



Welcome!

to

First Presbyterian Church of Arlington Heights

April 18, 2021





Leader 1: Come to me all you who are weary and carry heavy burdens.

Leader 2: Those who strive to save their lives will lose them.

Leader 1: Take my yoke upon you and learn from me; for I am gentle and humble of heart.

**Leader 2: Those who lose their lives for
the sake of Jesus will save
them.**

**Leader 1: Come, and we will find rest
for our souls.**



Glory to God #663

Awake, My Soul, and with the Sun

TEXT: Thomas Ken, 1695, alt.

MUSIC (MORNING HYMN, LM): François H. Barthélémon, 1785; harm. The Church Hymnal for the Christian Year, 1917





2. Lord, I my vows to you re - new.



Dis - perse my sins as morn - ing dew;



guard my first springs of thought and will,



and with your - self my spir - it fill.



3. Di - rect, con - trol, sug - gest, this day,



all I de - sign or do or say,



that all my powers, with all their might,



in your sole glo - ry may u - nite.



God of mercy, we try so hard to follow the way of Jesus. We want to create your kingdom where no one is forgotten. We want to live in a world of peace and goodwill toward all. We think we are doing our part. Still, we fall short. We fail to let go of our selfish parts.

We are afraid that too much change will take away the good life for which we have worked. Remind us again, O God, that all good things come from you. Forgive us and teach us to live in ways that mirror your ways. We ask this in Jesus' name, Amen.

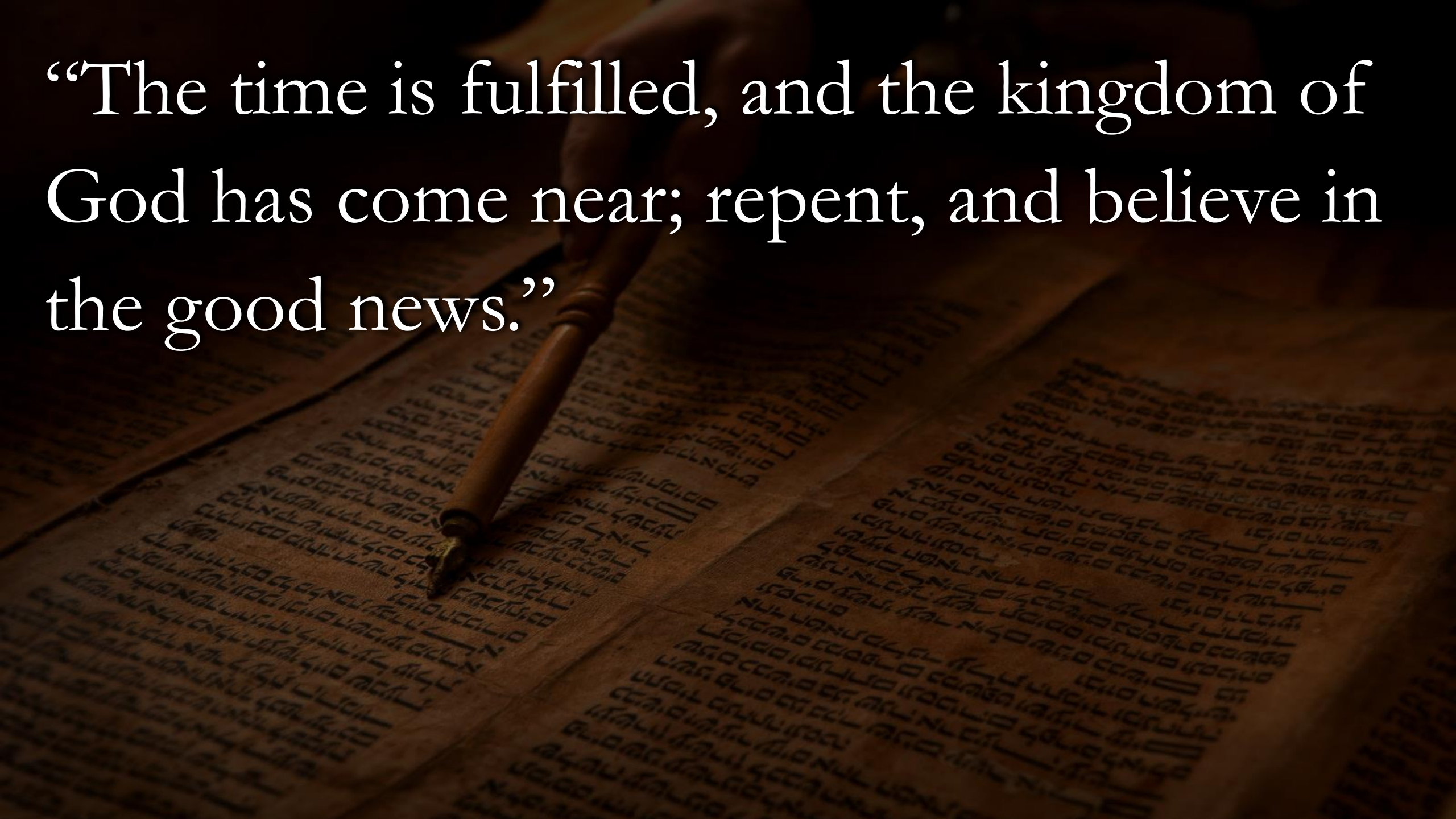


Mark 1:15

(NRSV)



“The time is fulfilled, and the kingdom of
God has come near; repent, and believe in
the good news.”

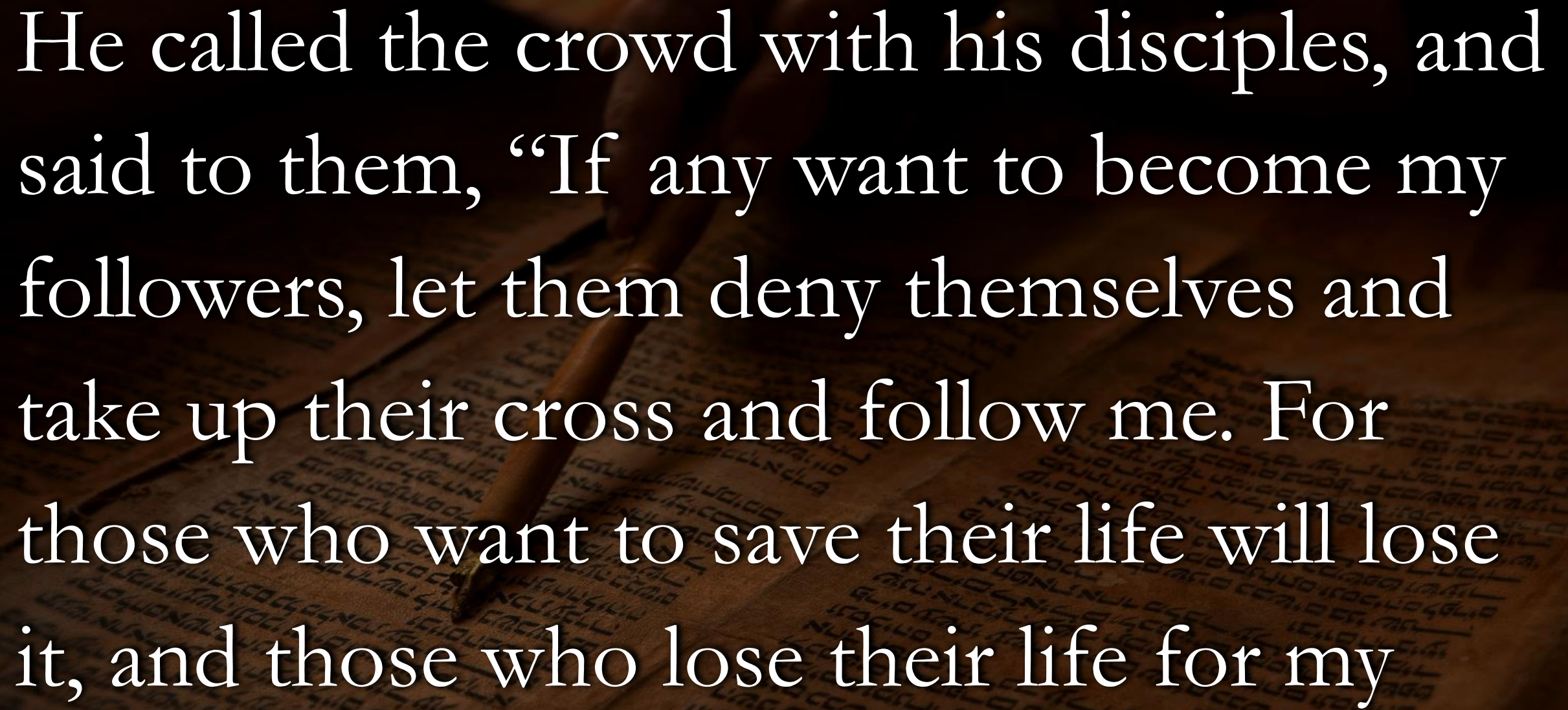




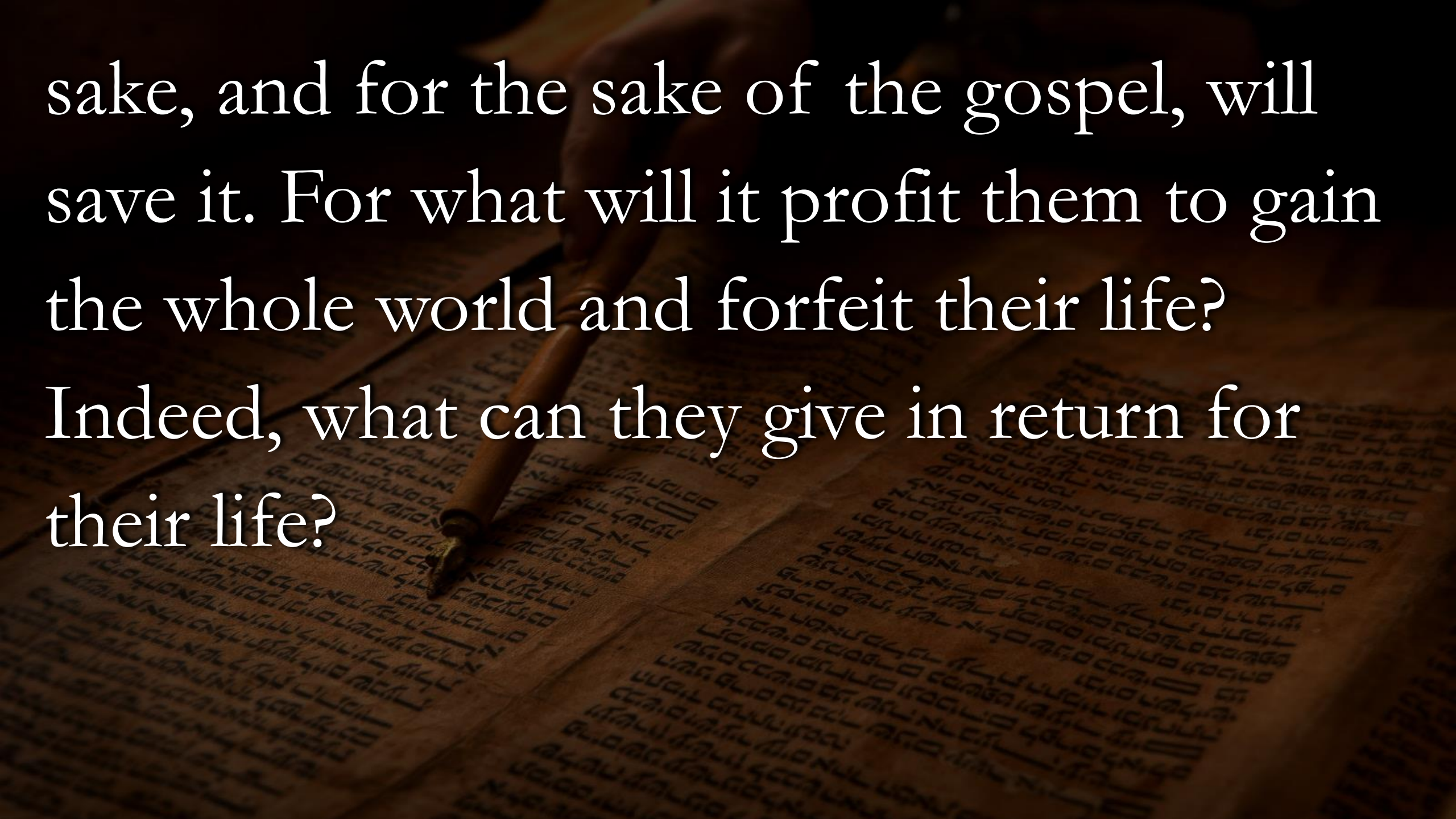
Mark 8:34-37

(NRSV)





He called the crowd with his disciples, and said to them, “If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my

A hand holding a quill pen is positioned over an open book. The book's pages are filled with text, which is slightly blurred to emphasize the text overlaid on the image. The lighting is warm and focused on the hand and the pen.

sake, and for the sake of the gospel, will
save it. For what will it profit them to gain
the whole world and forfeit their life?

Indeed, what can they give in return for
their life?





The word elder comes from the Greek word πρεσβύτερος (presbyteros), which is where the word Presbyterian comes from.

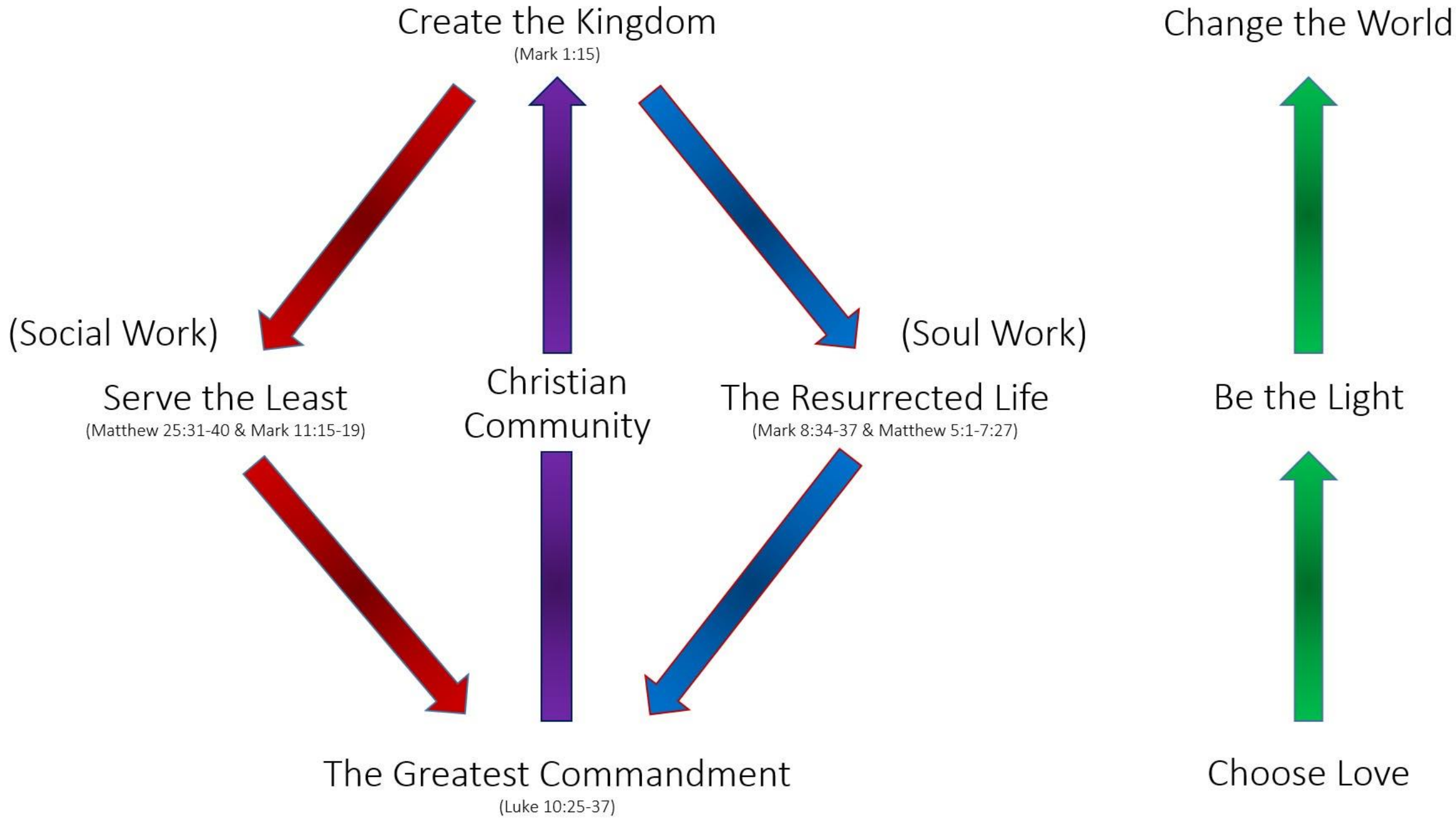
A Presbyterian is a church governed by elders.

Choose Love. Be the Light. Change the World.

Choose **L** **ove.**

Be the **L** **ight.**

Change the **W** **orld.**





“The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”



Mark 1:15

Choose Love. Be the Light. Change the World.



“The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”



Mark 1:15

Choose Love. Be the Light. Change the World.



God's kingdom is a place where everyone has food to eat, clothes to wear, a home in which to live and medical treatment for their illnesses. God's kingdom is a place where no one is forgotten.



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God's Kingdom

1. Jesus creates the kingdom in the future when he returns
2. Jesus' disciples create the kingdom in the present



Choose Love. Be the Light. Change the World.



Creating God's kingdom in the present requires us to

simultaneously walk down two different, but equally important

paths: Social Work and Soul Work.



Choose Love. Be the Light. Change the World.



Soul Work is the internal work necessary to transform ourselves to become more like Jesus.

1. Strengthening our connection with God in our hearts
2. Shifting our thinking in our minds



Choose Love. Be the Light. Change the World.



At our core, every human is programmed to seek out food, shelter and clothing because, without them, we have a tough time surviving.



Choose Love. Be the Light. Change the World.



Denial of self is all about letting go of those three worries (food, shelter, clothing) and not letting those needs rule your life.



Choose Love. Be the Light. Change the World.



Once you release yourself from the worries of survival, you open the door to selflessness. As you divest yourself of fulfilling those needs, the more you are able to establish a spiritual connection with God.

Choose Love. Be the Light. Change the World.

The path to the Resurrected Life is called *The Way* and it involves investing yourself in Jesus teachings, particularly those found in the Sermon on the Mount in Matthew chapters 5-7.



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This is why soul work matters so much. God's kingdom comes about as a result of focusing on the needs of others. If you are operating out of a place of selfishness, then it will be very hard for you to contribute to the creation of God's kingdom.



Choose Love. Be the Light. Change the World.



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.



Glory to God #718

**Take Up Your Cross,
the Savior Said**

TEXT: Charles William Everest, 1833, alt.

MUSIC (BOURBON, LM): Attr. Freeman Lewis, 1814; harm. John Leon Hooker, 1984, Harm. © 1984 John Leon Hooker



1. Take up your cross, the Sav-ior said,



if you would my dis - ci - ple be;



take up your cross with will-ing heart,



and hum - bly fol - low af - ter me.



2. Take up your cross; let not its weight



fill your weak spir - it with a - larm;



Christ's strength shall bear your spir-it up



and brace your heart and nerve your arm.



3. Take up your cross; heed not the shame,



and let your fool - ish pride be still;



the Lord for you ac - cept - ed death



up - on a cross, on Cal - vary's hill.



4. Take up your cross, then, in Christ's strength,



and calm - ly ev - ery dan - ger brave:



it guides you to a - bun - dant life



and leads to vic - tory o'er the grave.





CHOOSE *Love*
SO WE CAN **BE** *the* **LIGHT**
THAT *Changes*
THE *World*

