

## SERMON NOTES

14<sup>th</sup> Sunday after Pentecost, Proper 17, Year A \* September 3, 2023

Sermon by the Reverend Tom Rutherford

Jeremiah 15:15-21 \* Psalm 26 \* Romans 12:9-21 \* Matthew 16:21-28

### Take Up a WHAT???

You're not W\_\_\_\_\_. You're E\_\_\_\_\_ – both in your own health AND in the benefits you offer our community and the world.

Those who attend religious services regularly are healthier in every way than those who don't:

- ✦ They have a 33% lower rate of mortality.
- ✦ They are 25% less likely to die of cancer or cardiovascular disease.
- ✦ They are 80% less likely to commit suicide.
- ✦ They are also healthier mentally, as attending worship weekly “reduces feelings of depression and increases feelings of life satisfaction and purpose, even among adolescents. And the health benefits are greater for those who attend services once a week or more, than for those who only attend intermittently.”

(“Is Religion Good for Your Health?” By David DeSteno,  
*Wall Street Journal*, June 8, 2023)

How E\_\_\_\_\_ it is to be in the Messiah family at this time!

How E\_\_\_\_\_ we can be in this next year!

Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.”

Matthew 16:24-25

Sit One. Serve One

### Next Week's Lessons

Ezekiel 33:7-11 \* Psalm 119:33-40 \* Romans 13:8-14 \*  
Matthew 18:15-20

## Chewing on Our Daily Bread

Questions for conversation with your family, small group, or a friend

1. How is your life different now from how it was when you were younger, because of your faith, hope, and love?
2. How is your life different – because of your faith, hope, and love – from folks you know, who aren't part of a church family?
3. What is a way you currently “deny yourself and pick up your cross and follow Jesus?”
4. What is one way you will choose to serve God and people in this next year? (It could be a new way, or one you're already doing.)
5. PRAY:
  - ✦ Thanking God for the difference he makes in your life.
  - ✦ For the Lord to draw folks who don't know him yet into his family... and to work through you to do that.
  - ✦ For grace to do what you described in #4 above.
  - ✦ For any needs in your group.