

SERMON NOTES

Dr. Brené Brown on Authenticity:

1. Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.
2. Authenticity means:
Cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable.
Exercising the compassion that comes from knowing we are all made of strength and struggle.
Nurturing the connection and sense of belonging that can only happen when we believe we are enough.
3. Authenticity demands wholehearted living and loving—even when it's hard, even when we're wrestling with the shame and fear of not being good enough, and especially when the joy is so intense that we're afraid to let ourselves feel it.

Sunday Dinner Table Talk

1. Reflect on Dr. Brown's definition of authenticity. When you think about moving from who you think you're supposed to be to who you were created to be, what emotions do you feel bubbling up?
2. Where do you struggle the most at trying to fit in and be someone you're not?
3. How can you cultivate authenticity and work towards becoming who God created you to be? (If needed, refer to these three statements Dr. Brown offers on choosing authenticity.)

Coming Next Week:

Letting Go of Perfectionism / Cultivating Self-Compassion

You changed my mourning into dancing. You took off my funeral clothes and dressed me up in joy so that my whole being might sing praises to you and never stop!

—Psalm 30:11-12a



WELCOME

We exist to love and serve Lebanon.

There's a place for everyone at Lebanon FUMC!

KIDS' CORNER

Dance with All Your Might!

Find these words from our Bible story in the grid:

Ark	David
Bull	Harp
Burnt	LORD
Calf	Offering
Celebrate	Sacrifice
City	Shout
Cymbals	Trumpets
Dancing	

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K V R Q F H A S D A C F L Z U
N R Z Y D S F W G A T F A H L
C X D R X L A Q J R V S K R Y
E R O X A O K C S O R I J G K
L L B C V X W O R L Z Y D V R
E D A N C I N G Q I I Z G Q T
B S N B G G S C Y E F N A B R
R S B U D W C U M J I I G M U
A C E L H A G F O R C J C X M
T Y M L R Y L T E L E T J E P
E M U Q D L U F Y F N Q Y O E
D B L T Z O F Q Q R H T X N T
P A X Y H O X Z U G I T I I S
M L G S I C F B K C J X G B Z
F S D L F B L E C H A R P F S
    
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**Bible story found in
2 Samuel 6:16-22**

**THE
GIFTS OF
Imperfection**

Week 1:
Letting Go of What People Think /
Cultivating Authenticity

SEPTEMBER 8, 2019

**Worship Service
8:30 AM**



**LEBANON
FIRST UNITED METHODIST
CHURCH**

415 W. Main St. Lebanon, TN 37087 | 615-444-3315
www.lebanonfumc.com

ABOUT US

Please take a moment to note your presence in the book at the end of your pew. If you're a Visitor, you are also invited to fill out a Welcome Card and drop it in the offering plate, or take it to the Welcome Desk.

For Visitors and Parents/Families

Worship service care is provided in the nursery for infants through age 3. Quiet Bags are available outside the Sanctuary for children of all ages; please return the bags to the hangers on your way out.

Got Questions? We want to help!

There's a place for everyone at Lebanon FUMC, and we want to help you find yours. To learn more:

Visit the Welcome Desk in the Narthex (lobby) and pick up a Welcome Packet.

Stop by the Church Office to speak with our staff and/or schedule a meeting with a pastor.

Visit our website at www.lebanonfumc.com.

Follow us online:

Facebook — facebook.com/FUMCLEbanon

Instagram — @lebfumc

Twitter — @lebfumc

LEBANON FUMC STAFF

Clergy: Rev. Ryan Bennett, Lead Pastor
Rev. David Hesson, Minister of Discipleship

Age Level Ministries

Cori Brantley, Adults 55+ | Rebecca Dixon, Children
Mandy Rogers, Youth & Young Adults

Music/Worship Ministry: Windell Little, Director
Joseph Walker, Accompanist
Marcus Wanner, Sound & Media

Administrative Ministries: Cori Brantley, Business
Lucinda S. Sutton, Church Operations
Pam Vandever, Communications & Membership

Weekday Children's Ministries

Erin Stone, Director and Preschool 4 Teacher
Tanja Manus, Preschool 3

Jennie Howell, Parents' Day Out

ORDER OF WORSHIP

Gathering

Welcome and Announcements

New Testament Reading Ephesians 4:1-6

*Gathering Music

"Where I Belong"

"What a Beautiful Name"

*Passing of the Peace

May the peace of Christ be with you.

And also with you.

Now let us greet one another in Christ's love.

*Song of Praise

"Oh, For A Thousand Tongues to Sing"

Proclamation & Response

Children's Moment Rebecca Dixon

Old Testament Reading 2 Samuel 6:16-22

The Gifts of Imperfection Rev. Ryan Bennett
*Letting Go of What People Think /
Cultivating Authenticity*

***Hymn of Response** TFWS 2223

"They'll Know We Are Christians by Our Love"

Gathering and Reading of Prayer Cards

**Prayers of the People

Giving Our Tithes and Offerings

Offertory Choir

"Good, Good Father"

by Pat Barret & Anthony Brown | arr. Bryan Sharpe

***Doxology** UMH 94

"Praise God from Whom All Blessings Flow"

Sending Forth

***Benediction** Rev. Ryan Bennett

***Closing Song**
"Blessed Be Your Name"

TOP 5 THIS WEEK

Today at 9:30 AM — Reception for Mandy Rogers in the Fellowship Hall Please join us as we get together to welcome and celebrate our new Director of Youth & Young Adult Ministries and her family!

Today at 12:15 PM — Church Council Meeting in the Fellowship Hall All are invited to sit in and hear updates from our staff and ministry leaders. A light lunch will be served.

Wednesdays at 5:30 PM — Let's Get Together in the Fellowship Hall Meals and classes will be offered every Wednesday from this night through 10/2. Please sign up online or at the Events Board near the office by the water fountain. **Deadline to sign up this week's meal is TODAY.** Cost is \$5/person (max \$20/family). Hope to see you here!

Sunday, 9/15 at 9:45 AM — Coffee with Ryan in the Fellowship Hall This is an open invitation for anyone who wishes to learn more about our church and how you may get connected. Please R.S.V. P. to Pam in the Church Office.

Beginning NEXT Sunday, 9/15 from Noon-1:30 PM — Children's Christmas Musical Practice! All children ages 4 years—6th grade are invited to participate in our 2019 Christmas musical, *Carol and the Belles*. Practices will take place every Sunday, and a light lunch will be provided.

For the complete Church Calendar, visit our website at LebanonFUMC.com/events.

Follow us on Facebook, Instagram, and/or Twitter and visit us at lebanonfumc.com for more details, live updates, and other upcoming special events!

WORSHIP NOTES & SERVERS

Flowers are placed today in memory of Peggy Knowles, Mr. & Mrs. John Knowles, and Johnny Knowles

by Tommy Knowles, children, grandchildren, and great-grandchildren

***Please stand** as you are able, in body or in spirit.

****Prayers of the People:** You may pray from your seats or at the right chancel rail, or receive anointing with oil and pastoral prayer at the left chancel rail.

Liturgist Rev. David (Bucky) Hesson **Acolytes** (8:30) Emily York, Isabelle Harville (11:00) Brady Ballard **Cross Bearer** (8:30) Matthew McGahen (11:00) Mariella McDonald **Ushers** (8:30) Duane Hackett, Charlie Womble, Dave Dixon, Scott Diehl (11:00) Tony Shipp, Jay Bradshaw, Fisher Bradshaw, Frank Marco **Greeters** (8:30) John & Barb Huheey, Larry & Alice Oakley (11:00) Chris & Amy Hodge, Nancy Boulton, Larry Stone **Welcome Desk** (8:30) Kathi Jones (11) Carol Dickerson