

AS WE GATHER

Physical fitness is “in.” The message of health spas is that if you just work hard enough and get your body into good enough shape, then somehow, you’ll be “fit for life.” Advertising has picked up on this theme and embellished it to amazing proportions. Today, you will be led to understand we have a different kind of life altogether, a life that is made “fit” not by the world’s standards, but by a gift of God. The promise of Jesus tells us how we can be not only physically, but also emotionally and spiritually “Fit for Life.” Jesus said, “*I have come that they may have life. And have it to the FULL!*” Jesus promised to give you MORE LIFE! He fulfilled that promise by giving His life as the sacrifice to take away your sins, and by rising to life again. Jesus is the Lord of Life. Open your ears and your heart to His Word and let Him be the Lord of YOUR life.

Gathering Song Turn Your Eyes Upon Jesus

Welcome & Invocation

Opening Song Come Thou Font of Every Blessing LSB 686 v1-2, 4



1 Come, Thou Fount of ev - 'ry bless - ing, Tune my heart to
2 Here I raise my Eb - en - e - zer, Hith - er by Thy
4 Oh, that day when freed from sin - ning, I shall see Thy



sing Thy grace; Streams of mer - cy, nev - er ceas - ing,
help I've come; And I hope, by Thy good plea - sure,
love - ly face; Clothed then in the blood - washed lin - en,



Call for songs of loud - est praise. While the hope of end - less
Safe - ly to ar - rive at home. Je - sus sought me when a
How I'll sing Thy won - drous grace! Come, my Lord, no long - er



glo - ry Fills my heart with joy and love, Teach me
strang - er, Wan - d'ring from the fold of God; He, to
tar - ry; Take my ran - som'd soul a - way; Send Thine



ev - er to a - dore Thee; May I still Thy good - ness prove.
res - cue me from dan - ger, In - ter - posed His pre - cious blood.
an - gels soon to car - ry Me to realms of end - less day.

Text and tune: Public domain

Confession & Forgiveness

Pastor: Despite all of God's actions on our behalf, we still struggle with sin in our lives. Our tongues still curse. Our feet still stumble. Our ears still listen to lies and vicious gossip. But our heavenly Father invites us to come to Him for restoration, renewal, and forgiveness.

Silence for reflection.

Pastor: Heavenly Father,

People: we have sinned against You and our neighbors in what we have said and what we have left unsaid. We have neglected opportunities to love our neighbors. We have stumbled and fallen again and again. We ask that You restore us, renew us, and forgive us on account of Jesus. Amen.

Pastor: Almighty God, in His boundless love sent His Son, Jesus Christ, to die and rise for our forgiveness and eternal life. Because of Jesus, we are restored, body and soul. Therefore, as a called and ordained servant of Christ, and by His authority, I forgive you all your sins in the name of the Father and of the ☩ Son and of the Holy Spirit.

People: Amen. We are forgiven in Christ. We are renewed and restored. Amen.

Gloria in Excelsis LSB 187

P Glory be to God on high:



C and on earth peace, good - will toward



men. We praise Thee, we bless Thee, we wor - ship Thee,



we glorify Thee, we give thanks to Thee, for Thy great glory.



O Lord God, heav'n-ly King, God the Fa-ther Al - mighty.



O Lord, the only begotten Son, Je - sus Christ;



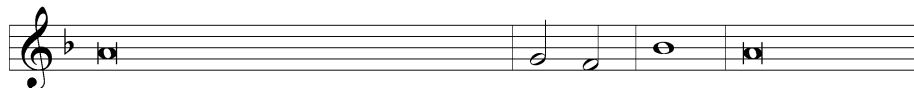
O Lord God, Lamb of God, Son of the Father,



that takest away the sin of the world, have mercy up-on us.



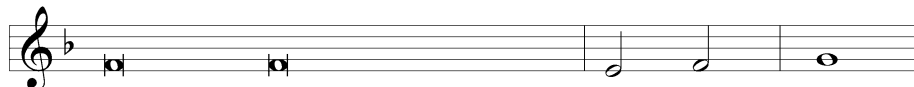
Thou that takest away the sin of the world, re-ceive our prayer.



Thou that sittest at the right hand of God the Father, have mercy up-



on us. For Thou only art holy; Thou on - ly art the Lord.



Thou only, O Christ, with the Ho - ly Ghost,



art most high in the glory of God the Father. A - men.

Prayer of the Day

Pastor: Father of our Lord Jesus, the strength of all who trust You, help us to live according to Your design and to treasure both Your word of command and Your word of forgiveness. Make our lives to be signs of Your life and the instruments of renewal in our world; through Your Son, Jesus Christ, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

People: Amen.

Dedication of Liturgical Banners / Vestments

Reader

Dan Macejkovic

Old Testament Reading

Exodus 20:1-21

(The Lord Gives His Law)

¹And God spoke all these words, saying,

²"I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

³"You shall have no other gods before me.

⁴"You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. ⁵You shall not bow down to them or serve them, for I the LORD your God am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, ⁶but showing steadfast love to thousands of those who love me and keep my commandments.

⁷"You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.

⁸"Remember the Sabbath day, to keep it holy. ⁹Six days you shall labor, and do all your work, ¹⁰but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹For in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

¹²"Honor your father and your mother, that your days may be long in the land that the LORD your God is giving you.

¹³"You shall not murder.

¹⁴"You shall not commit adultery.

¹⁵"You shall not steal.

¹⁶"You shall not bear false witness against your neighbor.

¹⁷"You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's."

¹⁸Now when all the people saw the thunder and the flashes of lightning and the sound of the trumpet and the mountain smoking, the people were afraid and trembled, and they stood far off ¹⁹and said to Moses, "You speak to us, and we will listen; but do not let God speak to us, lest we die." ²⁰Moses said to the people, "Do not fear, for God has come to test you, that the fear of him may be before you, that you may not sin." ²¹The people stood far off, while Moses drew near to the thick darkness where God was.

Reader: This is the Word of our Lord.

People: Thanks be to God.

Epistle Reading
(The Law and Sin)

Romans 7: 1-24

¹Or do you not know, brothers—for I am speaking to those who know the law—that the law is binding on a person only as long as he lives? ²Thus a married woman is bound by law to her husband while he lives, but if her husband dies she is released from the law of marriage. ³Accordingly, she will be called an adulteress if she lives with another man while her husband is alive. But if her husband dies, she is free from that law, and if she marries another man she is not an adulteress.

⁴Likewise, my brothers, you also have died to the law through the body of Christ, so that you may belong to another, to him who has been raised from the dead, in order that we may bear fruit for God. ⁵For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. ⁶But now we are released from the law, having died to that which held us captive, so that we serve not under the old written code but in the new life of the Spirit.

⁷What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. I would not have known what it is to covet if the law had not said, "You shall not covet." ⁸But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness. Apart from the law, sin lies dead. ⁹I was once alive apart from the law, but when the commandment came, sin came alive and I died. ¹⁰The very commandment that promised life proved to be death to me. ¹¹For sin, seizing an opportunity through the commandment, deceived me and through it killed me. ¹²So the law is holy, and the commandment is holy and righteous and good.

¹³Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure. ¹⁴For we know that the law is spiritual, but I am of the flesh, sold under sin. ¹⁵I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶Now if I do what I do not want, I agree with the law, that it is good. ¹⁷So now it is no longer I who do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

²¹So I find it to be a law that when I want to do right, evil lies close at hand. ²²For I delight in the law of God, in my inner being, ²³but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. ²⁴Wretched man that I am! Who will deliver me from this body of death?

Reader: This is the Word of our Lord.

People: Thanks be to God.

Holy Gospel Reading
(The Greatest Commandment)

Matthew 22:34-40

³⁴But when the Pharisees heard that he had silenced the Sadducees, they gathered together. ³⁵And one of them, a lawyer, asked him a question to test him. ³⁶"Teacher, which is the great commandment in the Law?" ³⁷And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸This is the great and first commandment. ³⁹And a second is like it: You shall love your neighbor as yourself. ⁴⁰On these two commandments depend all the Law and the Prophets."

Pastor: This is the Word of our Lord.

People: Thanks be to God.

Children's Message

Song of the Day

Abide with Me LSB 878 v 1-4



1 A - bide with me, fast falls the e - ven - tide.
 2 I need Thy pres - ence ev - 'ry pass - ing hour;
 3 Come not in ter - rors, as the King of kings,
 4 Swift to its close ebbs out life's lit - tle day;



The dark - ness deep - ens; Lord, with me a - bide.
 What but Thy grace can foil the tempt - er's pow'r?
 But kind and good, with heal - ing in Thy wings;
 Earth's joys grow dim, its glo - ries pass a - way;



When oth - er help - ers fail and com - forts flee,
 Who like Thy - self my guide and stay can be?
 Tears for all woes, a heart for ev - 'ry plea.
 Change and de - cay in all a - round I see;



Help of the help - less, O a - bide with me.
 Through cloud and sun - shine, O a - bide with me.
 Come, Friend of sin - ners, thus a - bide with me.
 O Thou who chang - est not, a - bide with me.

Text and tune: Public domain

Sermon *FIT FOR LIFE: "What has the Doctor Ordered?" (Ten Commandments)* Pastor Aaron Boerst

Creed – 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.**

Prayers of the Church

Pastor: The Lord God, our Heavenly Father, has given us His Law and His Law is good. It curbs our sinful desires to stay within the boundaries He sets for our lives. His Law guides the life He gives us to do what is right in His eyes, and what is good for one another. And most importantly, His good Law shows us our sin so that we can see the need for our Savior, Jesus Christ. For that vision to see Jesus, let us pray to the Lord.

People: **Lord, have mercy, and give us the ability to keep your Law.**

Pastor: For people who serve in positions of governmental authority among the nations, for those who raise crops and tend herds, and for all who connect resources with the needs of their fellow citizens, let us pray to the Lord.

People: **Lord, have mercy, and give them joy in serving.**

Pastor: For all who struggle to put bread on the table and a roof over their families, those who face injustice and discrimination, and all who are denied human rights, let us pray to the Lord.

People: **Lord, have mercy, and give us hearts to help those in need.**

Pastor: For ourselves, that we recognize the gifts God has placed among us by which we may care for one another and our community, let us pray to the Lord.

People: Lord, have mercy, and give us guidance and strength to serve in Your name.

Pastor: O Lord, Hear us now on behalf of those in our congregation and all who stand in need:

Local concerns are added by congregational elder.

Pastor: Into Your hands, O Lord, we commend ourselves and all for whom we pray, trusting in Your mercy, through Your Son, Jesus Christ, our Lord.

People: Amen.

Sharing Peace

Offering Give Thanks LSB 806

Give thanks with a grateful heart,
Give thanks to the Holy One,
Give thanks because He's given
Jesus Christ His Son.

Give thanks with a grateful heart,
Give thanks to the Holy One,
Give thanks because He's given
Jesus Christ His Son.

And now let the weak say "I am strong,"
Let the poor say "I am rich,"
Because of what the Lord has done for us.
And now let the weak say "I am strong,"
Let the poor say "I am rich,"
Because of what the Lord has done for us.
Give thanks, give thanks.

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Offertory LSB 192

Cre-ate in me a clean heart, O God, and re -
new a right spir - it with - in me. Cast me not a -
way from Thy pres-ence, and take not Thy Ho - ly Spir - it
from me. Re - store un - to me the joy of Thy sal - va -
tion, and up - hold me with Thy free spir-it. A - men.

Presentation of Gifts

Pastor: Heavenly Father, You are the giver of all good things, and Your Word makes clear that every

good and perfect gift comes from You. We ask that You accept these gifts back unto Yourself and use them to Your glory. [Psalm 145:15, James 1:17]

People: Amen.

Holy Communion

Preface

Pastor: The Lord be with you. [2 Timothy 4:22]

People: And also with you.

Pastor: Lift up your hearts. [Colossians 3:1]

People: We lift them to the Lord.

Pastor: Let us give thanks to the Lord our God. [Psalm 136]

People: It is right to give Him thanks and praise.

Sanctus

LSB 195



Ho - ly, ho - ly, ho - ly Lord God of Sab - a - oth;



heav'n and earth are full of Thy glo - ry. Ho - san - na,



ho - san - na, ho - san - na in the high - est. Bless - ed is He,



bless - ed is He, bless - ed is He that com - eth in the name of the Lord.



Ho - san - na, ho - san - na, ho - san - na in the high - est.

The Words of Our Lord [Matthew 26:26–28; Mark 14:22–24; Luke 22:19–20; 1 Corinthians 11:23–25]

Proclamation of Christ

Pastor: As often as we eat this bread and drink this cup, we proclaim the Lord's death until He comes. [1 Cor.11:26]

People: Amen. Come, Lord Jesus. [Revelation 22:20]

Lord's Prayer

[Matthew 6:9–13]

Pastor: Lord Jesus Christ, remember us in Your kingdom and teach us to pray:

People: 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.

Distribution

In Remembrance of Me

In Christ Alone vv 1,2,4


In Christ alone my hope is found
 He is my Light my strength my song
 This Cornerstone this solid ground
 Firm through the fiercest drought and storm
 What heights of love what depths of peace
 When fears are stilled when strivings cease
 My Comforter my all in all
 Here in the love of Christ I stand

In Christ alone who took on flesh
 Fullness of God in helpless Babe
 This gift of love and righteousness
 Scorned by the ones He came to save
 'Til on that cross as Jesus died
 The wrath of God was satisfied
 For ev'ry sin on Him was laid
 Here in the death of Christ I live


No guilt in life no fear in death
 This is the pow'r of Christ in me
 From life's first cry to final breath
 Jesus commands my destiny
 No pow'r of hell no scheme of man
 Can ever pluck me from His hand
 'Til He returns or calls me home
 Here in the pow'r of Christ I'll stand

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Lamb of God LSB 550



1 Your on - ly Son, no sin to hide, But You have
 2 Your Gift of love they cru - ci - fied, They laughed and
 3 I was so lost, I should have died, But You have



sent Him from Your side To walk up - on this guilt - y
 scorned Him as He died: The hum - ble King they named a
 brought me to Your side To be led by Your staff and



sod, And to be - come the Lamb of God.
 fraud, And sac - ri - ficed the Lamb of God.
 rod, And to be called a lamb of God.

Refrain



O Lamb of God, sweet Lamb of God, I love the ho - ly Lamb of God!



O wash me in His pre-cious blood, My Je-sus Christ, the Lamb of God.
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Benediction [Numbers 6:24-26]

Pastor: The LORD bless you and keep you.
The LORD make His face shine on you and be gracious to you.
The LORD look upon you with favor and ☩ give you peace.

People: Amen.

Announcements

Sending Song **Lead Me, Guide Me LSB 721**

Refrain

Lead me, guide me, a - long the way;

For if You lead me, I can - not stray.

Lord, let me walk each day with Thee.

Lead me, O Lord, lead me.

1 I am weak and I need Thy strength and pow'r
2 Help me tread in the paths of righ - teous - ness,
3 I am lost if You take Your hand from me,

To help me o - ver my weak - est hour.
Be my aid when Sa - tan and sin op - press.
I am blind with - out Thy light to see.

Help me through the dark - ness Thy face to see.
I am put - ting all my trust in Thee.
Lord, al - ways let me Thy ser - vant be.

Refrain

Lead me, O Lord, lead me.
Lead me, O Lord, lead me.
Lead me, O Lord, lead me.

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