

Welcome to Good Shepherd Lutheran Church
Building up God's people through His word for His world

Midweek Service: Rest for the Weary
March 18, 2026 | 12:00 p.m.

Weary? Need to rest awhile? That's what the Sabbath was for, that's what the Lord's Supper provides. The Israelites were commanded to observe the Sabbath, for God made the heavens and the earth in six days, and on the seventh day, He rested from all His work. Christ also rested in the tomb on the Sabbath Day after His work of redemption. Thus, Jesus is our true Sabbath Rest. He says, "Come to Me, all who labor and are heavy laden, and I will give you rest" (Matthew 11:28). In Him, all our labor ceases and we find "rest for our souls" (v. 29). When we come to the Lord's Table weary and burdened by sin and in need of rest and refreshment, Jesus graciously grants us this rest for our souls in the salutary gift of His body and blood.

Prelude

Please stand

Hymn "The Fruit of Love Once Blooming" *see insert*

Opening Sentences

- P: Let my prayer be counted as incense before You,
C: and the lifting up of my hands as the evening sacrifice.
P: In the night in which He was betrayed our Lord took bread and wine,
C: to celebrate the Passover meal of the old covenant with His disciples.
P: In the night in which He was betrayed our Lord took bread and wine,
C: to institute the meal of the new covenant in His blood.
P: The cup of blessing that we bless,
C: is it not a participation in the blood of Christ?
P: The bread that we break,
C: is it not a participation in the body of Christ?
P: As often as we eat this bread and drink the cup,
C: we proclaim the Lord's death until He comes.
C: Glory be to the Father and to the Son and to the Holy Spirit;
as it was in the beginning, is now, and will be forever. Amen.

Confession

- P: Let us confess our sin in the presence of God and of one another.
Worshippers turn to face one another across the center aisle and observe silence for self-examination.

Pulpit side: I confess to God Almighty, before the whole company of heaven and to you, my brothers and sisters, that I have sinned in thinking, speaking, and acting, with only myself to blame. Moreover, I have failed to appreciate the gifts of forgiveness, life, and salvation that come through the Lord's Supper. I pray

God Almighty to forgive me my sins and to use this Lent to increase my faith and understanding.

Other side: *The almighty and merciful Lord grant you pardon and peace, forgiveness and growth in grace. Amen.*

Other side: *I confess to God Almighty, before the whole company of heaven and to you, my brothers and sisters, that I have sinned in thinking, speaking, and acting, with only myself to blame. Moreover, I have failed to appreciate the gifts of forgiveness, life, and salvation that come through the Lord's Supper. I pray God Almighty to forgive me my sins and to use this Lent to increase my faith and understanding.*

Pulpit side: *The almighty and merciful Lord grant you pardon and peace, forgiveness and growth in grace. Amen.*

Please sit

Psalmody

Psalm 55:1-8, 16-18, 22

P: Give ear to my prayer, O God,
C: **and hide not Yourself from my plea for mercy!**
P: Attend to me, and answer me;
C: **I am restless in my complaint and I moan,**
P: because of the noise of the enemy,
C: **because of the oppression of the wicked.**
P: For they drop trouble upon me,
C: **and in anger they bear a grudge against me.**
P: My heart is in anguish within me;
C: **the terrors of death have fallen upon me.**
P: Fear and trembling come upon me,
C: **and horror overwhelms me.**
P: And I say, "Oh, that I had wings like a dove!
C: **I would fly away and be at rest;**
P: yes, I would wander far away;
I would lodge in the wilderness;
C: **I would hurry to find a shelter**
from the raging wind and tempest."
P: But I call to God,
C: **and the Lord will save me.**
P: Evening and morning and at noon
I utter my complaint and moan,
C: **And He hears my voice.**
P: He redeems my soul in safety
from the battle that I wage,
C: **for many are arrayed against me.**

P: Cast your burden on the Lord,
and He will sustain you;

C: **He will never permit
the righteous to be moved.**

**Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and will be forever. Amen.**

Reading

Exodus 31:12-18

God commands keeping the Sabbath.

L: A reading from the thirty-first chapter of Exodus.

¹²And the Lord said to Moses, ¹³“You are to speak to the people of Israel and say, ‘Above all you shall keep My Sabbaths, for this is a sign between Me and you throughout your generations, that you may know that I, the Lord, sanctify you. ¹⁴You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. ¹⁵Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death. ¹⁶Therefore the people of Israel shall keep the Sabbath, observing the Sabbath throughout their generations, as a covenant forever. ¹⁷It is a sign forever between Me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day He rested and was refreshed.”

¹⁸And He gave to Moses, when He had finished speaking with him on Mount Sinai, the two tablets of the testimony, tablets of stone, written with the finger of God.

L: O Lord, have mercy on us.

C: **Thanks be to God.**

Please stand

Reading

Matthew 11:27-12:8

In the Sacrament, Jesus provides rest for the weary.

L: A reading from Matthew, chapters eleven and twelve.

P: [Jesus said,] All things have been handed over to Me by My Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal Him. Come to Me, all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.

L: At that time Jesus went through the grainfields on the Sabbath. His disciples were hungry, and they began to pluck heads of grain and to eat. But when the Pharisees saw it, they said to Him,

C: **“Look, Your disciples are doing what is not lawful to do on the Sabbath.”**

L: He said to them,

P: "Have you not read what David did when he was hungry, and those who were with him: how he entered the house of God and ate the bread of the Presence, which it was not lawful for him to eat nor for those who were with him, but only for the priests? Or have you not read in the Law how on the Sabbath the priests in the temple profane the Sabbath and are guiltless? I tell you, something greater than the temple is here. And if you had known what this means, 'I desire mercy, and not sacrifice,' you would not have condemned the guiltless. For the Son of Man is lord of the Sabbath."

L: O Lord, have mercy on us.

C: **Thanks be to God.**

Please sit

Hymn "Jesus, Refuge of the Weary" **Hymn No. 423**

Message "Rest for the Weary" Pastor James

Musical Reflection

Offering Moment

Offerings and Welcome cards will be placed in the plate by the entry doors.

Canticle "Christ, the Word of God Incarnate" **Hymn No. 540**
Verses 1, 3

Please stand

Salutation

P: The Lord be with you.

C: **And also with you.**

Prayer of the Church

L: Let us pray. Lord Jesus, offering fruit from the tree of life,

C: **by Your word of Law accuse every prideful thought in us, and by Your precious Gospel call us to repentance and a firm faith in Your gift of eternal life.**

L: Lord Jesus, bread from heaven,

C: **feed us always that we may neither hunger nor thirst, but continually be ready for whatever temptations we might face in this wilderness until our journey's end.**

L: Lord Jesus, whose forgiveness is healing medicine,

C: **bind up our sin-sick souls and heal our wounded consciences so that Your life may flow through us.**

L: Lord Jesus, offering a blest communion in the Lord's Supper,

C: **we give thanks that in spite of our sinful condition You bring us into fellowship with You and one another, acceptable in Your sight by Your atoning grace.**

L: Lord Jesus, rest for the weary,

C: **lift the burden of our sins, we pray, and refresh our souls so that we may serve You each day and invite others to join us on our journey toward an eternal Sabbath.**

L: Lord Jesus, who invites us to the heavenly nuptial feast,
C: **bestow on us hearts of love and joy each time we partake of the Lord's Supper, a foretaste of the feast to come.**

L: Lord Jesus, whose sacrifice instituted the new covenant,
C: **enable us to receive in true faith Your assurance that our separating sins have been forgiven in time and eternity.**

L: Lord Jesus, who received the Father's wrath in our stead on the cross,
C: **each time we receive Your body and blood in the Lord's Supper, grant that we may recognize the gravity of our sin and the reality of Your grace.**

L: Lord Jesus, God's Passover Lamb,
C: **give us hearts single-mindedly fixed on You, whose blood has saved us from the wrath we deserve and whose victory over death has opened to us eternal life.**

L: Lord Jesus, who has made the Lord's Supper Your feast of victory,
C: **with saints and angels we praise and glorify Your holy name here in time until we join them to sing Your praises face-to-face.**

Prayer for Peace

L: Let us pray. O God, from whom come all holy desires, all good counsels, and all just works,
C: **give to us, Your servants, that peace which the world cannot give, that our hearts may be set to obey Your commandments and also that we, being defended from the fear of our enemies, may live in peace and quietness;**

L: through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C: **Amen.**

Lord's Prayer

C: **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.**

Nunc Dimittis ~ *Song of Simeon*

P: Oh, taste and see that the LORD is good!
Blessed is the man who takes refuge in Him!

**C: Lord, now You let Your servant go in peace; Your word has been fulfilled.
My own eyes have seen the salvation which You have prepared in the sight of every
people: A light to reveal You to the nations and the glory of Your people Israel.
Glory be to the Father and to the Son and to the Holy Spirit;
as it was in the beginning, is now, and will be forever. Amen.**

**C: Oh, taste and see that the LORD is good!
Blessed is the man who takes refuge in Him!**

Benediction

P: The almighty and merciful Lord, the Father, and † Son, and the Holy Spirit, bless you and keep you.

C: Amen.

Hymn "O Lord, throughout These Forty Days" **Hymn No. 418**

Dismissal

P: Go in peace as you serve the Lord.

C: Thanks be to God.

Postlude

During the postlude, please take a moment to get up and greet guests and worshippers at this service who are new to you. You are also welcome to stay seated for a time of prayer and reflection.

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Serving Today	
Worship Leader	Pastor James
Preacher	Pastor James
Scripture Reader	Geoff Lunt
Prayer Leader	Geoff Lunt
Ushers	Martin Farley (lead) *
Organist	Anne Lee
Projectionist	Jeff Donahue
Audio Engineer	Adam Sherman
Greeter	David Ellison (door) Carolyn Linke (welcome center)

* = unfilled as of March 17

Board of Servant Leaders

Rob Fekete, chair
Tony Esse, vice-chair
John Purtilo, secretary

Larry Austin
Drew Lipman
Jennifer Pelletier
Bernie Schoch

Core Ministry Areas

Worship

Team Leaders: Georgia Thorstenson and Julie Schorfheide; Staff Liaison: Pastor Johann
The Worship Team encompasses music, seasonal celebrations, arts, worship schedule, Sanctuary Choir (Anne Lee), Handbell Choir (Anne Lee), traditional worship, and contemporary worship (Matt Hardy), the worship spaces, and support personnel (e.g., ushers, greeters, acolytes).

Discipleship

Team Leader: Pastor James
The Discipleship Team oversees adult education, Sunday school, Vacation Bible School, children's ministry (Michelle Tenhaeff), and youth ministry (Holly Vanderhoof).

Parish Life

Team Leader: Brian Cors; Staff Liaison: Heidi Cooper
The Parish Life Team helps foster our community through Life Groups, member engagement, fellowship events, new member inclusion, concerts, public events, picnics, and intergenerational events, and reaches out to guests who worship at Good Shepherd.

Mission

Team Leader: Pastor Johann
Through this core ministry area, Good Shepherd supports a variety of mission efforts: financial and prayerful partnering with missionaries, worldwide and local (Randy and Melanie Stockman); synod/district, social ministry, and community service (Holly Vanderhoof); evangelism, publicity, media, and social media (Jeff Donahue).

Congregational Care and Nurture

Team Leader: June McGurn; Staff Liaison: Pastor Johann
The Congregational Care and Nurture Team helps support the mental, physical, emotional, and spiritual health of the congregation through literature, programs, and opportunities to serve others at Good Shepherd. This ministry's volunteers help in many ways: at memorial services and receptions; through member care visits and transportation; by sending cards for life events; and by arranging meals ("Take Them a Meal" team) for the sick and infirm, for their families, and for families with newborns.

Administration

Team Leader: Pastor Johann
This team is in charge of property and contracts (Roger Thorstenson), financing the mission (Mike DeWan), stewardship (Don Kidwell), human resources/personnel (Matt Franker), communications (Jeff Donahue), and technology (Gary Budzier).

Good Shepherd's Staff

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Please note that the church office is closed on Mondays.

Good Shepherd is a member congregation of the Southeastern District
of the Lutheran Church—Missouri Synod

We hope you will continue to connect with us by liking our Facebook page and following us on Instagram. Find them by searching @gslcva on those platforms. We also encourage you to subscribe to our YouTube channel and follow us on Vimeo so that you don't miss any of our virtual services, kids' messages, and more. Questions? Contact Communications Director Jeff Donahue, jeff@gslcva.org