



An Order of Worship for the Home

January 24, 2021

This service is written for two speakers. Ideally, family members can speak and declare God's grace to one another following this format. For those who live alone, this worship outline can be followed with a brother or sister in Christ over the phone. You may call on a friend to fill this role, or your elder or pastor can worship with you by phone.

There is an "offering prayer" included in this outline. As we shelter in place, please continue to worship through giving. You can mail offering envelopes and checks to Calvary or visit www.calvaryslz.org to give online.

Invocation

Reader 1: We gather to worship. We gather to pray.

Reader 2: We gather to our God and to his word.

Reader 1: We gather in the name of our God who is...

Reader 2: Father, Son and Holy Spirit...

Together: Amen.

Psalm 131

¹ O Lord, my heart is not lifted up;

my eyes are not raised too high;

I do not occupy myself with things

too great and too marvelous for me.

² But I have calmed and quieted my soul,

like a weaned child with its mother;
like a weaned child is my soul within me.

³O Israel, hope in the Lord
from this time forth and forevermore.

Confession & Absolution

Make sure each person present has opportunity to confess to a brother or sister in faith. Go through both parts as many times as needed to accommodate all who are gathered.

Christian Confessing: Jesus, you alone are my guide. Yet, I have often followed the guidance of this world or presumed to guide myself. You alone are the goal of my life. Here too, I have made substitutions, and I've allowed lesser goals to capture my heart. Forgive me and change me. Discipline my heart to love you, my will to follow you, and my hands to serve you. Grant this, Lord, by your grace.

Christian Responding: Your Lord always hears your confession, and he faithfully answers with grace, mercy, and pardon. When his children ask, he forgives. This promise is for you, and his forgiveness yours! Further, in Baptism he's given you his Holy Spirit. God's Spirit will guide your heart, your will, and your hands in every calling he's placed on your life.

Together: Amen.

1 Samuel 26:6-18

¹ Then David said to Ahimelech the Hittite, and to Joab's brother Abishai the son of Zeruiah, "Who will go down with me into the camp to Saul?" And Abishai said, "I will go down with you." ⁷ So David and Abishai went to the army by night. And there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head, and Abner and the army lay around him. ⁸ Then Abishai said to David, "God has given your enemy into your hand this day. Now please let me pin him to the earth with one stroke of the spear, and I will not strike him twice." ⁹ But David said to Abishai, "Do not destroy him, for who can put out his hand against the Lord's

anointed and be guiltless?” ¹⁰ And David said, “As the Lord lives, the Lord will strike him, or his day will come to die, or he will go down into battle and perish.

¹¹ The Lord forbid that I should put out my hand against the Lord’s anointed. But take now the spear that is at his head and the jar of water, and let us go.” ¹² So David took the spear and the jar of water from Saul’s head, and they went away. No man saw it or knew it, nor did any awake, for they were all asleep, because a deep sleep from the Lord had fallen upon them.

¹³ Then David went over to the other side and stood far off on the top of the hill, with a great space between them. ¹⁴ And David called to the army, and to Abner the son of Ner, saying, “Will you not answer, Abner?” Then Abner answered, “Who are you who calls to the king?” ¹⁵ And David said to Abner, “Are you not a man? Who is like you in Israel? Why then have you not kept watch over your lord the king? For one of the people came in to destroy the king your lord. ¹⁶ This thing that you have done is not good. As the Lord lives, you deserve to die, because you have not kept watch over your lord, the Lord’s anointed. And now see where the king’s spear is and the jar of water that was at his head.”

¹⁷ Saul recognized David’s voice and said, “Is this your voice, my son David?” And David said, “It is my voice, my lord, O king.”¹⁸ And he said, “Why does my lord pursue after his servant? For what have I done? What evil is on my hands?”

Apostles’ Creed

I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence He will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

John 13:1-17

¹ Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end. ² During supper, when the devil had already put it into the heart of Judas Iscariot, Simon's son, to betray him, ³ Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going back to God, ⁴ rose from supper. He laid aside his outer garments, and taking a towel, tied it around his waist. ⁵ Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was wrapped around him. ⁶ He came to Simon Peter, who said to him, "Lord, do you wash my feet?" ⁷ Jesus answered him, "What I am doing you do not understand now, but afterward you will understand." ⁸ Peter said to him, "You shall never wash my feet." Jesus answered him, "If I do not wash you, you have no share with me." ⁹ Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" ¹⁰ Jesus said to him, "The one who has bathed does not need to wash, except for his feet, but is completely clean. And you are clean, but not every one of you." ¹¹ For he knew who was to betray him; that was why he said, "Not all of you are clean."

¹² When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you? ¹³ You call me Teacher and Lord, and you are right, for so I am. ¹⁴ If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. ¹⁵ For I have given you an example, that you also should do just as I have done to you. ¹⁶ Truly, truly, I say to you, a servant^[c] is not greater than his master, nor is a messenger greater than the one who sent him. ¹⁷ If you know these things, blessed are you if you do them.

Message

Outward Disciplines

Recently, I went to the kitchen to make my breakfast and found a pot of beans soaking in water. My wife let those beans soak to get them ready for her amazing ham and bean soup. They'd been soaking all night long. It takes time for the water to soak into the beans. It takes time to prepare them for cooking. Meditation is that kind of soaking. We sit with God's Word, and we allow it to prepare us for his plans.

You were invited to practice the spiritual discipline of meditation prior to last week's message. It was an opportunity for you to soak in the Word of God.

Those of you who receive emails and mail from Calvary were invited this past week to take part in "Pray for 3." Prayer is also a spiritual discipline, and we take up different practices of prayer from time-to-time. The experience of praying for three minutes each day is different from the experience of praying for thirty seconds each hour. It's also different from praying for an hour each week.

Meditation and prayer are spiritual disciplines we talked about last week in our message on the inward disciplines. The other inward disciplines we mentioned were fasting and study.

This week, you were invited to pray each morning for someone to serve. Each evening you were asked to journal some observations on serving, and close your day by reading from Philippians 2. This was not done so you would become better at journaling. If you missed a couple days, or kept your notes brief, that's fine. The hope was that these practices would help you focus on the discipline of service.

As you did this, maybe you learned something about yourself or others. Maybe you saw things you might not have. Maybe you were encouraged. Maybe you were challenged. As you closed each day returning to the same verses from God's Word, I hope you were able to soak in his grace and receive from Jesus as he serves you.

This week, I want us to focus on the outward disciplines. That's why I invited you to pray and journal about service. Service is one of the outward disciplines, along with simplicity, solitude, and submission.

Remember our music analogy? The abundant life Christ brings to us is like music. The spiritual disciplines are different ways we listen to that music. The disciplines are ways we receive from Jesus. The personal and private listening we do through headphones is like the inward disciplines we discussed last week. Next week, we'll talk about corporate disciplines which are like attending a concert and responding to the music of Jesus with others. Today, we're learning to listen through household speakers. That's the picture we have for the outward disciplines.

I want to clarify one thing with that picture. In our analogy, I've been careful to reference household speakers, and not a public address system. The outward disciplines are not focused on evangelism. In other words, we're not playing the music of Jesus for the sake of others. We practice outward spiritual disciplines so that we can receive gifts from Jesus. At the same time, these practices are not as private as the inward disciplines.

Think about it this way. If I'm playing music in my kitchen, my neighbors on the sidewalk won't hear it. However, if you came over to visit and I brought you in the house, you would hear the music. Because of the outward nature of these disciplines, the people near us will notice them. That's fine, as long as we remember it's not the goal.

With that said, let's talk about the outward spiritual disciplines. We'll take these one at a time as we look at simplicity, solitude, submission, and service. I'd like to define each of these, so we understand what we're talking about. Then, I'll point to examples we have of Jesus' involvement with each one.

Simplicity is the first outward discipline we want to look at. Like all of the spiritual disciplines, the practice of simplicity is intended to impact our entire lives. If we're intentional about simplicity in specific areas of life, it's with the goal that simplicity would eventually permeate our whole life. After all, if this discipline is a way to listen to the music of Jesus' abundant life, why would we want to limit that to certain times or places?

Simplicity is the non-chasing life. It's being clear with ourselves about needs and wants, and learning to say "no" to good things for the sake of better things. I like to think that simplicity is learning to live as if our priorities are true. Too often we claim one set of priorities with our words, but live other priorities with our calendar and budget. Sometimes I have to prove to myself that I can go without the things I claim I don't need. I also need to say "no" to some things, so that I can find joy in saying "yes" to the things God tells me are better.

We touched on giving last week as we read through Matthew 6. Giving overlaps with simplicity. In saying "no" to my wants, I get to say "yes" to generosity and

giving. I can tell myself all day long that giving is a good practice, but at some point I have to prove to myself that I actually believe this to be true. If generous giving is a way I listen to the music of Christ's abundant life, am I willing to live with less so I can give away more? This takes discipline.

We see the life of simplicity practiced by Jesus. He travelled from place-to-place knowing he had no permanent home. When he sent his disciples to tell about the kingdom of God, he told them to go simply. "Take nothing for your journey, no staff, nor bag, nor bread, nor money; and do not have two tunics." (Luke 9:3)

When our stuff becomes a distraction, can we live bold enough to let go of some things? That's the spiritual discipline of simplicity. It's a life which fights against chasing and collecting. It's a life which finds joy in receiving from God and giving to others.

The second outward discipline we want to look at today is solitude. Solitude is often coupled with silence. We could name either one as a discipline. Solitude seeks quiet amid the noise surrounding our lives. Solitude is the practice of simplicity applied to schedules and routines. Like any of the disciplines, solitude requires intentional practice if we desire it to become a habitual rhythm.

We can create spaces for solitude in our daily patterns, yearly calendars, or any timeframe between. Sometimes practicing solitude can mean taking a personal retreat. Sometimes it's sitting in the quiet of a morning at home. We need spaces away from the noise of our days; apart from the busyness of our weeks; where we can rest in the assurance that we are loved and valued for nothing we do. It's difficult for that truth to hit home unless we allow ourselves space and time to actually do nothing.

We see Jesus practicing solitude during his life on earth. He spent 40 days in the desert by himself prior to beginning his public ministry. We read about him spending the night in prayer or rising early in the morning in order to have time alone. As his death was approaching, he went to a familiar place – the Garden of Gethsemane – in order to have time alone with his Father. He needed to receive from his Father in order to go on.

This is the place of the spiritual disciplines in our life too. We need to receive. Solitude is not the guide or goal, but solitude can help us more clearly see Jesus as guide and goal. If solitude helps us, it will help us receive his presence and grace.

Following simplicity and solitude, we come to submission. This is a difficult one. To whom does the Christian submit? To everyone. As the Apostle Paul writes in Philippians 2, “in humility consider others more significant than yourselves.”

Submission means you defer to others. It means you allow other people to be more important than yourself. It’s not allowing others to go first, just so you can have the last word. It’s allowing others to speak both first and last. Additionally, this discipline is not limited to those in authority over you. Submission applies to every relationship. Christian submission applies to all.

I realize this practice raises all kinds of questions in a culture rife with political tensions and ideological clashes. You’re wondering how this works in those contentious settings. Let’s slow down. Maybe we’re not ready for that yet. Maybe we’re not ready to talk about submission to people you disagree with. Let’s start by submitting ourselves to the people you claim as friends.

Submission applies within the church. Can you submit yourself to your brothers and sisters? What if you have a differing opinion and you don’t want to submit to your brother? What if your sister tells you something you don’t want to hear? Let’s face it, submission to others is easy when it doesn’t affect your life. After all, submission isn’t about treating others as equals. Submission means you treat others as – how did Paul say it? – more significant than yourself. If you’re submissive and you get ignored, you have to be OK with that. If you practice submission, and you get stepped on, you have to let it go.

If you want to know where this discipline is grounded in the life of Christ, look to the verses you were invited to read each evening this past week. In Philippians, we find a beautiful picture of Jesus’ submission.

¹ So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and

*sympathy, ² complete my joy by being of the same mind, having the same love, being in full accord and of one mind.
(Philippians 2:1-2)*

If you see these things in Christ, adopt the same mindset. Spelling that out, Paul continues with the verse I've already quoted.

³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others.

⁵ Have this mind among yourselves, which is yours in Christ Jesus, ⁶ who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷ but emptied himself, by taking the form of a servant, being born in the likeness of men. (Philippians 2:3-7)

The Son of God did not cling to his divine status. Instead, he set aside all privilege in order to become a human being. He gave up his rights in order to come to you. He lowered himself from perfection in order to enter this sick, broken, and dangerous world. He became submissive. He saw others as more significant than himself. He saw *you* as more significant than himself.

Jesus saw you as more significant, even while he saw your faults. He saw how you struggle with discipline.

- He knows simplicity is not your way. Whether you chase after new things, or cling tightly to the old, Jesus knows which wants have become needs in your mind.
- He knows you avoid solitude because being alone with yourself is too much to bear. He knows you'll keep busy, or turn on the television, or call up a friend, rather than be alone with your heavenly Father.
- He also knows you resist submission. You won't allow yourself to submit to other people, much less to God's will in your life. You want God, and you want Jesus, but on your own terms.

Jesus knew all this, yet he came in submission to his Father, and made himself submit to the will of sinful people like you and me.

Submission opens the door to the fourth outward discipline. Submission is the way we move toward true service. Service not only considers others first, but it acts on their behalf. True service doesn't choose an action and impose it on another person. That's what we do to pat ourselves on the back and say, "Look what a good servant I am." True service sees the people in our lives and asks, "What can I do for her?" "How can I care for him?"

Earlier in worship we read about Jesus washing feet. That was a great act of service. The section we've been reading from Philippians helps us see how the service of Jesus flows out of his submission. We'll re-read verse 7 and continue from there.

[Christ] emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸ And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. (Philippians 2:7-8)

The ultimate act of service is sacrifice. Jesus sacrificed his life for you. He knew there was no way for you to come to him, so he came to you. He knew that your sentence was death, and that it was final. He took that sentence for you. It was every bit as real a death as you or I could experience. But Jesus is the Son of God, and he rose to new life. His death was not final.

On Easter morning, Jesus who had been dead was found alive. He's the first human being for whom death was not the end. He's given you and I this new life by faith, and we will live with him. Because of the service of Jesus, death is no longer final. His service to you is the greatest service ever!

This is the Jesus we strive to keep as guide and goal of our faith. This is the Jesus to whom all of our spiritual disciplines point. May all of our disciplines be to the praise, honor, and glory of Jesus!

⁹ Therefore God has highly exalted him and bestowed on him the name that is above every name, ¹⁰ so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, ¹¹ and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. (Philippians 2:9-11)

Amen.

Prayers and the Lord's Prayer

Share prayer requests with one another. Pray over the requests shared, then pray the Lord's Prayer together.

Our Father who art in heaven, hallowed be thy name,
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.
For thine is the kingdom and the power and the glory forever and ever. Amen.

Offering Prayer

If you have an offering present as you worship, you may place your hands over it during the offering prayer.

Reader 1: With thankful hearts we receive from you, O Lord.

Reader 2: With thankful hearts we respond.

Reader 1: Receive our thanks and praise.

Reader 2: Receive our offerings.

Together: Receive us as your own.

Blessing (Numbers 6:24-26)

Reader 1: The Lord bless you and keep you.

Reader 2: The Lord make his face shine upon you and be gracious to you.

Reader 1: The Lord look upon you with favor...

Reader 2: And give you peace.

Together: Amen.

An Invitation for This Week

Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." ²² And with that he breathed on them and said, "Receive the Holy Spirit."²³ If you forgive anyone's sins, their sins are forgiven; if you do not forgive them, they are not forgiven." (John 20:21-23)

Among the greatest gifts we're given in Christian community is the privilege of declaring God's grace and forgiveness to each other, and the comfort of receiving those words as the very Word of God.

You're invited to practice the spiritual discipline of confession this week. Seek out a brother or sister whom you trust, and ask them to hear your confession. You're your confession to God by putting it into words in front of a brother or sister in faith. Then, listen as they declare the true forgiveness of God to you. If you are uncertain who to ask, reach out to Pastor Matt or one of our elders to hear your confession.

Confession follows a simple pattern.

- 1) One believer makes confession of sins (how specific is up to the person confessing). The individual listening may ask questions for clarification, or in a trusted relationship they may ask if there's more to be said.
- 2) The listener shares any Scripture which comes to mind which may benefit their brother or sister.
- 3) The listener declares God's forgiveness in simple, straight-forward language.
- 4) Finally, the listener prays over their brother or sister.

If it helps to use a script for parts one and two, make use of the confession from this worship guide. Feel free to use it as printed or personalize it for yourself.

As applicable, please share this resource with others who would benefit. An electronic version is available at www.calvaryslz.org. We can also add friends to our mailing list if that is preferred.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.