

Welcome
to Trinity

#38 Part 19 Bodily Training Give Benefits If
Used to Serve the Pursuit of Godliness.

For **bodily training by which we discipline the body in food and drink and refrain from certain foods** (*1 Cor. 9:25*), as well as chastising the body by fasting, these practices indeed have their good benefits so that one might be able to more actively meet the obligation for prayer and godliness. Yet **this still does not instill true holiness**; does not cleanse the heart of sin; nor does it, in and of itself, make us acceptable to God. Thus, these are of **little value** if we practice and uphold them in opposition to true **inward godliness** which consists of **true inward heart-felt repentance, true humble faith in Christ, true heart-felt love in the fear of God** and other **holy, inward motivations of the heart**. For this, **godliness has the promise of this and the future life**. Accordingly, what the holy apostle specifically teaches here about **bodily training being of little value** is one and the same view and meaning that he teaches in other places about such outward practices and distinctions about food, **Rom. 14:3: Whoever eats should not despise him who does not eat; and whoever does not eat, let him not judge the one who eats, for God has accepted him. V. 6: Whoever eats, let him eat for the Lord, for he thanks God. V. 17-18: For the Kingdom of God is not eating and drinking, but rather righteousness and peace and joy in the Holy Spirit.** Whoever serves God this way is **pleasing to God and acceptable to mankind. 1 Cor. 8:8—Food does not draw us to God.** If we eat, we will not thereby be any better. If we do not eat, we will not on that account be any less. **Heb. 13:9—It is a precious matter that the heart become steadfast. This occurs by grace, not by food. None benefit who circumvent this**, that is, those who want to serve God in this way. For it can only have a benefit, as the apostle testifies in this verse, if one uses this as an external discipline and *Paedagogiam* [pedagogy], without any delusion of necessity, as a special service of worship. (Schola Pietatus-Volume 1 by Johann Gerhard, Repristination Press, p. 23-24)

The Lord’s
Supper

The Lord's Supper is being celebrated today. Please note that our practice of closed communion with those who are in fellowship with us—members of congregations of the ELDoNA—is not meant to offend, but is the historic practice of the Church. It is prompted by love, both for God's Word and for God's people. It does not deny that members of other denominations may be Christians. Rather, it bows the knee to the Bible's deep concern for doctrinal truth (Rom. 16:17) and the Bible's witness that doctrinal unity (Acts 2:42) is the central issue to the common reception of the Sacrament of the Altar. Therefore, we ask GUESTS desiring to commune to speak with the pastor before the service so that he may know that you are a member of a congregation in fellowship with Trinity Lutheran Church.

Weekly
Calendar

JUBILATE (*Make a joyful noise...*)
-Mother’s Day
-Adult and Child Bible Studies, 9:00 AM
-Divine Service-Lord’s Supper, 10:15 AM
-Council Meeting #2, after Divine Service

WEDNESDAY -No Learn-by-Heart/Catechesis

NEXT -CANTATE
SUNDAY -Adult and Child Bible Studies, 9:00 AM
-Divine Service, 10:15 AM

Assistants

Elder – Stephen Phillips (303-0769)
Organist – LeeAnn Byrne
Altar Guild – LeeAnn Byrne
Church Cleaning – May 11/18 Stretch, May 25/June 1 Smith

Divine Service

Hymn LW #446

Augustana Service Book & Hymnal

+ Invocation..... p.7
+ Confession/Absolution p.8-9
+ Introit..... (insert)
[Pastor, then congregation]
+ Kyrie... p.10
+ Gloria in Excelsis p.11-13
+ Salutation..... p.13
+ Collect of the Day... (insert)
Old Testament Reading
Epistle
+ Gradual..... (insert)
+ Holy Gospel..... p.16
Nicene Creed..... p.17
ASBH #32 “Zion Mourns in Fear and Anguish”
Sermon
+ Offertory: "Create in Me..." p.18
The Offerings are gathered.
+ General Prayer..... p.19-20
Hymn..... #242
+ Exhortation p.21

Lutheran Worship Hymnal

+ Preface, etc. p.144-151
Communion Psalm (by cantor)
Distribution & Hymns
#407, #392, #426
+ “Lord, now you let ...” p.152
+ Post-Communion Collects p.153
+ Benedicamus/Benediction.... p.154-5
Hymn LW #139
Announcements

Trinity News

Council Meeting.—after the Divine Service today, May 11, 2025

Morning Prayer for Thursday.

184. God the Father, God the Son, God the Holy Ghost, Thou most blessed Trinity, unto Thee do I commend my body and soul from this day forth and forevermore. I thank Thee most heartily that Thou hast not permitted the evil one to do me injury during the night now past. Thou hast kept me in health and strength through the protection of Thy holy angels. How shall I reward Thee? How shall I thank Thee? I will offer unto Thee an anxious and contrite heart, scarlet in sin, filled with remorse and sorrow. Condescend to accept it. Cleanse it with the blood of my Savior that it be white as snow, and hide it in His divine and innocent wounds, and thus graciously vouchsafe unto me the remission of my sins. As I can not know when Thou comest or how and where Thou wilt call me hence, grant that I may always be in such a state of Christian preparedness that I may enter into Thy eternal bliss. I ask this, O gracious God, for the sake of Jesus Christ. Amen. (Pages 322)

Evening Prayer for Thursday.

202. Most Merciful, Longsuffering God, Eternal Father, great is Thy sincere love and paternal providence toward me, a miserable sinner, that Thou hast condescended, from my youth up even unto this moment, so graciously to defend me against every danger and harm from Satan and this evil world: I humbly beseech Thee, by the great love which Thou bearest to me, that Thou wilt not now nor evermore remember against me what I have this day sinned against Thee; but wilt remit it unto me for the sake of Thy beloved Son, Jesus Christ, Who died and became my strength with Thee. Defend me and mine everywhere this night from harm and destruction by fire or water, from pestilence and every danger, and from an evil death. I, therefore, commend myself, body and soul, and all that I have unto Thy fatherly care. Let Thy holy angels be round about me, that I fear no evil. Amen. (Pages 348)

General Prayer p.18-19

Special Prayers

- Pastoral Office:** Bishop, James Heiser, Pastor Michael D. Henson, Deacon Gary K. Harroun
- Eldona Congregations:** St. James the Elder Ev. Lutheran Mission (Knoxville, TN), Deacon Floyd Smithey
- Armed forces:** Jason Melvin, Blake Darnstaedt.
- Police officers:** Daniel Byrne, Alex Byrne.
- Shut-ins:** Carolyn Westerman; Patty Rametta
- Elderly:** Violet Kemp Tom Smith
- Various Needs:** Anita Prochaska, Jennifer Denton (cancer, Shirley Webb), Don Stretch (Tony's Father), Sarah Melvin (back surgery to come), Courtney Severs (brain cancer, Oletha's daughter-in-law's sister), Heidi Bunselmeyer (cancer, Todd Darnstaedt's sister), Shirley Webb (broken wrist)
- Students:** Tom Weber (Florida State University), Jonathan Henson (University of Georgia), Jessica Gordon (SIU-C, Oletha's granddaughter).
- Graduation:** Sadie Henson (Concordia University, Nebraska)
- Help us to honor **our mother** by serving her, obeying her, loving her and cherishing her as God's good gift. For those whose mothers have died, comfort them with the Resurrection of Jesus Christ.

Jubilate / Easter Three



Ottheinrich Bible 1430 (IV:11) Jesus Writes in Dirt John 8:1-

Trinity Lutheran Church

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www.trinityh.org

Pastor Michael D. Henson • Deacon Gary K. Harroun

Pr. Henson and Dcn. Harroun are members of the Evangelical Lutheran Diocese of North America (Eldona.org)

Lamentations 3:18-26

¹⁸And I said, “My strength and my hope have perished from the Lord.” ¹⁹Remember my affliction and roaming, the wormwood and the gall. ²⁰My soul still remembers and sinks within me. ²¹This I recall to my mind, there-fore I have hope. ²²Through the Lord’s mercies we are not consumed, because His compassions fail not. ²³They are new every morning; Great is Your faithfulness. ²⁴”The Lord is my portion,” says my soul, “There-fore I hope in Him!” ²⁵The Lord is good to those who wait for Him, to the soul who seeks Him. ²⁶It is good that one should hope and wait quietly for the salvation of the Lord.

1 Peter 2:11-20

¹¹Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, ¹² having your conduct honorable among the Gentiles, that when they speak against you as evildoers, they may, by your good works which they observe, glorify God in the day of visitation. ¹³Therefore submit your-selves to every ordinance of man for the Lord’s sake, whether to the king as supreme, ¹⁴or to governors, as to those who are sent by him for the punishment of evildoers and for the praise of those who do good. ¹⁵For this is the will of God, that by doing good you may put to silence the ignorance of foolish men—¹⁶as free, yet not using liberty as a cloak for vice, but as bondservants of God. ¹⁷Honor all people. Love the brotherhood. Fear God. Honor the king. ¹⁸Servants, be submissive to your masters with all fear, not only to the good and gentle, but also to the harsh. ¹⁹For this is commendable, if because of conscience toward God one endures grief, suffering wrongfully. ²⁰For what credit is it if, when you are beaten for your faults, you take it patiently? But when you do good and suffer, if you take it patiently, this is commendable before God.

St. John 16:16-23a

¹⁶ “A little while, and you will not see Me; and again a little while, and you will see Me, because I go to the Father.” ¹⁷ Then some of His disciples said among themselves, “What is this that He says to us, ‘A little while, and you will not see Me; and again a little while,

and you will see Me;’ and, ‘because I go to the Father?’”

¹⁸ They said therefore, “What is this that He says, ‘A little while?’ We do not know what He is saying.” ¹⁹ Now Jesus knew that they desired to ask Him, and He said to them, “Are you inquiring among yourselves about what I said, ‘A little while, and you will not see Me; and again a little while, and you will see Me?’” ²⁰ Most assuredly, I say to you that you will weep and lament, but the world will rejoice; and you will be sorrowful, but your sorrow will be turned into joy. ²¹ A woman, when she is in labor, has sorrow because her hour has come; but as soon as she has given birth to the child, she no longer remembers the anguish, for joy that a human being has been born into the world. ²² Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you. ²³ And in that day you will ask Me nothing.

JUBILATE (THE THIRD SUNDAY AFTER EASTER). (WHITE) PSALM 34/146



Introit.

Ant. MAKE A || joyful noise unto God, all ye | lands | - :
sing forth the honor of His Name; make | His | praise | glo- | rious.
Psalm. || Say unto God, how terrible art Thou in Thy | works | - :
through the greatness of Thy power shall Thine enemies submit them- |
selves | un- | to | Thee.
GLO-RY || be to the Father and to the | Son | - :
and to | the | Ho- | ly | Ghost.
AS IT || was in the beginning, is now, and ever | shall | be:
world with- | out | end. | A- | men. (*Ant. Repeated.*)

Collect.

Almighty God, Who showest to them that be in error the light of Thy truth, to the intent that they may return into the way of righteousness: Grant unto all them that are admitted into the fellowship of Christ’s Religion that they may eschew those things that are contrary to their profession, and follow all such things as are agreeable to the same; through Jesus Christ, Thy Son, our Lord, Who liveth and reigneth with Thee and the Holy Ghost, ever One God, world without end. *Amen.*

Epistle. 1 Peter 2:11–20 Gospel. John 16:16–23
Additional reading: Lamentations 3:18–26

Gradual.

|| Hallelujah. Hallelujah. The Lord hath sent redemption unto His people. Hal-
lelujah. It behooved Christ to suffer, and to rise from | the | dead:
and thus to enter into His glory. | Hal- | le- | lu- | jah.

Communion Psalm: *Ant.* A little while and you will not see me, alleluia: and again a little while and you will see me, because I go to the Father, alleluia, alleluia. (John 16:16). **Ps 96:1, 3-4, 9, 13.**

Jubilate - 3rd Sunday after Easter
 32. Zion Mourns in Fear and Anguish

Joh. Heermann, 1636
 C. Winkworth, Tr. a

Zion klagt mit Angst und Schmerzen
 8, 7, 8, 7, 7, 8, 8.
 J. Crueger, 1640

1. Zi - on mourns in fear and an - guish, Zi - on,
 2. "Once," she mourns, "He prom - ised plain - ly That His

cit - y of our God. "Ah!" she saith, "how
 help should aye be near, Yet I now must

sore I lan - guish, Bowed be - neath so hard a load;
 seek Him vain - ly In my days of woe and fear.

"God hath now for - sook me quite, And for -
 "Will He then for - ev - er - more Keep His

got my e - vil plight;"— Nay, the Lord, who chose thee,
 ang - er, and no more Help His chos - en gen - er -

spares thee, For with - in His heart He bears thee.
 a - tion In its pres - ent trib - u - la - tion?" A - men.

3. "Zion, surely I have loved thee!"

Thus to her the Highest saith,
 "Although many woes have proved thee,
 And thy soul is sad to death.
 "Yet now cast thy griefs behind;
 Where wilt thou a mother find
 For her own child not providing,
 Or in hatred with it chiding?"

4. "And if thou couldst find a mother
 Who forgot her infant's claim,
 Or whose wrath her love could smother,
 Yet would I be still the same;
 "For My truth is pledged to thee,
 Zion, thou art dear to Me,
 I within My heart have set thee,
 And I never can forget thee."

5. "Let not Satan make thee craven,
 He can fight, but cannot harm;
 On My hands thy name is graven,
 And thy shield is still My arm.
 "How, then, could it ever be
 That I failed to think of thee,
 Build the wall of My own city,
 And look down on thee with pity?"

6. "Thou before My eyes art ever,
 In My bosom thou art laid
 As a nursing child, and never
 Shalt thou lack My timely aid.
 "Me and thee no time, nor stress,
 War, nor danger, nor distress,
 No, nor Satan's self shall sever,—
 Only be thou faithful ever."