



A Better Way  
to Live

St. Mark's  
LUTHERAN CHURCH

---

# 5<sup>TH</sup> SUNDAY OF PENTECOST THE THIRD COMMANDMENT

June 28, 2026

---

## **Settle in with Jesus and his family. Welcome home.**

**Make yourself at home.** Find any open spot to sit and settle in. Our worship service is designed to praise God and enrich your faith. We make it easy-to-follow with everything printed for you in this bulletin. Feel free to stay after the service to get to know some of the people you worshiped with today. St. Mark's is a place you can call home, and we look forward to seeing you next time!

**Bring the kids.** Our congregation enjoys the worshipping family and our services include a children's message. Parents, you can help your kids follow along today with the Kids' Questions sheet. A quiet room to help a restless child is in the lobby (to the right as you exit the main worship space).

**There's no obligation.** Visitors, while our members regularly give offerings as an expression of thanks to God, you're not expected to give an offering. You are our guests; it's your choice. We're glad you joined us today!

**Restrooms** are at the back of the lobby—women's on the right and men's on the left.

**Questions?** If you'd like to know more about our church or our beliefs, feel free to speak with our pastor after the service and visit us online at [stmarkslutheran.com](http://stmarkslutheran.com).

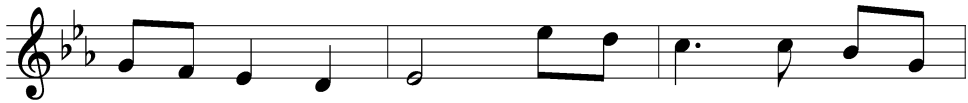
# Come Away from Rush and Hurry



- 1 Come a - way from rush and hur - ry to the still - ness
- 2 In the pas - tures of God's good - ness we lie down to
- 3 Come, then, chil - dren, with your bur - dens— life's con - fu - sions,



of God's peace; from our vain am - bi - tion's wor - ry, come to rest our soul. From the wa - ters of God's mer - cy we drink fears, and pain. Leave them at the cross of Jes - us; take in -



Christ to find re - lease. Come a - way from noise and deep - ly, are made whole. At the ta - ble of God's stead his king - dom's reign. Bring your thirsts, for he will



clam - or, life's de - mands and fren - zied pace; come to pres - ence all the saints are rich - ly fed. With the quench them— he al - one will sat - is - fy. All our



join the peo - ple gath - ered here to seek and find God's grace. oil of God's a - noint - ing in - to ser - vice we are led. long - ings find at - tain - ment when to self we glad - ly die.

Text: Marva J. Dawn, b. 1948

Text: © 1999 Marva J. Dawn. Used by permission: OneLicense no. 711071

Tune: Marty Haugen, b. 1950

Tune: © 1987 GIA Publications, Inc. Used by permission: OneLicense no. 711071

## **Welcomed into the Family of God**

In the name of the Father and of the Son and of the Holy Spirit.

**Amen!**

Are you weary? Are you sometimes carrying a weight too heavy to bear on your own? Could you use some rest? Real, satisfying rest for your soul? Come, settle in with Jesus and his family. Jesus says that all who are weary and burdened can come to him, and he will give us rest for our souls. Whenever we confess our sins together, we take our burdens and our guilt and lay them at Jesus' feet. He gladly takes them all away to forgive us.

**Holy and merciful Father in heaven, throughout my life, I have so often failed to live as your child. I have so much sin to lay before you, and the weight of that guilt is too much to carry. Thank you for still loving me and washing my sins away. Thank you for sending Jesus to be my Savior!**

Children of God, your sins are forgiven! By the perfect life, innocent death, and resurrection of Jesus, your guilt is removed forever. He gives you his perfection. Through faith in Jesus, God calls you his holy child. Let your soul find rest in him alone. Because of Jesus, all is well between you and God!

**Amen!**

# Praise to the Lord, the Almighty

*Blue hymnal 624 sts. 1, 5*



1 Praise to the Lord, the Al - might - y, the King of cre -  
5 Praise to the Lord! O let all that is in me a -



a - tion! O my soul, praise him, for he is your  
dore him! All that has life and breath, come now with



health and sal - va - tion! Let all who hear now to his  
pris - es be - fore him! Let the a - men sound from his



tem - ple draw near, join - ing in glad ad - o - ra - tion!  
peo - ple a - gain; glad - ly for - ev - er a - dore him!

Text: Joachim Neander, 1650–1680; tr. Catherine Winkworth, 1827–1878, alt.  
Tune: Ander Theil Des Erneuertn Gesang-Buchs, Stralsund, 1665, alt  
Text and tune: Public domain

## Prayer

God and Lord, you know how weary we can become in both body and soul. As we come to you today, allow us to find rest for our bodies and minds, and give us the respite for our souls we can only find in you; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

**Amen.**

## God's Word

## Matthew 11:28-12:14

<sup>28</sup>“Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup>Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy and my burden is light.”

<sup>1</sup>At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry and began to pick some heads of grain and eat them. <sup>2</sup>When the Pharisees saw this, they said to him, “Look! Your disciples are doing what is unlawful on the Sabbath.”

<sup>3</sup>He answered, “Haven’t you read what David did when he and his companions were hungry? <sup>4</sup>He entered the house of God, and he and his companions ate the consecrated bread—which was not lawful for them to do, but only for the priests. <sup>5</sup>Or haven’t you read in the Law that the priests on Sabbath duty in the temple desecrate the Sabbath and yet are innocent? <sup>6</sup>I tell you that something greater than the temple is here. <sup>7</sup>If you had known what these words mean, ‘I desire mercy, not sacrifice,’ you would not have condemned the innocent. <sup>8</sup>For the Son of Man is Lord of the Sabbath.”

<sup>9</sup>Going on from that place, he went into their synagogue, <sup>10</sup>and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, “Is it lawful to heal on the Sabbath?”

<sup>11</sup>He said to them, “If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? <sup>12</sup>How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.”

<sup>13</sup>Then he said to the man, “Stretch out your hand.” So he stretched it out and it was completely restored, just as sound as the other. <sup>14</sup>But the Pharisees went out and plotted how they might kill Jesus.

## God's Word

## Hebrews 4:6-11

<sup>6</sup>Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, <sup>7</sup>God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted:

"Today, if you hear his voice,  
do not harden your hearts."

<sup>8</sup>For if Joshua had given them rest, God would not have spoken later about another day. <sup>9</sup>There remains, then, a Sabbath-rest for the people of God; <sup>10</sup>for anyone who enters God's rest also rests from their works, just as God did from his. <sup>11</sup>Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

## Children's Message

# Speak, O Savior, I Am Listening

Blue hymnal 631



1 Speak, O Sav - ior, I am lis - t'ning, as a ser - vant  
2 Oh, what bless - ing to be near you and to lis - ten  
3 Lord, your words are wa - ters liv - ing where I quench my  
4 As I pray, dear Je - sus, hear me; let your words in



to his lord. Let me show re - spect and hon - or  
to your voice; let me ev - er love and fear you,  
thirst - y needs. Lord, your words are bread life - giv - ing;  
me take root. May your Spir - it e'er be near me



to your ho - ly, pre - cious Word, that each day, my whole life  
let your Word still be my choice! Man - y hard - ened sin - ners,  
on your words my spir - it feeds. Lord, your words will be my  
that I bear a - bun - dant fruit. May I dai - ly sing your



through, I may serve and fol - low you. Let your Word e'er  
Lord, flee in ter - ror at your Word; but to all who  
light thro' death's cold and drear - y night; yes, they are my  
praise, from my heart glad an - thems raise, till my high - est



be my plea - sure and my heart's most pre - cious trea - sure.  
feel sin's bur - den you give peace and words of par - don.  
sword pre - vail - ing and my cup of joy un - fail - ing.  
praise is giv - en in the end - less joy of heav - en.

Text: Anna Sophia von Hessen-Darmstadt, 1638–1683; (sts. 1, 4): tr. Christian Worship, 1993; (sts. 2–3): tr. George A. T. Rygh, 1860–1942, alt.

Tune: Johann Schop, c. 1590–1667

Text and tune: Public domain

<sup>8</sup>“Remember the Sabbath day by keeping it holy. <sup>9</sup>Six days you shall labor and do all your work, <sup>10</sup>but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. <sup>11</sup>For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”

**Learning to Rest**

**Psalm 23**

<sup>1</sup>The LORD is my shepherd, I lack nothing.

<sup>2</sup>He makes me lie down in green pastures,  
he leads me beside quiet waters,

<sup>3</sup>he refreshes my soul.  
He guides me along the right paths

for his name's sake.

<sup>4</sup>Even though I walk through the darkest valley,  
I will fear no evil,  
for you are with me;

your rod and your staff,  
they comfort me.

<sup>5</sup>You prepare a table before me  
in the presence of my enemies.

You anoint my head with oil;  
my cup overflows.

<sup>6</sup>Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the LORD forever.

## Slow Me Down

*The vocalist will sing the stanzas and the first refrain. You're invited to join in the following refrains as indicated.*

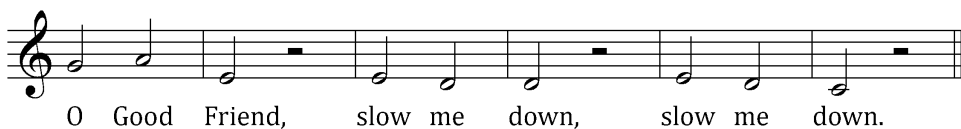
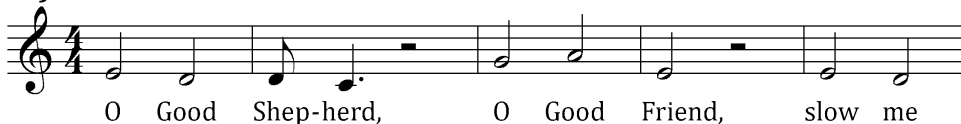
O Good Shepherd, would you teach me how to rest?  
I'm rushing on: Will you make me to lie down?  
Will you build a fold by the waters that refresh?  
Will you call my name and lead me safely out?

From my anxious drive to labor on and on,  
From the restless grind that has put my mind to sleep,  
Will you call me back and gently slow me down?  
Will you show me now what to lose and what to keep?

O Good Shepherd, O Good Friend, slow me down, slow me down.  
O Good Shepherd, O Good Friend, slow me down, slow me down.

When my table's bent with only greed and gold,  
And my grasping hands are afraid you won't provide,  
Will you pour the wine that loosens up my hold?  
Set your table here, with what truly satisfies.

### **Refrain: all**



From the busy streets trying to make myself a name,  
If the work is yours, there is nothing I can claim,  
Will you lead me home to the pastures of your peace?  
The house is yours, I'm sitting at your feet!

**Refrain: all**

O Good Shep-herd, O Good Friend, slow me  
down, slow me down. O Good Shep-herd,  
O Good Friend, slow me down, slow me down.  
slow me down, slow me down.

Text & tune: Leslie Jordan; Sandra McCracken; Matthew Kaemingk; Wendell Kimbrough; Kate Bluett  
© 2022 Porter's Gate / Worship for Workers. Used by permission of the composers.

## **Statement of Faith**

## **The Apostles' Creed**

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

**I believe 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 is seated at the right hand of God the Father almighty. From there 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.**

## **Prayer & the Lord's Prayer**

*The Lord's Prayer follows the prayer spoken by the pastor.*

**Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.**

## **Blessing**

The grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all!

**Amen!**

# Go, My Children, with My Blessing

Blue hymnal 930



1 Go, my chil - dren, with my bless - ing, nev - er a - lone.  
2 Go, my chil - dren, sins for - giv - en, at peace and pure.  
3 Go, my chil - dren, fed and nour - ished, clos - er to me;  
4 I the Lord will bless and keep you and give you peace;



Wak - ing, sleep - ing, I am with you; you are my own.  
Here you learned how much I love you, what I can cure.  
grow in love and love by serv - ing, joy - ful and free.  
I the Lord will smile up - on you and give you peace;



In my love's bap - tis - mal riv - er I have made you mine for -  
Here you heard my dear Son's sto - ry; here you touched him, saw his  
Here my Spir - it's pow - er filled you; here his ten - der com - fort  
I the Lord will be your Fa - ther, Sav - ior, Com - fort - er, and



ev - er. Go, my chil - dren, with my bless - ing, you are my own.  
glo - ry. Go, my chil - dren, sins for - giv - en, at peace and pure.  
stilled you. Go, my chil - dren, fed and nour - ished, joy - ful and free.  
Broth - er. Go, my chil - dren; I will keep you and give you peace.

Text: Jaroslav J. Vajda, 1919–2008

Tune: Welsh, 18th cent.

Text: © 1983 Concordia Publishing House. Used by permission: OneLicense no. 711071

Tune: Public domain

## TODAY AT ST. MARK'S

### Serving at Worship

Worship Leader: Pastor Kurt Wetzel

Musical Accompanist: Marty Puckett

Violin/Cello: Vince Beiderbecke

Guitar: Ryan Olson and Daniel Joseph

Audio/Visual: Curtis Roth

*To connect to our website and  
the auto giving option:*



## THIS WEEK AT ST. MARK'S

Today	8:00 & 10:45	Worship Service
	9:15 a.m.	Sunday School
	9:30 a.m.	Bible Study
	12:00 p.m.	Congregational Meeting/Voters' Assembly
Wednesday	1:00 p.m.	Ken Seifert Funeral (reception to follow)
Thursday	9:00 a.m.	Red Cross Blood Drive
Saturday		Independence Day – Happy 250 <sup>th</sup> Birthday, America!
Next Sunday	8:00 & 10:45	Worship Service with Communion
	9:15 a.m.	Sunday School
	9:30 a.m.	Bible Study

<b><i>Birthdays</i></b>		<b><i>Anniversaries</i></b>
Christi Wolcott	<i>June 28</i>	Ryan & Jen Hopping
		Ryan & Kaisa Miller
		Darren & Christi Wolcott
Dan Cummins	<i>June 29</i>	
Wendy Marotte	<i>June 30</i>	Ray & Jan Garrett
Frank Beaushaw	<i>July 1</i>	Rich & Pamela Baker
Shannon Burke	<i>July 2</i>	
Phoebe Baker	<i>July 3</i>	Rod & Barbara Gunter
Kelli Robson	<i>July 4</i>	

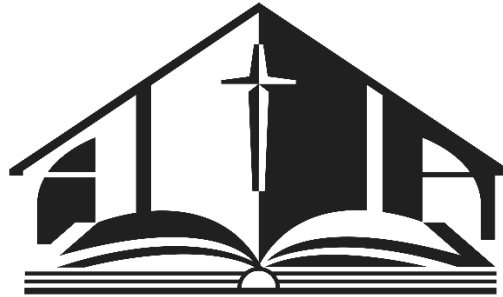
## **Acknowledgments**

Unless otherwise indicated, Scripture quotations are from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide.

Liturgical and musical settings of Scripture based on text from The Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide.

Software distributed in partnership with Northwestern Publishing House.

Created by Christian Worship: Service Builder © 2025 Concordia Publishing House.



St. Mark's  
LUTHERAN CHURCH

7869 Kingswood Drive  
Citrus Heights, CA 95610

(916) 961-7891  
stmarkslutheran.com

**Pastor Kurt Wetzel**  
(208) 996-2202  
kwetzel@stmarkslutheran.com