace more grace re - ceiv - ing, On this blest day of light.
The Church her voice up - rais - es To Thee, blest Three in One.

INVOCATION

In the name of the Father and of the ✠ Son and of the Holy Spirit.

Amen.

Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you,

casting all your anxieties on Him, because He cares for you.

~1 Peter 5:6-7

CONFESSION OF SINS AND ABSOLUTION

If we say we have no sin, we deceive ourselves and the truth is not in us.

But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.

Let us then confess our sins to God our Father.

Most merciful God, we confess that we are by nature sinful and unclean. 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 justly deserve Your present and eternal punishment. For the sake of Your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in Your will and walk in Your ways to the glory of Your holy name. Amen.

In the mercy of almighty God, Jesus Christ was given to die for us, and for His sake God forgives us all our sins. To those who believe in Jesus Christ He gives the power to become the children of God and bestows on them the Holy Spirit. May the Lord, who has begun this good work in us, bring it to completion in the day of our Lord Jesus Christ.

Amen.

PSALMODY

~select verses from Psalm 55 & 121

Cast your burden on the LORD,
and He will sustain you;

**He will never permit
the righteous to be moved.**

I lift up my eyes to the hills.

From where does my help come?

My help comes from the LORD,

Who made heaven and earth.

He will not let your foot be moved;

He Who keeps you will not slumber.

The LORD will keep you from all evil;

He will keep your life.

The LORD will keep
your going out and your coming in

from this time forth and forevermore.

Cast your burden on the LORD,
and He will sustain you;

**He will never permit
the righteous to be moved.**

HYMN OF PRAISE

"Be Thou My Vision"

UMH #451

Unison

1. Be thou my vi - sion, O Lord of my heart;
2. Be thou my wis - dom, and thou my true word;
3. Great God of heav - en, my vic - to - ry won,
naught be all else to me, save that thou art.
I ev - er with thee and thou with me, Lord;
may I reach heav - en's joys, O bright heaven's Sun!
Thou my best thought, by day or by night,
thou and thou on - ly, first in my heart,
Heart of my own heart, what - ev - er be - fall,
wak - ing or sleep - ing, thy pres - ence my light.
great God of heav - en, my trea - sure thou art.
still be my vi - sion, O Rul - er of all.

PRAYER OF THE DAY

Blessed Lord, You have caused all Holy Scriptures to be written for our learning. Grant that we may so hear them, read, mark, learn, and inwardly digest them that, by patience and comfort of Your holy Word, we may embrace and ever hold fast the blessed hope of everlasting life; through Jesus Christ, our Lord.

Amen.

OLD TESTAMENT READING

Isaiah 41:8-10

(The Lord Will Uphold You)

⁸But you, Israel, my servant,
Jacob, whom I have chosen,
the offspring of Abraham, my friend;
⁹you whom I took from the ends of the earth,
and called from its farthest corners,
saying to you, "You are my servant,
I have chosen you and not cast you off";
¹⁰fear not, for I am with you;
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my righteous right hand.

This is the Word of the Lord.

Thanks be to God.

EPISTLE READING

Romans 7:14-25

(The Burden of Our Inner Struggle)

¹⁴For we know that the law is spiritual, but I am of the flesh, sold under sin. ¹⁵I do not understand my own actions. For I do not do what I want, but I do the very

thing I hate. ¹⁶Now if I do what I do not want, I agree with the law, that it is good. ¹⁷So now it is no longer I who do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me. ²¹So I find it to be a law that when I want to do right, evil lies close at hand. ²²For I delight in the law of God, in my inner being, ²³but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. ²⁴Wretched man that I am! Who will deliver me from this body of death? ²⁵Thanks be to God through Jesus Christ our Lord!

This is the Word of the Lord.

Thanks be to God.

GOSPEL PREPARATION VERSE

"Come unto Me, Ye Weary"

LSB #684 (v. 1)



1 "Come un - to Me, ye wea - ry, And I will give you rest."



O bless - ed voice of Je - sus, Which comes to hearts op-pressed!



It tells of ben - e - dic - tion, Of par-don, grace, and peace,



Of joy that hath no end - ing, Of love that can - not cease.

HOLY GOSPEL

Matthew 11:25-30

The Holy Gospel according to St. Matthew, the eleventh chapter.

Glory to You, O Lord.

(Rest for the Weary)

²⁵At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; ²⁶yes, Father, for such was your gracious will. ²⁷All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light."

This is the Gospel of the Lord.

Praise to You, O Christ.

CATECHISM

~The Third Commandment with Explanation

Remember the Sabbath day by keeping it holy.

What does this mean?

We should fear and love God so that we do not despise preaching and His Word, but hold it sacred and gladly hear and learn it.

CHILDREN'S MESSAGE

SERMON HYMN

"What a Friend We Have in Jesus"

LSB #770



1 What a friend we have in Je - sus, All our sins and griefs to bear!
2 Have we tri - als and temp-ta-tions? Is there trou-ble an - y-where?
3 Are we weak and heav - y lad - en, Cum - bered with a load of care?



What a priv - i - lege to car - ry Ev - 'ry-thing to God in prayer!
We should nev - er be dis - cour - aged— Take it to the Lord in prayer.
Pre - cious Sav - ior, still our ref - uge— Take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; Oh, what need - less pain we bear—
Can we find a friend so faith - ful Who will all our sor - rows share?
Do thy friends de - spise, for - sake thee? Take it to the Lord in prayer.



All be - cause we do not car - ry Ev - 'ry-thing to God in prayer!
Je - sus knows our ev - 'ry weak - ness— Take it to the Lord in prayer.
In His arms He'll take and shield thee; Thou wilt find a sol - ace there.

SERMON

"Rest for the Weary"

Matthew 11:28

Rev. Michael Ahlemeyer

OFFERING

~please sign the Record of Fellowship during the Offering

VOLUNTARY

PRAYER OF THE CHURCH

Lord in your mercy,

Hear our prayer.

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 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.**

COMMUNION PREPARATION HYMN

"I Come, O Savior, to Thy Table"

LSB #618 (v. 1)



I I come, O Sav - ior, to Thy ta - ble, For weak and



wea - ry is my soul; Thou, Bread of Life, a -



lone art a - ble To sat - is - fy and make me whole:



Lord, may Thy bod - y and Thy blood Be for my soul the high - est good!

WORDS OF INSTITUTION

THE PEACE OF THE LORD

The peace of the Lord be with you always.

Amen.

~Please be seated for the Distribution~

DISTRIBUTION

DISTRIBUTION HYMNS

"Be Still, My Soul"

LSB #752



1 Be still, my soul; the Lord is on your side; Bear pa - tient-
 2 Be still, my soul; your God will un - der - take To guide the
 3 Be still, my soul; though dear - est friends de - part And all is
 4 Be still, my soul; the hour is has - t'ning on When we shall



ly the cross of grief or pain; Leave to your God to or - der
 fu - ture as He has the past. Your hope, your con - fi - dence let
 dark - ened in this vale of tears; Then you will bet - ter know His
 be for - ev - er with the Lord, When dis - ap - point - ment, grief, and



and pro - vide; In ev - 'ry change He faith - ful will re -
 noth - ing shake; All now mys - te - rious shall be bright at
 love, His heart, Who comes to soothe your sor - rows and your
 fear are gone, Sor - row for - got, love's pur - est joys re -



main. Be still, my soul; your best, your heav'n - ly Friend
 last. Be still, my soul; the waves and winds still know
 fears. Be still, my soul; your Je - sus can re - pay
 stored. Be still, my soul; when change and tears are past,



Through thorn - y ways leads to a joy - ful end.
 His voice who ruled them while He dwelt be - low.
 From His own full - ness all He takes a - way.
 All safe and bless - ed we shall meet at last.

"If Thou but Trust in God to Guide Thee"

LSB #750 (v. 1-4)



1 If thou but trust in God to guide thee And hope in
2 What can these anx - ious cares a - void thee, These nev - er -
3 Be pa - tient and a - wait His lei - sure In cheer - ful
4 God knows full well when times of glad - ness Shall be the



Him through all thy ways, He'll give thee strength, what - e'er be -
ceas - ing moans and sighs? What can it help if thou be -
hope, with heart con - tent To take what - e'er thy Fa - ther's
need - ful thing for thee. When He has tried thy soul with



tide thee, And bear thee through the e - vil days. Who trusts in
vail thee O'er each dark mo - ment as it flies? Our cross and
plea - sure And His dis - cern - ing love hath sent, Nor doubt our
sad - ness And from all guile has found thee free, He comes to

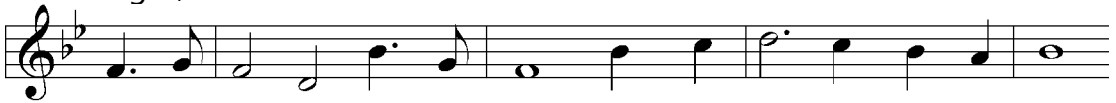


God's un - chang - ing love Builds on the rock that naught can move.
tri - als do but press The heav - ier for our bit - ter - ness.
in - most wants are known To Him who chose us for His own.
thee all un - a - ware And makes thee own His lov - ing care.

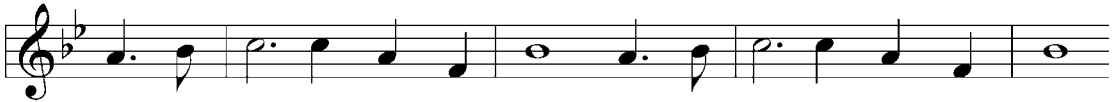
~Distribution Hymns continue on the following page~

"Rock of Ages, Cleft for Me"

LSB #761



1 Rock of A - ges, cleft for me, Let me hide my - self in Thee;
2 Not the la - bors of my hands Can ful - fill Thy Law's de-mands;
3 Noth - ing in my hand I bring; Sim - ply to Thy cross I cling.
4 While I draw this fleet - ing breath, When mine eye - lids close in death,



Let the wa - ter and the blood, From Thy riv - en side which flowed,
Could my zeal no res - pite know, Could my tears for - ev - er flow,
Na - ked, come to Thee for dress; Help - less, look to Thee for grace;
When I soar to worlds un - known, See Thee on Thy judg - ment throne,



Be of sin the dou - ble cure: Cleanse me from its guilt and pow'r.
All for sin could not a - tone; Thou must save, and Thou a - lone.
Foul, I to the foun - tain fly; Wash me, Sav - ior, or I die.
Rock of A - ges, cleft for me, Let me hide my - self in Thee.

POST-COMMUNION PRAYER

Almighty and everlasting God, we thank and praise You for feeding us the life-giving body and blood of Your beloved Son, Jesus Christ. Send us Your Holy Spirit that, having with our mouths received the holy Sacrament, we may by faith obtain and eternally enjoy Your divine grace, the forgiveness of sins, unity with Christ, and life eternal, through Jesus Christ, our Lord.

Amen.

BENEDICTION

The LORD bless You and keep you;
The LORD make His face shine on you and be gracious to you;
The LORD look on you in favor and ✠ give you peace.

Amen.

RECESSIONAL HYMN

"Guide Me, O Thou Great Redeemer"

LSB #918



1 Guide me, O Thou great Re - deem - er, Pil - grim through this
2 O - pen now the crys - tal foun - tain Whence the heal - ing
3 When I tread the verge of Jor - dan, Bid my anx - ious



bar - ren land. I am weak, but Thou art might - y;
stream doth flow; Let the fi - ery, cloud - y pil - lar
fears sub - side; Death of death and hell's de - struc - tion,



Hold me with Thy pow'r - ful hand. Bread of heav - en,
Lead me all my jour - ney through. Strong de - liv - 'rer,
Land me safe on Ca - naan's side. Songs of prais - es,



bread of heav - en, Feed me till I want no
strong de - liv - 'rer, Be Thou still my strength and
songs of prais - es I will ev - er give to



more; Feed me till I want no more.
shield; Be Thou still my strength and shield.
Thee; I will ev - er give to Thee.

DISMISSAL

Go in peace. Serve the Lord.

Thanks be to God.

POSTLUDE



THE LUTHERAN CHURCH OF VESTAVIA HILLS

201 So. Montgomery Highway Birmingham, Alabama 35216
 Church office: 205-823-1883 PreSchool/MDO: 205-791-5200
 Web Site: www.vestavialutheran.org
 WORSHIP: 8:00 a.m. & 10:30 a.m. Sundays
 SUNDAY SCHOOL: 9:15 a.m.
 Church Office Hours: 9:00 a.m. to 1:00 p.m. Monday thru Thursday



PASTOR: The Reverend Michael D. Ahlemeyer – pastor@vestavialutheran.org text: 205-201-8866
 PASTOR EMERITUS: The Reverend Clifford Hellmers – vestluth@juno.com
 VICAR: Andrew Frerichs – vicar@vestavialutheran.org
 DIRECTOR OF CHILDREN'S MINISTRY: Ruth Johnson – ruthinbham@gmail.com
 DIRECTOR OF MOTHER'S DAY OUT: Brooke Heisler – bheisler@vestavialutheran.org
 CHURCH ADMINISTRATOR: Leigh Walter – lwalter@vestavialutheran.org
 CHURCH ADMINISTRATOR ASSISTANT: Amy Alvis - aalvis@vestavialutheran.org
 BOOK KEEPER: Melanie Goodson - bookkeeper@vestavialutheran.org
 ADOPTED MEDICAL MISSIONARIES - Arianna and David Shirk, Madeline & Annabelle - shirkdavid@gmail.com



TO OUR GUESTS: We offer you a warm welcome in the name of Jesus. Please sign the Friendship Register. If you do not have a church home, we would be delighted to have you become a part of our church family. Please feel free to speak with the Pastor about membership in our congregation. If you do have a church home, we pray that God will bless you as you continue your growth in faith and love.



SUNDAY SCHOOL Adult Bible Classes meets in the Sanctuary and Fellowship Hall at 9:15 a.m. Children, Confirmation, and Youth classes also meet at 9:15 a.m. in the class rooms downstairs.



CHILDREN'S CHURCH and NURSERY Following the Children's Message, all children ages 3-7 are invited to Children's Church downstairs. They will return to the sanctuary after the sermon. A nursery attendant is provided for children ages birth to 3 years during our 8:00 AM and 10:30 AM services.



COMMUNION We invite all baptized Christians who acknowledge their sinfulness, trust in Christ as their Savior, and who recognize the real presence of Christ's Body and Blood in the bread and wine to join us at the Communion table. The practice of our congregation is to place the bread into the extended hand of the communicant. The wine is offered in individual cups; please take one from the tray as it is offered by the Elder. The common cup will be offered to those who do not take an individual cup. The cups in the center of the tray are filled with non-alcoholic wine, in consideration of persons who should not drink wine. Also, children who have not received Communion instruction are invited to come to the Communion rail, fold their hands and receive a blessing.