

SERMON NOTES

Dr. Brené Brown on Perfectionism:

Perfectionism is not the same as striving to be your best. In fact, perfectionism is NOT about healthy achievement and growth. Perfectionism is about a false understanding that if we can just do everything perfectly then we will not have to deal with pain, blame, and shame.

Perfectionism is not self-improvement. Perfectionism is, at its core, about trying to earn approval and acceptance.

Perfectionism is self-destructive because:

1. It is an addictive belief system that has unattainable goals.
2. There is no such thing as perfect.
3. When we do experience shame, judgment, and blame, we often believe it is because we weren't perfect enough.

Feeling shamed, judged, and blamed are realities of the human experience. Self-compassion centers around cutting yourself some slack, being kind

to yourself, and recognizing that the feeling of inadequacy is part of our humanity that every person experiences.

Sunday Dinner Table Talk

1. In what area(s) of your life do you struggle with perfectionism?
2. How can you work at cultivating self compassion this week?
3. Where can you work on how you love God, your neighbor, and yourself?

Coming Next Week:

Letting Go of Comparison & Lack of Self-Worth / Cultivating Creativity, Play, & Rest



WELCOME

Grace and peace be yours in abundance through the knowledge of God and of Jesus.

—2 Peter 1:2

KIDS' CORNER

Fill in the blanks in our Bible story from the word bank.
(You can also find this story on pages on page 1503 in your pew Bibles!)

You have heard that it was said, "Love your _____ and hate your _____."

But I tell you, _____ your enemies and _____ for those who persecute you, that

you may be _____ of your Father in heaven. God causes the sun to rise on the

_____ and the _____, and sends rain on the righteous and the unrighteous. If

you love those who love you, what reward will you get? Are not even the _____

doing that? And if you greet only your own people, what are you doing more than others?

Do not even _____ do that? Be _____, therefore, even as your

heavenly Father is perfect. —Matthew 6:43-48

perfect
love

good
children
enemy

pray
evil
pagans

tax-collectors
neighbor

We exist to love and serve Lebanon.

There's a place for everyone at Lebanon FUMC!

THE GIFTS OF Imperfection

Week 2:
Letting Go of Perfectionism / Cultivating Self Compassion

SEPTEMBER 15, 2019

**Worship Service
11:00 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. Visitors 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 child care is provided in the nursery for infants — age 3. Quiet Bags are available outside the Sanctuary for children of all ages; please return bags on your way out.

Children's Worship Readiness Church meets every 1st and 3rd Sunday at 8:30 and 11:00 for ages 4 — 1st grade in the Children's Library.

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) if you have any questions.

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 or fill out the visitor card in the back of the pew.

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, Communications & Operations
Pam Vandever, Congregational Care & 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

Introit Deanna Little
Treuer Gott, Ich Muss dir Klagen
by Johann Pachelbel

New Testament Reading Romans 3:21-24

*Call to Worship

Leader: Give thanks and praise to the Lord!
People: For God has dealt mercifully with us!
Even when we turned our backs on God,
God forgave us and restored us to life.

***Processional Hymn** UMH 64
"Holy, Holy, Holy!"

*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.

***Hymn of Praise** UMH 103
"Immortal, Invisible, God Only Wise"

Proclamation & Response

Gospel Reading Matthew 5:43-48

The Gifts of Imperfection Rev. Ryan Bennett
Letting Go of Perfectionism / Cultivating
Self Compassion

Hymn of Response UMH 369
"Blessed Assurance"

Giving Our Tithes and Offerings

Offertory Choir
"O Sing Unto the Lord"
by James C. Ward and Heather Sorenson

***Doxology** UMH 94
"Praise God From Whom All Blessings Flow"

Thanksgiving & Communion

**The Sacrament of Holy Communion

Sending Forth

***Benediction** Rev. Ryan Bennett

***Closing Hymn**
"Blessed Be Your Name"

WORSHIP NOTES & SERVERS

Flowers are placed today in loving memory of our mothers and grandmothers and great-grandmothers,
Evateen Miller, Mary Vandever, and Sharon Campbell
by Pam & Gary Vandever, Kathi Jones, and Taylor, Maggie, Mary Hyatt, & Campbell Vandever

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

****Holy Communion is open to people of all ages and denominations.** We observe Communion through *intinction*, meaning we receive the bread, dip it into the chalice, and eat. (*Gluten-free wafers are available in either line. Simply request them from your server.*) Afterwards, feel free to kneel for prayer at the rail, or return to your seat by using the side aisles.

Liturgist Rev. David (Bucky) Hesson **Acolytes** (8:30) Madelynn & Jackson Davis (11:00) Jack & Taylor Blitch **Cross Bearer** (8:30) Mae Petty (11:00) David Feldhaus **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, Steve & Lynn Youngblood (11) Chris Hodge, Amy Hodge, Nancy Boulton, Melanie Lancaster **Communion Stewards** Beth Goodner, Vicki Hines **Communion Servers** (8:30) Pam Vandever, Regan McGahen (11:00) Angie and Dave Fox **Welcome Desk** (8:30) Kathi Jones (11) Carol Dickerson

TOP 5 THIS WEEK

Today at 9:45 — Coffee with Pastor 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 today 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 take place every Sunday, and a light lunch is provided.

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

Saturday and Sunday 9/21-9/22 — Youth Yard Sale Fundraiser! The gym will be open for collecting donations tomorrow through Thursday; sale takes place Saturday from 7AM-2PM and Sunday from 8AM-Noon. Please share this event online and with your friends and neighbors for a great turn-out! All proceeds go to support our Youth Ministries and missions.

Save the Date: 9/29 and 10/20— Spiritual Gifts Exploration You are invited to one of these two sessions in which we will go over a spiritual gifts assessment and explore where God has gifted us and is calling us to serve in the life of the church. Sign up at the Events Board or online.

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!