

SERMON NOTES

23rd Sunday after Pentecost, Proper 26, Year B * October 31, 2021

Sermon by the Reverend Tom Rutherford

Ruth 1:1-18 * Psalm 146 * Hebrews 9:11-14 * Mark 12:28-34

HELP!

Psalm 146

1 Hallelujah! Praise the LORD, O my soul! *

I will praise the LORD as long as I live;

I will sing praises to my God while I have my being.

2 Put not your trust in rulers, nor in any child of earth, *

for there is no help in them.

3 When they breathe their last, they return to earth, *

and in that day their thoughts perish.

4 Happy are they who have the God of Jacob for their **help!** *

whose hope is in the LORD their God;

5 Who made heaven and earth, the seas, and all that is in them; *

who keeps his promise for ever;

6 Who **gives justice** to those who are oppressed, *

and food to those who hunger.

7 The LORD **sets the prisoners free;**

the LORD **opens the eyes of the blind;** *

the LORD **lifts up those who are bowed down;**

8 The LORD **loves** the righteous; the LORD **cares for** the stranger; *

he **sustains** the orphan and widow,

but frustrates the way of the wicked.

9 The LORD shall reign for ever, *

your God, O Zion, throughout all generations. **Hallelujah!**

Help!

Help! You know I need somebody. Help! Not just anybody.

Help! You know I need someone. Help!

When I was younger, so much younger than today,

I never needed anybody's help in any way.

But now those days are gone, I'm not so self-assured.

Now I've found I changed my mind. I've opened up the door.

Help me if you can, I'm feeling down.

And I do appreciate you being 'round.

Help me get my feet back on the ground.

Won't you please, please help me?

And now my life has changed in oh so many ways.

My independence seems to vanish in the haze.

But every now and then, I feel so insecure.

Now I know I need you like I've never done before.

Next Week's Lessons

Ruth 3:1-5; 4:13-17 * Psalm 127 * Hebrews 9:24-28 * John 11:32-44

Chewing on Our Daily Bread

Questions for conversation with your family, Home Group, or a friend

1. Tell about a time you were anxious or afraid. What did you do? How did it turn out?
2. When you feel anxious, what do you tend to do to cope with your anxiety? Does it work? How or how not?
3. Tell about a time God helped you through a tough time. What did he do? How did it turn out?
4. Are you anxious about anything now? If so, what would you like God to do to help?
5. PRAY:
 - ✦ Thanking God for helping you in the past
 - ✦ Asking God to do what you mentioned in #4 above.
 - ✦ For any needs in your group.