

Trinity Lutheran Church



*"Come to me,
all you who are weary
and are carrying heavy burdens,
and I will give you rest."*

July 5, 2026
Common Time 5

WELCOME

GATHERING HYMN:

What a Friend We Have in Jesus (ELW 742)

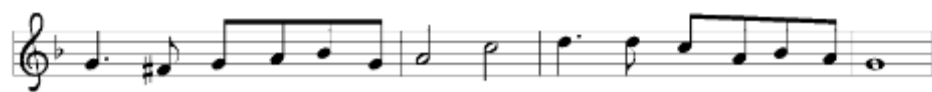
 = 115



- 1 What a friend we have in Je - sus, all our sins and griefs to bear!
- 2 Have we tri - als and temp - ta - tions? Is there trou - ble an - y - where?
- 3 Are we weak and heav - y - lad - en, cum - bered with a load of care?



What a priv - i - lege to car - ry ev - 'ry - thing to God in prayer!
We should nev - er be dis - cour - aged—take it to the Lord in prayer.
Pre - cious Sav - ior, still our ref - uge—take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; oh, what need - less pain we bear—
Can we find a friend so faith - ful who will all our sor - rows share?
Do your friends de - spise, for - sake you? Take it to the Lord in prayer.



all be - cause we do not car - ry ev - 'ry - thing to God in prayer!
Je - sus knows our ev - 'ry weak - ness—take it to the Lord in prayer.
In his arms he'll take and shield you; you will find a so - lace there.

CONFESSION AND FORGIVENESS

Based on Psalm 145:8-14 and Matthew 11:28-30.

God upholds all who are falling
and raises up all who are bowed down.

Therefore let us confess our sin
with every confidence that we will be lifted up.

We pray together.

**Holy One, we confess to you and to each other
that we are tired and weighed down
by the mistakes we have made,
even in our closest relationships
with our friends, our spouses, and our partners.**

**We give this burden to you,
mindful of Jesus' promise that
he will give us rest.**

We trust in you. Amen.

Friends, hear the good news of our faith:
God is gracious and merciful,
slow to anger and abounding in steadfast love,
showing compassion to all.
Forgiven and freed, let us rise up with joy
and share our peace with one another.

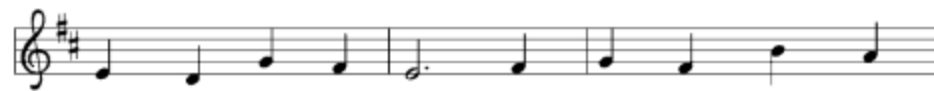
CONFESSIONAL HYMN:

How Sweet the Name of Jesus Sounds (ELW 620)

 = 110



- 1 How sweet the name of Je - sus sounds in
- 2 It makes the wound - ed spir - it whole and
- 3 Dear name! The rock on which I build, my



a be - liev - er's ear! It soothes our sor - rows,
calms the heart's un - rest; 'tis man - na to the
shield and hid - ing place; my nev - er - fail - ing



heals our wounds, and drives a - way all fear.
hun - gry soul and to the wea - ry, rest.
trea - sury, filled with bound - less stores of grace.

PRAYER OF THE DAY

Based on Matthew 11:28-30

The Lord be with you.

And also with you.

Let us pray.

**Savior and Friend,
you call us to lay down our burdens
and find rest in a relationship with you.
Help us to learn from you
how to be gentle and humble of heart,
that our burdens may be light. Amen.**

FIRST READING: Zechariah 9:9-12

⁹ Rejoice greatly, O daughter Zion!

Shout aloud, O daughter Jerusalem!

See, your king comes to you;

triumphant and victorious is he,

humble and riding on a donkey,

on a colt, the foal of a donkey.

¹⁰ He will cut off the chariot from Ephraim

and the war horse from Jerusalem;

and the battle bow shall be cut off,

and he shall command peace to the nations;

his dominion shall be from sea to sea

and from the River to the ends of the earth.

¹¹ As for you also, because of the blood of my covenant with you,

I will set your prisoners free from the waterless pit.

¹² Return to your stronghold, O prisoners of hope;

today I declare that I will restore to you double.

Word of God, word of life.

Thanks be to God.

PSALM: Psalm 145:8-12

⁸ The LORD is gracious and full of compassion,
slow to anger and abounding in steadfast love.

⁹ **LORD, you are good to all,**

and your compassion is over all your works.

¹⁰ All your works shall praise you, O LORD,

and your faithful ones shall bless you.

¹¹ **They shall tell of the glory of your kingdom**

and speak of your power,

¹² **that all people may know of your power**

and the glorious splendor of your kingdom.

¹³ Your kingdom is an everlasting kingdom;

your dominion endures throughout all ages.

You, LORD, are faithful in all your words,

and loving in all your works.

¹⁴ **The Lord upholds all those who fall**

and lifts up those who are bowed down.

SECOND READING: Romans 7:15-25a

¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree that the law is good. ¹⁷ But in fact it is no longer I who do it but sin that dwells within me. ¹⁸ For I know that the good does not dwell within me, that is, in my flesh. For the desire to do the good lies close at hand, but not the ability. ¹⁹ For I do not do the good I want, but the evil I do not want is what I do. ²⁰ Now if I do what I do not want, it is no longer I who do it but sin that dwells within me.

²¹ So I find it to be a law that, when I want to do what is good, evil lies close at hand. ²² For I delight in the law of God in my inmost self, ²³ but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. ²⁴ Wretched person that I am! Who will rescue me from this body of death? ^{25a} Thanks be to God through Jesus Christ our Lord!

Word of God, word of life.

Thanks be to God.

GOSPEL ACCLAMATION



GOSPEL: Matthew 11:16-30

The holy gospel according to Matthew.

Glory to you, O Lord.

[Jesus spoke to the crowd saying:] ¹⁶“To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

¹⁷ ‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

¹⁸“For John came neither eating nor drinking, and they say, ‘He has a demon’; ¹⁹ the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

²⁰ Then he began to reproach the cities in which most of his deeds of power had been done because they did not repent. ²¹“Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. ²² But I tell you, on the day of judgment it will be more tolerable for Tyre and Sidon than for you. ²³ And you, Capernaum,

will you be exalted to heaven?

No, you will be brought down to Hades.

“For if the deeds of power done in you had been done in Sodom, it would have remained until this day. ²⁴ But I tell you that on the day of judgment it will be more tolerable for the land of Sodom than for you.”

²⁵ At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will. ²⁷ 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.

²⁸ “Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest. ²⁹ 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. ³⁰ For my yoke is easy, and my burden is light.”

The gospel of the Lord.

Praise to you, O Christ.

SERMON

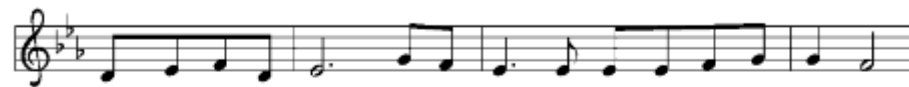
HYMN OF THE DAY:

Day by Day (ELW 790)

♩ = 100



1 Day by day, your mer - cies, Lord, at - tend me, bring - ing com - fort
2 Day by day, I know you will pro - vide me strength to serve and
3 Oh, what joy to know that you are near me when my bur - dens



to my anx - ious soul. Day by day, the bless - ings, Lord, you send me
wis - dom to o - bey; I will seek your lov - ing will to guide me
grow too great to bear; oh, what joy to know that you will hear me



draw me near - er to my heav'n - ly goal. Love di - vine, be - yond all
o'er the paths I strug - gle day by day, I will fear no e - vil
when I come, O Lord, to you in prayer. Day by day, no mat - ter



mor - tal mea - sure, brings to naught the bur - dens of my quest; Sav - ior,
of the mor - row, I will trust in your en - dur - ing grace. Sav - ior,
what he - tide me, you will hold me ev - er in your hand. Sav - ior,



lead me to the home I trea - sure, where at last I'll find e - ter - nal rest.
help me bear life's pain and sor - row till in glo - ry I be - hold your face.
with your pres - ence here to guide me, I will reach at last the prom - ised land.

APOSTLES' CREED

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

**I believe in Jesus Christ, God's 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 to the dead.
On the third day he rose again; he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic church, the communion of saints,
the forgiveness of sins, the resurrection of the body,
and the life everlasting. Amen.**

PRAYERS OF INTERCESSION

Based on Psalm 145:9-14, Matthew 11:28-30, and Romans 7:15.

Compassionate God, you are good to all.
Help us to trust your Word
and accept your invitation
to find rest in you.

We pray for your church in all of its forms,
that we may learn how to follow Jesus
by giving rest to the weary
in lives of service that are
gentle and humble of heart.
Compassionate God, you are good to all.

We pray for all people,
their nations and leaders,
that when the burdens of war, poverty, and hunger
are too much to bear,
we may do our part to offer rest and peace.
Compassionate God, you are good to all.

We pray for all those who suffer violence
in the streets and in their homes,
that they might find safety and healing.
We pray for those who are sick,
those suffering mental illness,
and those who struggle with moral dilemmas;
uphold them and grant them peace.
Compassionate God, you are good to all.

Gracious and merciful God, creator of heaven and earth,
we join our voices with all that you have made
in blessing you and giving thanks to you, who,
with Jesus Christ and the Holy Spirit,
show compassion and goodness to all.
Amen.

PEACE

The peace of Christ be with you always.
And also with you.

The people may greet one another with a sign of Christ's peace, and may say, "Peace be with you," or similar words.

ANNOUNCEMENTS

OFFERING

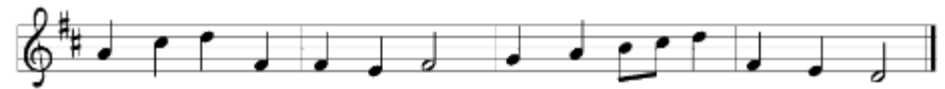
Please place offering in one of the Bulletin Stand offering plates at the end of worship as you leave the church.

OFFERTORY:

Take My Life, That I May Be (ELW 685)



1 Take my life, that I may be con - se - crat - ed, Lord, to thee;
2 Take my hands and let them move at the im - pulse of thy love;
3 Take my voice and let me sing al - ways, on - ly, for my King;
4 Take my sil - ver and my gold, not a mite would I with - hold;



take my mo - ments and my days; let them flow in cease - less praise.
take my feet and let them be swift and beau - ti - ful for thee.
take my lips and let them be filled with mes - sag - es from thee.
take my in - tel - lect, and use ev - 'ry pow'r as thou shalt choose.

5 Take my will and make it thine; it shall be no longer mine.
Take my heart, it is thine own; it shall be thy royal throne.
6 Take my love; my Lord, I pour at thy feet its treasure store;
take myself, and I will be ever, only, all for thee.

OFFERING PRAYER

Based on Psalm 145:11-14.

Let us pray together.

**Compassionate God,
you are faithful and gracious to us,
uphold us, and raise us up.
we ask that you bless and multiply these gifts,
that they may be used to proclaim the glory of your kingdom
and make known to all people
the power of your saving acts. Amen.**

LORD'S PRAYER

Lord, remember us in your kingdom and teach us to pray.

**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.**

BENEDICTION

Based on Psalm 145:9 and Matthew 11:29.

Now may the God who feels compassion for all
lead us to find love in our lives
and the peace that comes from
living with a gentle and humble heart.
Amen.

SENDING HYMN:

Lord of All Hopefulness (ELW 765)

 = 125



1 Lord of all hope - ful - ness, Lord of all joy,
2 Lord of all ea - ger - ness, Lord of all faith,
3 Lord of all kind - li - ness, Lord of all grace,
4 Lord of all gen - tle - ness, Lord of all calm,



whose trust, ev - er child - like, no cares could de - stroy:
whose strong hands were skilled at the plane and the lathe:
your hands swift to wel - come, your arms to em - brace:
whose voice is con - tent - ment, whose pres - ence is balm:



be there at our wak - ing, and give us, we pray,
be there at our la - bors, and give us, we pray,
be there at our hom - ing, and give us, we pray,
be there at our sleep - ing, and give us, we pray,



your bliss in our hearts, Lord, at the break of the day.
your strength in our hearts, Lord, at the noon of the day.
your love in our hearts, Lord, at the eve of the day.
your peace in our hearts, Lord, at the end of the day.

DISMISSAL

Go in peace. Serve the Lord.
Thanks be to God!

TRINITY THREADS: STORIES FROM *DOWNSTAIRS*



Joy: *"I found a dress for my grandson's graduation. I felt so beautiful!"*

Luwana: *"I found an outfit for my interview. I felt so confident!"*

Nikki: *"I found summer sandals that actually fit. They are so comfortable!"*

And Leylani, an immigrant from China where she went through the Cultural Revolution. She came in with a plastic grocery bag twisted through her belt loops to hold up her pants. We helped her find a pretty belt, and she now wears it every time she visits: *"I never had anything like this before!"*

Trinity Happenings:

Sun, Jul 5:	9:00am 10:15am	Worship Service w/ S. Barrett Fellowship in Gruver Rm
Mon, Jul 6:	9:00am	NO Becoming
Tue, Jul 7:	5:30pm	TheologyPUB @ Front Street Tavern
Wed, Jul 8:	11:30am	Campus Cabinet Hours til 1:30pm
Sun, Jun 12:	9:00am 10:15am	Worship Service Fellowship in Gruver Rm

TRINITY EVANGELICAL LUTHERAN CHURCH

Contact Cards available in your pew!

Serving in Worship

THIS SUNDAY — Jul 5, 2026

Altar: **James Apronti**
Livestream: **Larry Oolman**
Reader: **Lindsay Conyers**
Preacher: **Steven Barrett**
Fellowship: **Kris Oolman &
Helen Sussenguth**

NEXT SUNDAY — Jul 12, 2026

Altar: **James Apronti**
Livestream: **Larry Oolman**
Reader: **OPEN**
Assistant: **OPEN**
Fellowship: **OPEN**

Congregation President **Steven Barrett**
Pastor **Nathan Keith**
Accompanist **Soyeon Kang**
Financial Director **Linda Lebeda**
Financial Secretary **Alison Lebeda**
Sexton **James Apronti**
In the Office **Lisa Guarnieri**

QUESTIONS ABOUT GIVING? If you ever have any questions about your financial gifts to Trinity, please contact Trinity's financial secretary, Alison Lebeda, at alebeda@uwyo.edu. If you need an up-to-date statement of giving, please contact the church office.

2026 Snapshot thru May

Income - \$97,005.72

Expenses - \$98,795.99

