

Sunday Morning Worship

August 23, 2026



FIRSTBAPTIST
CHURCH
UPPERMARLBORO

7415 SW Crain Highway, Upper Marlboro, MD 20772

301-952-0117 :: www.fbcum.org :: fbcum@firstbaptistum.com

Order of Worship

August 23, 2026

Welcome & Announcements

Silent Prayer

Call to Worship — Psalm 42:1-6a

Song — Loudest Praise (Psalm 42)

The Gospel

Song — Jesus Paid It All

Scripture Reading — 1 Samuel 18:1-16

Pastoral Prayer

Song — Be Thou My Vision

Prayer of Thanks

Worship Through Giving of Tithes and Offerings

Message — Zach Schlegel

“One Thing Is Necessary”

Luke 10:38-42

Song — Give Me Jesus

Benediction

Comfort Rooms: To help accommodate families with small children and individuals with special needs or medical conditions, a live video feed of the worship service is available in rooms 116, 117/118, 119, 120-125.

Visitors & Guests: Stop by the Welcome Desk for church information and to receive a welcome packet.

Call to Worship — Psalm 42:1-6a (ESV)

¹ As a deer pants for flowing streams,
so pants my soul for you, O God.

² My soul thirsts for God,
for the living God.

When shall I come and appear before God?

³ My tears have been my food
day and night,
while they say to me all the day long,
“Where is your God?”

⁴ These things I remember,
as I pour out my soul:

how I would go with the throng
and lead them in procession to the house of God
with glad shouts and songs of praise,
a multitude keeping festival.

⁵ Why are you cast down, O my soul,
and why are you in turmoil within me?
Hope in God; for I shall again praise him,
my salvation ⁶ and my God.

Loudest Praise (Psalm 42)

Shane Barnard | Bryan Fowler

Verse 1:

As the deer pants for the water
So my soul pants for You
All my tears have been my fodder
Day and night my only food

Oh my soul you feel forgotten
Put your hope in Christ alone
As the deer longs for the water
So my soul longs to be home

Chorus:

Come thou fount of living water
Tune my heart to bless Your name
Streams of trouble never ceasing
Call for songs of loudest praise

Verse 2:

As the deep cries out for answers
As Your waves crash over me
Let Your goodness like a fetter
Bind my broken heart to Thee

In the night Your song is with me
Day by day You hold me fast
Oh my soul hope in Jesus
You shall praise your God at last

Bridge:

Deep calls to deep
Waves of unbelief
Breakers crash and bring me
Falling to my knees
It goes on and on and on
Where is my God
My salvation is in You and You alone

The Gospel

The Gospel is the good news that God is redeeming the world through Christ and that He calls everyone everywhere to repent from sin and trust Jesus Christ for salvation.

Each of us has sinned against God, breaking His law and rebelling against His rule,
and the penalty for our sin is death and hell.

But because of His love, God sent His Son, Jesus to live for His people's sake the perfect, obedient life
God requires and to die on the cross in our place for our sin.

On the third day, Christ arose bodily from the grave and now reigns in heaven, offering forgiveness,
righteousness, resurrection, and eternal blessedness in God's presence to everyone who repents of sin
and trusts solely in Him for salvation.

Jesus Paid It All

Elvina Hall | John Grape

Verse 1:

I hear the Savior say
"Thy strength indeed is small
Child of weakness watch and pray
Find in Me thine all in all"

Chorus:

Jesus paid it all
All to Him I owe
Sin had left a crimson stain
He washed it white as snow

Verse 2:

Lord now indeed I find
Thy pow'r and Thine alone
Can change the leper's spots
And melt the heart of stone

Verse 3:

And when before the throne
I stand in Him complete
"Jesus died my soul to save"
My lips shall still repeat

Scripture Reading — 1 Samuel 18:1-16 (ESV)

¹ As soon as he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul. ² And Saul took him that day and would not let him return to his father's house. ³ Then Jonathan made a covenant with David, because he loved him as his own soul. ⁴ And Jonathan stripped himself of the robe that was on him and gave it to David, and his armor, and even his sword and his bow and his belt. ⁵ And David went out and was successful wherever Saul sent him, so that Saul set him over the men of war. And this was good in the sight of all the people and also in the sight of Saul's servants.

⁶ As they were coming home, when David returned from striking down the Philistine, the women came out of all the cities of Israel, singing and dancing, to meet King Saul, with tambourines, with songs of joy, and with musical instruments. ⁷ And the women sang to one another as they celebrated,

“Saul has struck down his thousands,
and David his ten thousands.”

⁸ And Saul was very angry, and this saying displeased him. He said, “They have ascribed to David ten thousands, and to me they have ascribed thousands, and what more can he have but the kingdom?” ⁹ And Saul eyed David from that day on.

¹⁰ The next day a harmful spirit from God rushed upon Saul, and he raved within his house while David was playing the lyre, as he did day by day. Saul had his spear in his hand. ¹¹ And Saul hurled the spear, for he thought, “I will pin David to the wall.” But David evaded him twice.

¹² Saul was afraid of David because the LORD was with him but had departed from Saul. ¹³ So Saul removed him from his presence and made him a commander of a thousand. And he went out and came in before the people. ¹⁴ And David had success in all his undertakings, for the LORD was with him. ¹⁵ And when Saul saw that he had great success, he stood in fearful awe of him. ¹⁶ But all Israel and Judah loved David, for he went out and came in before them.

Be Thou My Vision

Traditional Irish melody and lyric | Translation: Mary E. Byrne

Verse 1:

Be thou my vision, O Lord of my heart;
naught be all else to me, save that thou art -
thou my best thought by day or by night,
waking or sleeping, thy presence my light.

Verse 2 :

Be thou my wisdom, and thou my true word;
I ever with thee and thou with me, Lord;
thou my great Father, I thy true son;
thou in me dwelling, and I with thee one.

Verse 3 :

Riches I heed not, nor man's empty praise,
thou mine inheritance, now and always:
thou and thou only, first in my heart,
High King of heaven, my treasure thou art.

Verse 4:

High King of heaven, my victory won,
may I reach heaven's joys, O bright heav'n's Sun!
Heart of my own heart, whatever befall,
still be my vision, O Ruler of all.

Give Me Jesus

Traditional African-American spiritual

Verse 1:

In the morning when I rise
In the morning when I rise
In the morning when I rise
Give me Jesus

Chorus:

Give me Jesus
Give me Jesus
You may have all this world
Give me Jesus

Verse 2:

Dark midnight was my cry
Dark midnight was my cry
Dark midnight was my cry
Give me Jesus

Verse 3:

Oh, when I come to die
Oh, when I come to die
Oh, when I come to die
Give me Jesus

Message :: “One Thing Is Necessary” :: Luke 10:38-42

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## **This Week at First Baptist Church**

### **Sunday, August 23**

9:00 AM DiscipleLIFE classes  
10:00 AM Sunday Worship  
12:00 PM Members Meeting  
6:00 PM Youth Night

### **Monday, August 24**

### **Tuesday, August 25**

### **Wednesday, August 26**

### **Thursday, August 27**

### **Friday, August 28**

### **Saturday, August 29**

### **Sunday, August 30**

9:00 AM DiscipleLIFE classes  
10:00 AM Sunday Worship

## **Upcoming Events at First Baptist Church**

### **Sunday, September 6—Fall DiscipleLIFE Quarter begins**

Please refer to the insert for a choice of adult classes.

### **Wednesday, September 9 — Regular Wednesday Evening Activities Resume**

### **Saturday, September 12—Men's Breakfast**

### **Sunday, September 13 — Church Potluck Lunch following worship**

Please refer to the insert for additional details.

### **Sunday, November 8 — Starting Point Seminar following worship**

Starting Point is the first step for anyone interested in becoming a church member or simply finding out more about who we are and what we believe here at FBCUM

### **Friday, November 13 & Saturday, November 14 - Men's Retreat - Save the Date**

*Location Camp Wabanna*



# Ministry Spotlight

*“Ministry Spotlight” highlights church ministries and programs at FBC Upper Marlboro. We hope you’ll consider how you can pray for and support these ministry efforts. Pick up a copy of “Places to Serve” in the magazine racks near the exits for information on all the church ministries.*

## Widow Care Ministry

**Deacon Norris Tyler, III, Ministry Leader**

*The Widow Care Ministry focus and mission is to establish care through awareness and sustain spiritual growth, joy of life, and commitment to serving; emphasizing the importance of fellowship and staying active in the church. We strive to provide support and communication with those experiencing grief and loneliness while also offering support services as needed.*

FBCUM has many widows/widowers, who are vibrant, active in the church/community that are committed to staying in touch, fellowshiping, praying, and caring for one another. The widows of FBCUM have also taken up the mandate to support one another through gatherings, fellowship, scripture/prayers, one-on-one support, visitations, transportation assistance, and other encouragement.

The Widow Care Ministry enjoys striving to help each widow/er maintain a sense of joy through Christ Jesus by offering committed care, readiness to be there and to lovingly help address existing physical, emotional or spiritual needs. The main joy our team has experienced is to see the commitment the Widows have for one another.



The Widow Care Ministry is committed to the work of the Lord and as the name stresses, *care* for the widows and widowers of this church. The fact that each widow and widower is being prayed for by this team and given the time to reach out to provide help through service and social connections means the world to some. We are so thankful for this ministry and know that God will continue to bless our efforts and obedience to His call to look after His people. Jesus instructs that we love one another as He loves us. This ministry chooses to see those we serve with this in mind.

***To learn more about serving on this team, please contact Deacon Norris Tyler, III for details. Many have said they lack nothing, but are grateful to God for the church's ministry, owing they can rely on our Team if real support is ever needed.***

# Praying with First Baptist Church

## A Prayer Guide for the week of August 23

### **Prayer of the week:**

One way we learn to pray is by using the examples in Scripture as a springboard and inspiration for our own prayer life. This week, we encourage you to use the prayer of the Apostle Paul from the book of Romans 15:5-6:

*“<sup>5</sup> May the God of endurance and encouragement  
grant you to live in such harmony with one another, in accord with Christ Jesus,  
<sup>6</sup> that together you may with one voice glorify the God and Father of our Lord Jesus Christ.”*

We recognize our need for God’s help in all the areas of our lives. The categories and requests listed below are intentional ways to pray for each other as a church family. For help in knowing how and what to pray for, look up the Scripture included with each item.

### **Ongoing prayer items in the life of our church:**

- Pray for opportunities and boldness to share the gospel with loved ones (Matt. 28:19)
- Pray for conversions (John 3:3, Acts 16:14)
- Pray for the children of our church to hear and understand the gospel and be saved. (Luke 8:8)
- Pray for the preaching of God’s word – for faithfulness, fruitfulness, and God’s glory (2 Tim. 4:2, 1 Cor. 2:4-5, Isa. 55:10-11)
- Pray for increased one to one discipleship relationships in our church family (Matt. 28:19-20)
- Pray for unity in our diversity both on Sunday and through the week (Rom. 15:13, Eph 4:2-3)
- Pray for continued growth and joy in the gospel (1 Cor. 15:1-5, 2 Pet. 1:12)
- Pray for growth in holiness, hatred of sin and growth in humility (Prov. 8:13, 1 Pet. 1:14-16)
- Pray for honest, loving relationships in our church (Col. 3:12-13, James 5:16)
- Pray for families: marriages to thrive, parents to teach/love/discipline carefully, and children to obey (Eph. 5:22-6:4)
- Pray that giving would be faithful, joyful, consistent, and sacrificial (2 Cor. 8:9)

### **Prayer items outside our church:**

- Pray for fruitful ministry in other gospel-proclaiming churches in our area. (Rom. 15:20, 1 Cor. 16:1-3, Matt. 28:19-20)
- Pray that our elected officials would fear God, seek His wisdom, have integrity, humility, and work together for the good of society and not self. (1 Tim. 2:1-2, Rom. 13:1-7)
- Pray that God would bring a swift end to wars going on throughout the world and establish peace. Pray for protection and care for the many refugees fleeing to safety. Pray that those impacted would trust in God in the midst of their suffering. (Ps. 139:23-24)

- Pray for our ministry partners locally and around the world—Baptist Convention of Maryland/Delaware (BCM/D), North American Mission Board (NAMB) and International Mission Board (IMB). Pray especially for those we have direct partnerships with: Jeremy McClain (Mercy of Christ Fellowship Church, DC), Joel Kurz (The Garden Church, Baltimore), Daniel and Brandy Spandler-Davison (Bangkok City Baptist Church, Thailand), and Tommie van der Walt (Imprint, South Africa). Pray the gospel would flourish and churches would be planted and strengthened through their work. Pray God would supply their needs. (Ps 93:4, Col. 1:5-6, 1 Pet. 4:12-17)
- Pray for those effected by recent natural disasters (earthquakes in Venezuela, wildfires in western USA). Seeing the fragility of this life, pray that many would look to God for eternal hope. Pray for safety and diligence of emergency response personnel as they work to preserve life. Pray for leaders to make wise decisions. Pray for comfort for those who have lost loved ones. (Ps 46:1-2; John 14:27; Is 43:2)
- Pray for the persecuted church around the world; bombings of Christian churches in Sri Lanka, the ongoing killing of Christians by Islamic terrorists in Nigeria. Pray that God would bring peace and comfort to those grieving. Pray that these local churches would continue to flourish in their faith even in the midst of persecution. (1 Peter 1:3-7; 1 Thes 4:13; Ps. 2)

#### **Particular prayer items in the life of our church:**

- Pray for our upcoming Members Meeting on August 23 after worship. Pray that God would continually help us to grow in unity and service to one another as fellow believers here at FBCUM and help us work together for kingdom purposes. (Eph 4:2-3)
- Pray for teachers and students in our church family who are going back to school in the coming weeks. Pray they would depend on God and trust Him as they start a new school year. Pray that learning and teaching would be done with excellence to the glory of God (Prov. 3:5-6; 1 Cor. 10:31).
- Pray that our Summer Seminar series led by the elders would be helpful, informative, and productive as we consider the following topics; Marijuana and the Christian (June 17), Deacons and the Bible (July 22), and Deacons in church History and Our History (August 19).
- Pray God brings good spiritual fruit in the lives of our children and students this summer through Vacation Bible School (June 22-26) and Youth Summer Camp (July 13-18). (Gal 5:22-23)
- Pray God would guard our church from fear, anxiety, and disunity. Pray we would trust that God is good and be assured that He is in control. (John 13:34-35)
- Pray that we know a profound contentment no matter what circumstances we find ourselves in – a contentment from knowing God is our help. (Heb. 13:5-6)
- Pray that God would help us comprehend his good design for the church and center our lives around it for the sake of his glory being made known. (Eph 3:10; 3:21)
- The following individuals have expressed particular prayer concerns:

**Marjorie Griffin, Jackie Jones, Eileen Kessler**

**[Consult the church directory for a list of those who are homebound and unable to attend.]**

(To submit a prayer request, please use the Prayer Request Card available in the sanctuary and drop them in the offering basket or contact the Prayer Room at 301-952-8877.)

# Announcements

1. **Church Members Meeting :: TODAY after worship.** Church members, join us after worship for our regularly scheduled Members Meeting.

2. **Mercy of Christ :: Back to School Hope Fest.** Help our ministry partner with their annual Back-to-School Hope Fest in the Lincoln Heights neighborhood of DC! Our goal is to provide 50 Backpack Bundles for middle school students. Volunteers are also needed to serve at the community event on August 29. Donate, volunteer, and get more info at [fbcum.org](http://fbcum.org) or scan the QR code.



3. **Fall DiscipleLIFE classes begin on Sunday, September 6.** See the bulletin insert for the new adult classes being offered. Click the link to access the [registration form](#).

4. **AWANA Registration Is Open.** Awana is a Bible memory program for children, 3-years-old through 6th grade, designed to help the church come alongside parents as they disciple their children. Club meetings are exciting times with Bible lessons, energetic game time, and small groups where kids recite verses they've studied at home! We meet weekly from 6:30-8pm on Wednesdays (Sept - May) except the first Wednesday of each month when we have church prayer meetings. Fees vary but are generally \$35 or less per child. Questions? Contact Ronnie and Chrissy Sweetman. [Register](#) using the QR code or click the link.



5. **Mark Your Calendar :: Regular Wednesday Evening Activities Begin September 9.** Regular Wednesday evening activities (AWANA, Elder-led Bible Study, Choirs and Band Rehearsals) resume September 9.

6. **Save the Date for Men's Breakfast :: Saturday, September 12.** More info coming soon.

7. **Church Potluck :: Sunday, September 13, after worship.** See the bulletin insert for details or contact Camille Hawit for more information.

8. **Wellspring Life Ministry Walk and 5k Run for Life.** Join our church team for this fun, family-oriented event on September 19th as we help support the mission of Wellspring Life Ministry - serving women, saving lives, and sharing the Gospel. Everyone - runner, walker, kids - can participate! Learn more and sign up at [www.walkandrun.org](http://www.walkandrun.org) or by contacting Trish Crandell or Dixie Schneider.

9. **Giving.** We thank God for the faithful giving of our church family that sustains the gospel ministry here at FBC Upper Marlboro. As a reminder, there are three ways you can give:

- [online](#): click the link or scan the QR code,
- [in-person](#): designated boxes in the church foyer or during the worship service,
- [by mail](#): send to the church office.



## Digital Communication Card

Are you interested in receiving more information about the church, meeting with a pastor, or sharing a prayer need? Scan the QR code to fill in our digital communication card and someone will follow up with you. You're always welcome to contact the church office: 301-952-0117.





## **Fall 2026 (Sept. - Nov.) DiscipleLIFE Classes for adults:**

### **Beginning Sunday, September 6 @ 9 am**

**To help us prepare for this quarter, we are asking that everyone sign up for the class they wish to attend. You can sign up using the back of this form or by scanning the QR Code.**

#### **Explore the Bible – Romans**

In Paul's letter to the Christians at Rome, his systematic and logical explanation of the gospel left no doubt about the world's need for a Savior and our responsibility as Christ followers. By studying his words to the Romans, we can gain a better understanding of who God is, what God does, and the impact it should have on our lives each day. (13 sessions)  
(Books will be available in room 114 Sunday, August 23rd.)

- **Explore the Bible (Coed) - Room 114 Teachers :: Bill Lowry & Jay Crandell**
- **Explore the Bible (Women) — Room 115 Teacher :: Tanya Joy**

*If you are remaining in your current Explore the Bible Class, there is no need to sign up again.*

#### **Elective Class: The Practice of Stewardship**

We are launching a 13-week foundation in financial discipleship designed to help every believer grow in biblical stewardship, find freedom from debt, and honor Christ with their resources. Where our earlier class on Biblical Stewardship taught the doctrine, this one puts it to work.

As part of our FBC Stewardship Pathway, you'll learn how to budget wisely, escape debt, cultivate generosity, strengthen your marriage or navigate money decisions on your own, and plan for the future — all through the lens of God's Word.

Please sign up now to reserve your place. Materials and class details will follow in the weeks ahead.

- **Room 117/118 Teachers :: Tyrone Moorehead & TBD**

*There are DiscipleLIFE classes for all ages that meet every Sunday morning at 9am.*



# Potluck *Church*

**Join us for food & fellowship on Sunday, Sept 13 immediately following the service!**

- Bring a dish that feeds your family plus 3-4 more.
- Last names that start with N-Z also bring a dessert to share.



**Sunday, 13  
Sept 2026**



**Fellowship Hall**

**More Info : Contact Camille  
[sarahcamille22@yahoo.com](mailto:sarahcamille22@yahoo.com)**

# Potluck *Details*

- Everyone brings a dish to feed your family plus 2-3 more.
- Last names that start with N-Z also brings a dessert to share. This is in addition to a main dish.
- Bring a dish ready to be reheated in the oven or kept warm in warming drawers.
- Crockpots are great!
- We are unable to handle any frozen food items.

## **When to drop off your dish**

- Before Disciple Life (8:45am-9am)
- Before Worship Service (9:45am-10am)

## **Have a question or interested in helping?**

**Following service today, Camille will be in the Fellowship Hall to answer questions and have sign-up sheets if you are interested in helping with specific potluck needs.**

- 6-8 families to sign up to bring food for a kid friendly potluck table.
- 10 volunteers for kitchen duty (putting out food, plates, etc.).
- 5-7 volunteers for the clean-up team.

# The Gospel of Luke: Confidence about Jesus

[Luke 10:38-42](#)

“One Thing Is Necessary”– August 23, 2026



## Introduction

We live in a day of instant gratification. Instant updates. Microwave meals. Two-day or even next-day shipping. We are impatient. Yet some of the most important things in our life take time. How busy and/or distracted are you with “urgent” things? Does this make you feel like you are doing something and getting somewhere? You can be busy, but empty. Spiritual growth takes time. How can we grow as believers, as a church, or as the kingdom of God in our community?

Remember, Luke has told us that Jesus had set His face toward Jerusalem to accomplish the work for which He was sent. The focus here and in the next chapters is on this journey toward Jerusalem and on discipleship. From chapter ten verse 28 till chapter thirteen vs. 20, Jesus was talking about how the kingdom grows. It will not happen overnight; it will be slow.

On Jesus' way to Jerusalem, He stopped in Bethany and was invited to Martha's home. Martha was slaving away in the kitchen, and Mary was sitting at Jesus' feet listening. Martha appealed to Jesus. How would you expect Him to respond? Do you think He would or should take Martha's side? There is an important part of kingdom growth being displayed here, and it is not about being busy with busy programs, captivating speakers, impressing plans or gregarious leaders. The kingdom of God grows when you sit at the feet of Jesus, listen to what He says, and do it. There is a Martha in each of us. Do you identify with her? There is also a little Mary in us – longing to sit at the feet of Jesus.

## Sermon Outline

1. What can we learn from Martha?
2. What can we learn from Mary?

## Read & Discuss

### 1. Read Vs. 38-42

Martha welcomed Jesus into her home, showing hospitality to Him and His disciples. She wanted to care for them. This was the right and godly thing to do. She was setting a good example for all of us. ([Romans 12:13](#), [1 Peter 4:8-9](#); [Hebrews 13:1](#)) This was not the problem for Martha. The problem was in the motivation of her heart. She was distracted. How about you – do you ever feel distracted? Martha was “pulled away” from listening. She would have loved to be listening, but she had responsibilities. Who else would make the meal? Here is where Martha's heart is revealed to us. ([Vs. 40](#)) Martha was angry with Mary as well as Jesus. She thought He should intervene and make Mary help. Have you ever felt like Martha? There can be real injustice due to people laziness or sense of entitlement. There are times when being left with all the work can be unfair. What feels unfair in this passage is a self-imposed problem. Nobody told her to outdo herself. She began to feel like a victim with what she perceived as injustice. Martha thought that Mary was to blame for her distractions.

Notice what Jesus did. He lovingly held up a mirror to show her the distractions. Her heart was anxious and troubled about many things. She was concerned about much serving. It was not just one thing. Issues of the heart are usually about more than one thing. She might have been envious of Mary. She might have been struggling with the fear of man. She did not want to fall short of impressing the group with what they might have expected. We are not sure. The point is that her heart condition was driving her anxiety and distracting her from Jesus.

What distracts you from spending time with Jesus? Do you find yourself distracted even when spending time with Jesus? Does your to-do list play in your mind? Do you find that your anxiety is the underlying issue in that? Jesus wants to get at the heart issue. Where is the “Martha” in you? What are you anxious or troubled about? It probably isn't just one thing. Is it your health? Personal safety? What others think about you? Your concern for your kids and grandkids and their future? Caring for aging parents? The state of the church? The state of the nation? Or the endless “what-ifs?” What should you do with anxiety? Turn to Jesus. ([Psalm 56:3](#)) Worry and anxiety will not fix anything.

You can learn from Martha that God does not need you to build His kingdom, but He loves you and invites you to



be a part of His building project. If God NEEDED you, you would never sleep. Trying to be God is an awful, unbearable weight that you were not meant to carry. God does not sleep. He takes care of it all. That does not make us useless or irrelevant. We each have a role to play. As we do the work, we rely on God because it is not up to our plan, wisdom, and strength. You are called to love, serve, and sacrifice, but you can serve without trying to be God. You can rely on God who is God. You do not need to be anxious. Jesus is LORD – HE sustains the galaxies. He made you. Facing anything that troubles your heart is an invitation to come to Him and let Him walk with you as the God who is not troubled. ([Psalm 23:4](#)) He is with you. He is good. He is sovereign. He is infinitely wise. He loves to care for you. Do you know that God is always good? Do you struggle to believe it?

Jesus responded to Martha with compassion, showing her the better way. Can you imagine Jesus saying that to you? He loves you and wants you to focus on Him. Battling anxiety boils down to a choice – trusting God or self. This takes practice. It is a spiritual skill that is not automatic. It takes time. ([Hebrews 5:14](#)) There are no shortcuts with some aspect of spiritual growth. You must be patient. We need God's word. We trust in God's word. ([Psalm 56:4](#)) Part of battling anxiety and fear is holding fast to God's word. ([Ephesians 6:17](#)) Pick up the sword. From the list attached, pick a verse, write in on a 3x5 card, try to memorize it, and make it your own. When you get together with family or your small group, have each person share their chosen verse with the group, why they chose it, and how it is helping them.

## 2. Read Vs. 38- 42

Mary sat at Jesus' feet and listened to His teaching. At that time, women were not forbidden to learn the torah, but it was very unusual. Jesus guarded Mary's decision. Ladies, do you think of yourself as a theologian? We are ALL theologians. Theology is what we know about God. Everyone has thoughts about God – even the atheist has thoughts about God. The question really is: Are you a biblical theologian? God wants you to know Him. He wants you to sit at His feet. This is the simple thing that we learn from Mary. The kingdom of God grows as you sit at the feet of Jesus, learn about Him, and obey His word.

Have you bought into the way the world thinks that growth happens? Do you think it has to be flashy? It is simple – listen to God's word and do what it says. Mary chose the good portion – sitting at the feet of Jesus. In today's world, there are many competing values, pleasures, and distractions. Can you relate to that? We are called to gather as a church body to sit together at the feet of Jesus as His word is sung, read, prayed, and preached. What is your biggest distraction? Do you see how these things distract you and shape you? Do you want to be enslaved to those things? Do you want to choose the good portion, living like an oak tree with big roots? What is it that blinds you in the moment to the superior value of Jesus and choose the lesser portion? You begin to resemble the thing you worship. ([Psalm 115:4-8](#)) Do you turn to God-substitutes? Are you blinded by the idol you are trusting? Confess. Be honest with yourself and God that there are other things you want more than Him. Once you have confessed – turn and repent and come to Jesus. Sit at His feet. Listen to what He says. Do what He says.

Mary was sitting at Jesus feet because she wanted to submit to Him. The lawyer in last week's passage proudly wanted to challenge Jesus. Mary illustrates the humble little children. There are many things that world says will make you happy, fill your soul, and make you whole. The world is lying. Your heart will be restless until it rests with God. Jesus' path is hard because it demands humility. It is difficult because it confronts your pride. In and of ourselves, none of us are good enough to stand in the presence of a Holy God. Jesus came to live a perfect life, die as a substitute, taking the righteous wrath of God so that we might have a way to God. Turn from your sin, your exhausting, distracting self-reliance, and come to Jesus.

## Prayer of Response

- 1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?
- 2) How should my life be lived this week based on what I have heard? What should I *understand*, *believe*, *desire*, or *do*?

Spend time praying together in response to God's word asking for His help and greater faith to follow Him in the week to come. If you missed the sermon on Sunday or would like to listen again, visit our website at [www.fbcum.org](http://www.fbcum.org).

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| <b>Next week's sermon text:</b> <a href="#">Psalm 19</a> "Hearing God's Works and Words" |
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1. **Psalm 56:3–4** When I am afraid, I put my trust in you. <sup>4</sup> In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?
2. **Matthew 6:25–33** “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup> Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> And which of you by being anxious can add a single hour to his span of life? <sup>28</sup> And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup> yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup> Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup> But seek first the kingdom of God and his righteousness, and all these things will be added to you.
3. **Luke 12:4–7** I tell you, my friends, do not fear those who kill the body, and after that have nothing more that they can do. <sup>5</sup> But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell. Yes, I tell you, fear him! <sup>6</sup> Are not five sparrows sold for two pennies? And not one of them is forgotten before God. <sup>7</sup> Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.
4. **Philippians 4:5–7** Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
5. **1 Peter 5:6–7** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because he cares for you.
6. **Joshua 1:6–9** Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. <sup>7</sup> Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left,

that you may have good success wherever you go. <sup>8</sup> This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. <sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go."

7. **Psalms 23** The LORD is my shepherd; I shall not want. <sup>2</sup> He makes me lie down in green pastures. He leads me beside still waters. <sup>3</sup> He restores my soul. He leads me in paths of righteousness for his name's sake. <sup>4</sup> Even though I walk through the valley of the shadow of death, 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 goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.
8. **Hebrews 13:6** So we can confidently say, "The Lord is my helper; I will not fear; what can man do to me?"
9. **Psalms 34:4** I sought the LORD, and he answered me and delivered me from all my fears.
10. **John 14:27** Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.
11. **Isaiah 26:3** You keep him in perfect peace whose mind is stayed on you, because he trusts in you.
12. **2 Timothy 1:6-7** For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, <sup>7</sup> for God gave us a spirit not of fear but of power and love and self-control.
13. **Isaiah 41:10** fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.
14. **Psalms 121:1-2** I lift up my eyes to the hills. From where does my help come? <sup>2</sup> My help comes from the LORD, who made heaven and earth.
15. **Psalms 27:1** The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

## Family Guide for week of August 23<sup>rd</sup>, 2026

*Deuteronomy 6:6-7 And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.*



### Suggestions on getting started:

- Decide on a time & place (breakfast, dinner, before bed, etc.)
- Start simple and short (ten minutes or less). Start with three things: 1) Read God's word, 2) Pray together and 3) Sing together. Scripture memory and catechism questions are *optional* if you have the time. Better to start small than bite off more than you can chew and give up.
- Be flexible. It doesn't need to look cookie-cutter similar for every family. Know yourself and know your kids: their personality, age, maturity, etc. [For younger kids consider starting with a good children's Bible like [The Big Picture Story Bible](#).]
- If you don't know the answer to a question someone has, don't act like you do! Say something like, "Great question, let me look into that." Study, ask a pastor or Christian friend and get back to them.
- Embrace the chaos. Kids are kids – don't expect it to be a perfect roundtable discussion with quiet, attentive children every time. Be patient and persistent. Patterns and habits help to set expectations over time.
- To learn more about family worship check out Donald Whitney's book (available at our church bookstall): [Family Worship: In the Bible, In History, and In Your Home](#).

## Family Guide for week of August 23<sup>rd</sup>, 2026

*Deuteronomy 6:6-7 And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.*



### **Bible Intake:** (Listening to God)

Day 1 – Romans 2:12-29

Day 2 – Romans 3:1-8

Day 3 – Romans 3:9-20

Day 4 – Romans 3:21-31

Day 5 – Romans 4:1-12

\*Read Psalm 19 in preparation for church on Sunday, August 30, 2026

### **Prayer:** (Talking to God)

Pray about one thing you read in Scripture together.

Pray for a few church members on pg. 33 (page beginning with Sheila Sumaya) of our church directory. Pray for any specific needs of you and your family.

Ask God to help you have faith when you pray. Ask Him to fill you with confidence that He can do all He has promised to do.

### **Sing together**

"Jesus Paid it All" – Use the bulletin from Sunday.

### **Memory verses for the month**

**Jeremiah 29:13** "You will seek me and find me, when you seek me with all your heart."

**Psalm 145:15** "The eyes of all look to You, and You give them their food in due season."

### **Catechism question for the week<sup>1</sup>**

**Question 6: How can we glorify God?**

**Answer:** We glorify God by loving him, and by obeying his, commands, and law.

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<sup>1</sup> New City Catechism (<http://newcitycatechism.com/>)