

## SERMON NOTES

Pay careful attention to  
your own work, for  
then you will get the  
satisfaction of a job  
well done, and you  
won't need to  
compare yourself to  
anyone else.

—Galatians 6:4

### Dr. Brené Brown on Comparison:

Comparison is all about conformity and competition. It ultimately leads us to desire to be like everyone else, but better!

### on Creativity:

"I'm not creative" does not work. There is no such thing as creative people and non-creative people. There are only people who use their creativity and those who don't.

The only unique contribution we will ever make in this world will be born out of our creativity. If we want to make meaning, we need to create. As long as we are creating, we are cultivating meaning in our life.

### on Play and Rest:

Play and rest remind us that our self-worth is not tied up in what we do, but rather who we are. Our value and identity are tied to our *being*, not our *doing*.

### Sunday Dinner Table Talk

1. Where is your greatest struggle in comparing yourself?
2. How was David's ability not to compare himself with Goliath (or anyone else) an asset for him (1 Samuel 17)?
3. What are three things you can do this week to tap into your creativity and allow your uniqueness to come through?

### Coming Next Week:

*Letting Go of Anxiety / Cultivating Calmness and Stillness*



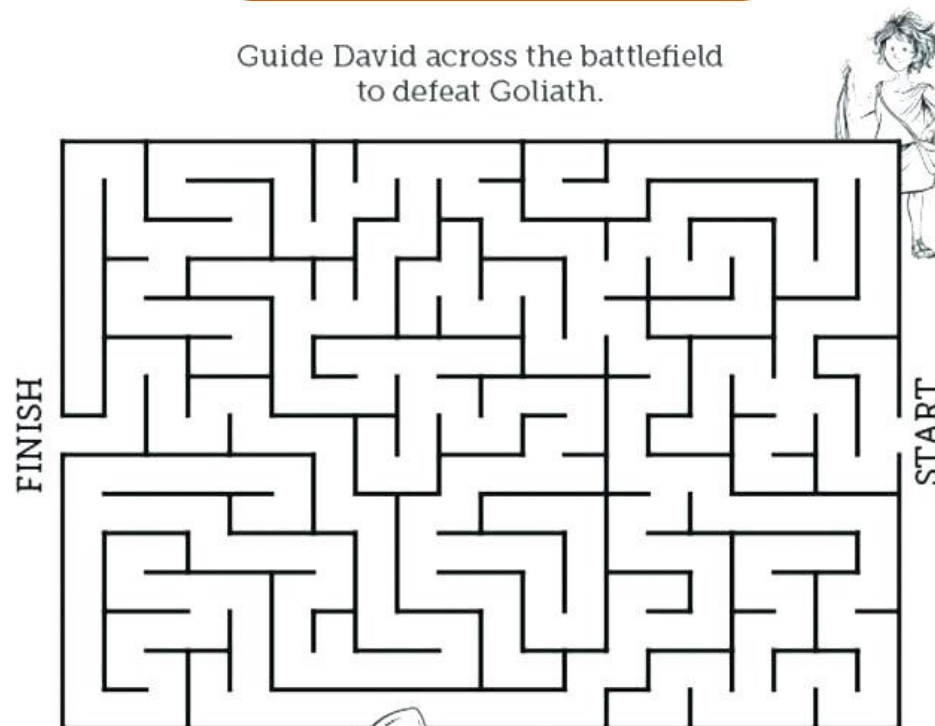
WELCOME

We exist to love  
and serve Lebanon.

There's a place for  
everyone at  
Lebanon FUMC!

## KIDS' CORNER

Guide David across the battlefield  
to defeat Goliath.



## THE GIFTS OF Imperfection

Week 3:

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

SEPTEMBER 22, 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. 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 child 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](http://www.lebanonfumc.com).

**Follow us** online:

Facebook — [facebook.com/FUMCLEbanon](https://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** Joseph Walker

**Old Testament Reading** 1 Samuel 17:12-16

#### \*Call to Worship

*Leader: Bless the Lord, oh my soul. Let all that is within us bless God's holy name!*

**People: For it is God who forgives our iniquities, who heals our diseases, who redeems our lives from the pit.**

*For it is God who crowns us with steadfast love and mercy.*

**Bless the Lord, oh my soul, and do not forget all his benefits!**

**\*Processional Hymn** UMH 100  
"God, Whose Love is Reigning O'er Us"

#### \*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 129  
"Give to the Winds Your Fears"

### Proclamation & Response

#### Receiving New Members

Emily & Jeff Graham

**Children's Moment** Rebecca Dixon

**Old Testament Reading** 1 Samuel 17:31-33

**The Gifts of Imperfection** Rev. Ryan Bennett  
*Letting Go of Comparison and Lack of Self Worth / Cultivating Creativity, Play, and Rest*

#### \*Hymn of Response

"Simple Gifts"

#### Gathering and Reading of Prayer Cards

#### \*\*Prayers of the People

**Offertory** Choir  
"Agnus Dei" (with Lamb of God)  
arr. Russell Mauldin

**\*Doxology** UMH 94  
"Praise God from Whom All Blessings Flow"

### Sending Forth

**\*Benediction** Rev. Ryan Bennett

**\*Closing Hymn** UMH 405  
"Seek Ye First"

## WORSHIP NOTES & SERVERS

**Flowers are placed today in memory of Sam Gibson, Jimmy Gibson and in honor of my children and grandchildren**  
by Dell Gibson

**\*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) Morgan Diehl, Eli Hodge (11:00) Lauren Butts, Shalom Chinyanga **Cross Bearer** (8:30) Neleigh Hutto (11:00) Caleb Butts **Ushers** (8:30) Duane Hackett, Dave Dixon, Scott Diehl, Charlie Womble (11:00) Tony Shipp, Jay Bradshaw, Fisher Bradshaw, Frank Marco **Greeters** (8:30) John & Barb Huheey, Pauline Satterfield, Pam Womble (11:00) Kamber & Scott Butts, Amy & Chris Hodge  
**Welcome Desk** (8:30) Kathi Jones (11) Carol Dickerson

## TOP 5 THIS WEEK

**Today until Right After Church — Youth Yard Sale Fundraiser in the Gym!** Everything is marked down to half price—we want to sell it ALL. Proceeds go to our Youth Ministries and missions; thanks for your support!

**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). See you here!

**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 to 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.

### Ongoing — Food Pantry Donations Needed!

Traffic to our Food Pantry is on the rise. Please help us continue to meet our neighbors' need by stocking up on these high-demand items:

Shelf-stable or dry milk  
Cereal (hot or cold)  
Canned chicken and beef  
Chili (with and without meat)  
Crackers (all kinds)  
Applesauce

**For the complete Church Calendar, visit our website at [LebanonFUMC.com/events](http://LebanonFUMC.com/events).**

**Follow us on Facebook, Instagram, and/or Twitter and visit us at [lebanonfumc.com](http://lebanonfumc.com) for more details, live updates, and other upcoming special events!**