

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



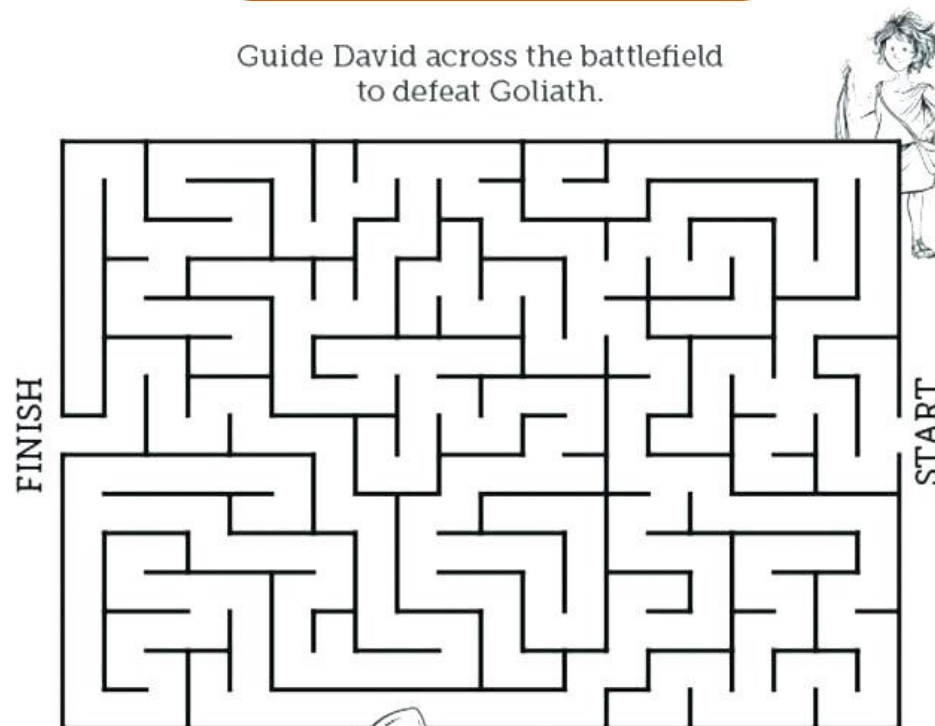
WELCOME

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
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.

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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 speak with the Greeter there.

LEBANON FUMC STAFF

- **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.

ORDER OF WORSHIP

Gathering

Welcome and Announcements

Old Testament Reading 1 Samuel 17:12-16

*Gathering Music

"Love the Lord"
"Reckless Love"

*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

"You Say"

Proclamation & Response

Receiving New Members

Joyce Croley, Missy & Scott Sewell

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

Giving Our Tithes and Offerings

Offertory

"Agnus Dei" (with lamb of God)
arr. Russell Mauldin

Choir

*Doxology

"Praise God from Whom All Blessings Flow"

UMH 94

Sending Forth

*Benediction

Rev. Ryan Bennett

*Closing Song

"Awesome God"

WORSHIP NOTES & SERVERS

Flowers are placed today in memory of Sam Gibson and 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.

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