

Third Sunday in Advent December 12, 2021 8:00 AM

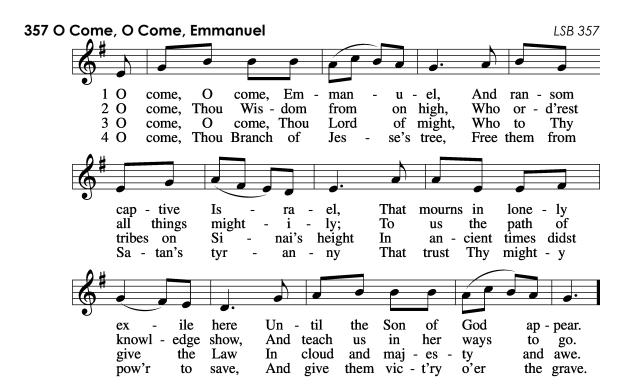


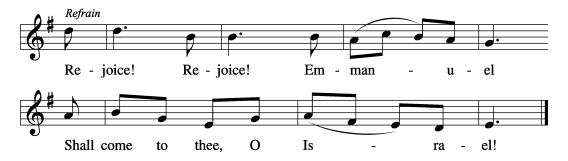
Christ Lutheran Church 3509 SW Burlingame Rd. Topeka, KS 66611 785-266-6263 www.christlcms.org Rev. Ben Micheel, Pastor Amanda Adams, DCE Chris Francik, TLS Principal



As we gather, please take time to fill out the fellowship pad located near the center aisle in your pew. If you have any prayer requests, feel free to use a prayer request card from the pew rack in front of you, and place it in the offering plate after the sermon. (For those joining us online, please contact the church office.) We will include these requests in our prayers during worship, and share them with our prayer chain (if desired).

#### **Welcome and Opening Prayer**





- 5 O come, Thou Key of David, come, And open wide our heav'nly home; Make safe the way that leads on high, And close the path to misery. Refrain
- 6 O come, Thou Dayspring from on high, And cheer us by Thy drawing nigh; Disperse the gloomy clouds of night, And death's dark shadows put to flight. Refrain
- 7 O come, Desire of nations, bind In one the hearts of all mankind; Bid Thou our sad divisions cease, And be Thyself our King of Peace. Refrain

Tune and text: Public domain

Stand

#### Divine Service Setting Four, page 203

+ Confession and Absolution +

Confession, to confess to God our sins and sinful nature. Absolution, "To absolve of sin and wrongdoing," more specifically, to affirm God's forgiveness to all who sincerely confess their sins to Him.

The sign of the cross may be made by all in remembrance of their Baptism.

#### Invocation

- In the name of the Father and of the 

  Holy Spirit.
- C Amen.

#### **Exhortation**

Psalm 124:8; Psalm 130:3-4; Luke 18:13 203

- **P** Our help is in the name of the Lord,
- **C** who made heaven and earth.
- P If You, O Lord, kept a record of sins, O Lord, who could stand?
- But with You there is forgiveness; therefore You are feared.

P Since we are gathered to hear God's Word, call upon Him in prayer and praise, and receive the body and blood of our Lord Jesus Christ in the fellowship of this altar, let us first consider our unworthiness and confess before God and one another that we have sinned in thought, word, and deed, and that we cannot free ourselves from our sinful condition. Together as His people let us take refuge in the infinite mercy of God, our heavenly Father, seeking His grace for the sake of Christ, and saying: God, be merciful to me, a sinner.

Confession of Sins

Almighty God, have mercy upon us, forgive us our sins, and lead us to everlasting life. Amen.

**Absolution** [John 20:19–23] LSB 203

- P Almighty God in His mercy has given His Son to die for you and for His sake forgives you all your sins. As a called and ordained servant of Christ, and by His authority, I therefore forgive you all your sins in the name of the Father and of the + Son and of the Holy Spirit.
- C Amen.

#### Service of the Word

Introit

Psalm 146:5–8; antiphon: Philippians 4:4

- P Rejoice in the Lord always;
- again I will say, Rejoice.
- P Blessèd is he whose help is the God of Jacob,
- whose hope is in the LORD his God,
- **P** who made heaven and earth, the sea, and all that is in them,
- **C** who keeps faith forever;
- **P** who executes justice for the oppressed,
- **C** who gives food to the hungry.
- P The LORD sets the prisoners free; the LORD opens the eyes of the blind.
- The LORD lifts up those who are bowed down; the LORD loves the righteous. 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.
- **P** Rejoice in the Lord always;
- **C** again I will say, Rejoice.



**Kyrie** Mark 10:47 204



C Lord, have mer-cy; Christ, have mer-cy; Lord, have mer-cy.

#### Salutation and Collect of the Day

"Salutation" is a word from Latin meaning, "to salute" or "to greet." "Collect" (KAH-lekt), a brief structured prayer, usually consisting of five parts: address to God, basis for the prayer, petition, desired benefit or result, and trinitarian conclusion. The Collect of the Day also "collects" the message of the day's Gospel reading.

- **P** The Lord be with you.
- C And also with you.
- **P** Let us pray.

Lord Jesus Christ, we implore You to hear our prayers and to lighten the darkness of our hearts by Your gracious visitation; for You live and reign with the Father and the Holy Spirit, one God, now and forever.

C Amen.

Sit

#### **Old Testament Reading**

Zephaniah 3:14-20

A The Old Testament Reading is from Zephaniah, chapter 3.

 $^{14}\mathrm{Sing}$  aloud, O daughter of Zion;

shout, O Israel!

Rejoice and exult with all your heart,

O daughter of Jerusalem!

<sup>15</sup>The LORD has taken away the judgments against you;

he has cleared away your enemies.

The King of Israel, the LORD, is in your midst;

you shall never again fear evil.

<sup>16</sup>On that day it shall be said to Jerusalem:

"Fear not, O Zion;

let not your hands grow weak.

 $^{17}\mbox{The LORD}$  your God is in your midst,

a mighty one who will save;

he will rejoice over you with gladness;

he will quiet you by his love; he will exult over you with loud singing. <sup>18</sup>I will gather those of you who mourn for the festival, so that you will no longer suffer reproach. <sup>19</sup>Behold, at that time I will deal with all your oppressors. And I will save the lame and gather the outcast, and I will change their shame into praise and renown in all the earth. <sup>20</sup>At that time I will bring you in, at the time when I gather you together; for I will make you renowned and praised among all the peoples of the earth, when I restore your fortunes before your eyes," says the LORD.

- A This is the Word of the Lord.
- C Thanks be to God.

Epistle

**A** The Epistle is from Philippians, chapter 4.

<sup>4</sup>Rejoice in the Lord always; again I will say, Rejoice. <sup>5</sup>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.

Philippians 4:4–7

- A This is the Word of the Lord.
- Thanks be to God.

Stand

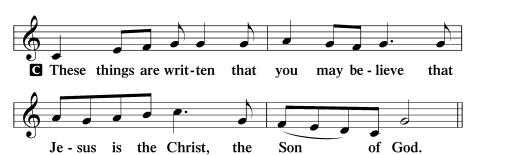


#### Alleluia and Verse

#### Alleluia

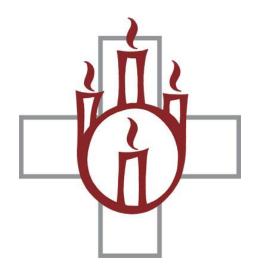


**Verse** John 20:31 LSB 205



Alleluia 205





Holy Gospel Luke 7:18–28

P The Holy Gospel according to St. Luke, the seventh chapter.

#### Glory to You, O Lord.

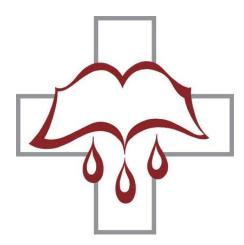
<sup>18</sup>The disciples of John reported all these things to him. And John, <sup>19</sup>calling two of his disciples to him, sent them to the Lord, saying, "Are you the one who is to come, or shall we look for another?" <sup>20</sup>And when the men had come to him, they said, "John the Baptist has sent us to you, saying, 'Are you the one who is to come, or shall we look for another?" <sup>21</sup>In that hour he healed many people of diseases and plagues and evil spirits, and on many who were blind he bestowed sight. <sup>22</sup>And he answered them, "Go and tell John what you have seen and heard: the blind receive their sight, the lame walk, lepers are cleansed, and the deaf hear, the dead are raised up, the poor have good news preached to them. <sup>23</sup>And blessed is the one who is not offended by me."

<sup>24</sup>When John's messengers had gone, Jesus began to speak to the crowds concerning John: "What did you go out into the wilderness to see? A reed shaken by the wind? <sup>25</sup>What then did you go out to see? A man dressed in soft clothing? Behold, those who are dressed in splendid clothing and live in luxury are in kings' courts. <sup>26</sup>What then did you go out to see? A prophet? Yes, I tell you, and more than a prophet. <sup>27</sup>This is he of whom it is written,

"Behold, I send my messenger before your face, who will prepare your way before you.'

<sup>28</sup>I tell you, among those born of women none is greater than John. Yet the one who is least in the kingdom of God is greater than he."

- **P** This is the Gospel of the Lord.
- C Praise to You, O Christ.



#### Nicene Creed

Creed comes from the Latin "credo" which means "I believe." We confess our Christian faith in one of the three creeds (short statement of belief) agreed upon by the ancient church.

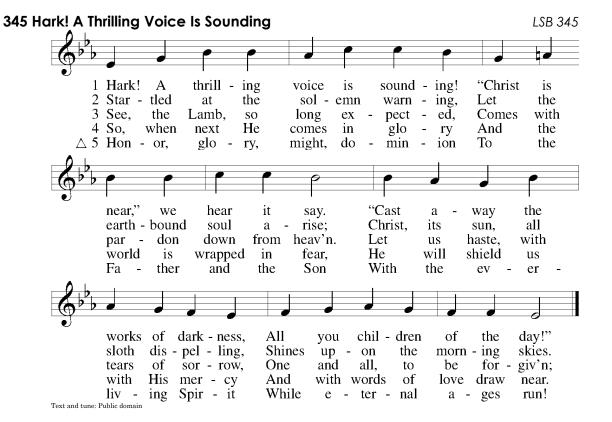
I believe in one God, the Father Almighty, maker of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ. the only-begotten Son of God, begotten of His Father before all worlds. God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father, by whom all things were made: who for us men and for our salvation came down from heaven and was incarnate by the Holy Spirit of the virgin Mary and was made man: and was crucified also for us under Pontius Pilate. He suffered and was buried. And the third day He rose again according to the Scriptures and ascended into heaven and sits at the right hand of the Father. And He will come again with glory to judge both the living and the dead,

whose kingdom will have no end.

And I believe in the Holy Spirit,

the Lord and giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son together is worshiped and
glorified,
who spoke by the prophets.
And I believe in one holy Christian and apostolic Church,
I acknowledge one Baptism for the remission of sins,
and I look for the resurrection of the dead
and the life + of the world to come. Amen.



#### Sermon

#### Offering

If you brought your gift, tithe, or offering with you today, you may place it in the offering plate as it passes. We also have multiple options for electronic giving. You can sign up for online giving at pushpay.com/pay/christlcms for a one-time or recurring gift. Direct links with more information are available on the church website (christlcms.org/giving).

For those joining us remotely, you may use the electronic giving methods listed above, or you may mail your offering to the church office (3509 SW Burlingame Rd, Topeka, KS 66611).





Stand

At the end of each petition, the pastor will say, "Lord, in Your mercy," to which the congregation will respond, "Hear our prayer."

- Let me through Jesus Christ, Your son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.
- C Amen.

#### Service of the Sacrament

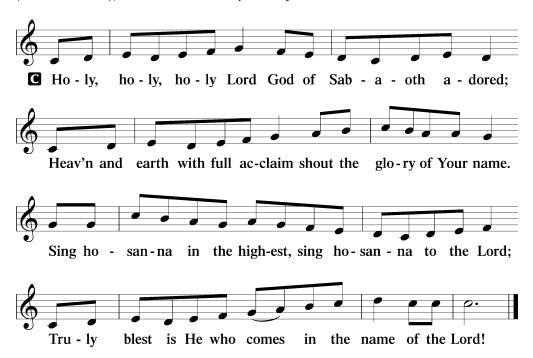
#### **Preface**

2 Timothy 4:22; [Colossians 3:1]; [Psalm 136] LSB 208

- **P** The Lord be with you.
- **C** And also with you.
- P Lift up your hearts.
- We lift them to the Lord.
- P Let us give thanks to the Lord our God.
- It is right to give Him thanks and praise.
- P It is truly good, right, and salutary that we should at all times and in all places give thanks to You, O Lord, holy Father, almighty and everlasting God, for the countless blessings You so freely bestow on us and all creation. Above all, we give thanks for Your boundless love shown to us when You sent Your only-begotten Son, Jesus Christ, into our flesh and laid on Him our sin, giving Him into death that we might not die eternally. Because He is now risen from the dead and lives and reigns to all eternity, all who believe in Him will overcome sin and death and will rise again to new life. Therefore with angels and archangels and with all the company of heaven we laud and magnify Your glorious name, evermore praising You and saying:



(SAHNK-toose), "Sanctus" is Latin for "holy".



### **Prayer of Thanksgiving**

P Blessed are You, O Lord our God, king of all creation, for You have had mercy on us and given Your only-begotten Son that whoever believes in Him should not perish but have eternal life.

In Your boundless mercy You sent Your servant, John the Baptist, to proclaim that in Christ the kingdom of heaven draws near.

With thankful hearts we pray, "Come, Lord Jesus," confident that in His body and blood, given us to eat and drink, we receive the forgiveness of sins and so proclaim His death until He comes again in glory.

Hear us as we pray in His name and as He has taught us:



#### 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.

#### The Words of Our Lord

Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My + body, which is given for you. This do in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the new testament in My + blood, which is shed for you for the forgiveness of sins. This do, as often as you drink it, in remembrance of Me."

#### Pax Domini

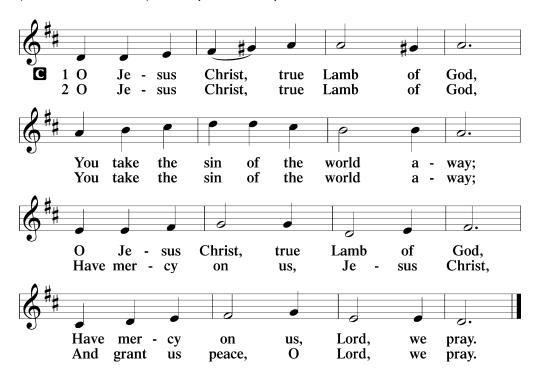
(PAKS DOH-mee-nee), Latin for "peace of the Lord" (John 20:19).

- **P** The peace of the Lord be with you always.
- C Amen.



Agnus Dei John 1:29 LSB 210

(AHG-noose DAY-ee). Latin for "Lamb of God."

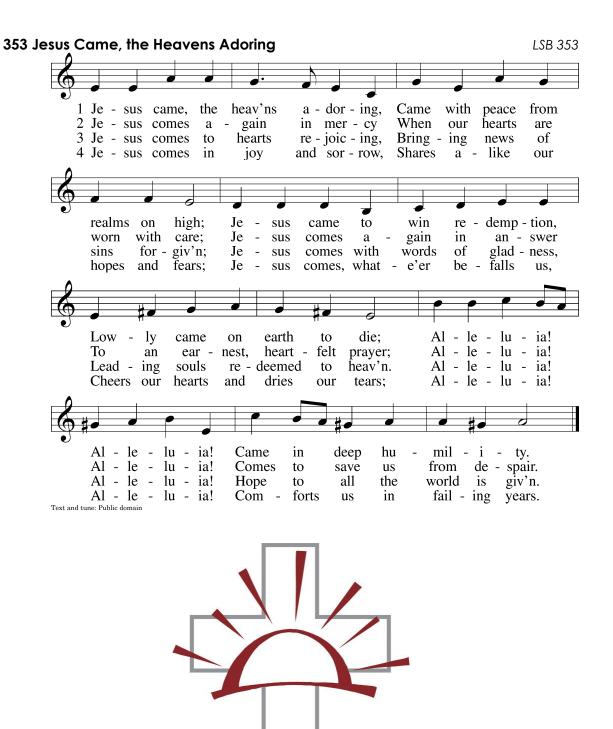


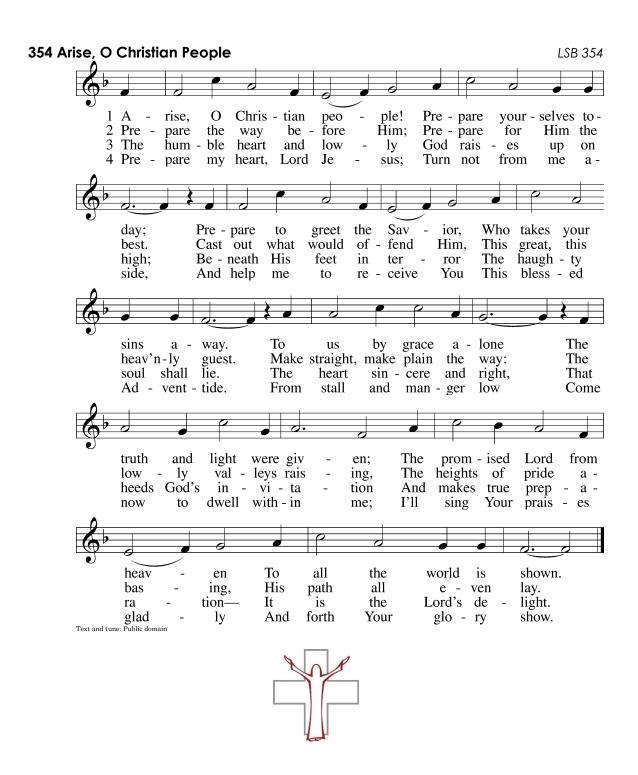
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#### Distribution

Communion is reserved for those who are members of the Lutheran Church-Missouri Synod or members of a church body in fellowship with the LCMS unless special arrangements have been made with the pastor. The pastor and those who assist him receive the body and blood of Christ first. Then they will distribute it to those who cannot come up to the altar rail due to physical ailments. Following that the ushers will dismiss the people from their pews to go to the altar rail. The congregation will be ushered down the middle aisle to go up to the rail and when dismissed from there will use the side aisle to return to their seats. All are invited up to receive a blessing.

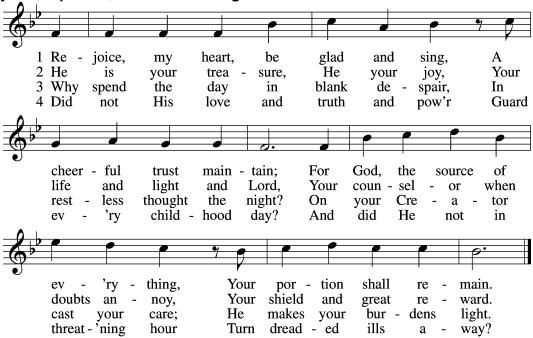








LSB 737



- 5 He only will with patience chide, His rod falls gently down; And all your sins He casts aside In ocean depths to drown.
- 6 His wisdom never plans in vain
  Nor falters nor mistakes.
  All that His counsels may ordain
  A blessèd ending makes.

Upon your lips, then, lay your hand,
 And trust His guiding love;
 Then like a rock your peace shall stand
 Here and in heav'n above.

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LSB 754



O blessèd heir of heaven,
You'll hear the song resound
Of endless jubilation
When you with life are crowned.
In your right hand your maker
Will place the victor's palm,
And you will thank Him gladly
With heaven's joyful psalm.

6 Our hands and feet, Lord, strengthen;
With joy our spirits bless
Until we see the ending
Of all our life's distress.
And so throughout our lifetime
Keep us within Your care
And at our end then bring us
To heav'n to praise You there.

#### **Nunc Dimittis**

Luke 2:29-32 LSB 211

(NUNK dih-MIH-tuss). Latin for "now [let your servant] depart," from the Song of Simeon.





#### **Post-Communion Collect**

P Let us pray.

We give thanks to You, almighty God, that You have refreshed us through this salutary gift, and we implore You that of Your mercy You would strengthen us through the same in faith toward You and in fervent love toward one another; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C Amen.

#### Luther's Morning Prayer

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

Benedicamus Psalm 103:1 LSB 212

(beh-neh-dih-KAH-moose), Latin for "bless we [the Lord]." We give thanks to God for everything He has done for us in Jesus Christ.

- P Let us bless the Lord.
- **C** Thanks be to God.

#### **Benediction**

A final blessing from God this morning before we leave.

- The Lord bless you and keep you.
  The Lord make His face shine on you and be gracious to you.
  The Lord look upon you with favor and 

  → give you peace.
- C Amen.

Sit





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# -- Week at a Glance --

Sunday December 12th	9:15 am 10:30 am 11:45 am	Worship Service w/ Communion Sunday School/Christmas Program Practice Children's Christmas Program Potluck New Pastor Installation at Prince of Peace
Monday December 13th		
Tuesday December 14th		
Wednesday December 15th	5:30 pm <b>7:00 pm</b>	Confirmation Advent Meal Advent Midweek Worship Service Choir Practice
Thursday December 16th		Chair Aerobics Pastor's Bible Class
Friday December 17th	· ·	Young at Heart Middle/High School Youth (6 <sup>th</sup> -12 <sup>th</sup> grades) Christmas Party
Saturday December 18th		Breakfast with Santa Men's Bible Study (via Zoom)
Sunday December 19th		Worship Service w/ Communion Sunday School (adults & children)

#### **Celebrating**

**Birthdays:** Greg K. (12th); Justin K. (13th); Evelyn L., Lester L. (14th); Lynne D., Heather S., Carolyn S. (15th); Carolyn N. (18th); Teresa M., Darin S. (19th)

 $\textbf{Baptism Birthdays:} \ Brecken \ D., \ Marsha \ H. \ (13^{th}); \ Brett \ H. \ (14^{th}); \ Ron \ G., \ Jennifer \ G.$ 

(15th); Jan C., Maya M., Hailey P. (17th); Amber H., Ashley H., Paul R. (19th)

**Anniversaries:** (none this week)

# -- Announcements --

#### Adult Sunday School Hour (9:15 am)

Journey through Genesis with Pastor Ben – Schemm Family Life Center (Gym) God's Word for Today: Acts – Basement A Walk Through the Bible (Women's Group) – Pastor's Office

#### Children/Youth Sunday School Hour (9:15 am)

Children (Pre-K through  $6^{th}$  grade) — Upstairs Education Wing Youth ( $7^{th}$ - $12^{th}$  grades) — Basement Youth Room

#### Pastor's Midweek Bible Study

The Epistles – Thursday at 7 PM – Basement Our class is now Thursdays at 7 PM , but will NOT meet on the first week of each month.

#### Advent Midweek Worship & Advent Meals

Our final Midweek meal and service will be this Wednesday, Dec. 15<sup>th</sup>. Enjoy a meal from 5:30 to 6:30 PM, and then come to the sanctuary for worship at 7 PM.

#### **Christmas Eve Worship Services**

Join us for Christmas Eve Candlelight Worship on Friday, December  $24^{\rm th}$  – services are at 5 PM and 7 PM.

#### New Year's Eve Worship Service

Join us for worship and communion on Friday, December  $31^{\rm st}$  at 7 PM. During this service, we will be burning a copy of the loan paperwork for the Schemm Family Life Center, in celebration of completely paying off our building debt.

#### Children's Christmas Program

Our Children's Christmas Program will be TODAY at 10:30 AM, with a potluck to follow. All are invited to join us for both the program and the meal!

#### **Youth Christmas Party**

Our combined Middle & High School Youth (6<sup>th</sup>-12<sup>th</sup> grades) Christmas Party will be Friday, December 17<sup>th</sup> at 6 PM. Bring a wrapped gift (something fun but inexpensive -- \$5 max) for our "Five Below" gift swap! We will meet here at church for the party, and will go look at the zoo lights after.

#### **Youth Activities**

Jr. Youth (4<sup>th</sup>-5<sup>th</sup> grades) can meet here at church on Wednesday, Dec. 29<sup>th</sup> from 1 to 3 PM for some fun during Christmas Break! Middle/High School Youth (6<sup>th</sup>-12 grades) can meet here on the evening of the 29<sup>th</sup> at 6:30 PM and spend the night for a lock-in!

# -- Announcements --

#### Stewardship Month

It is time once again to prayerfully consider your stewardship promise for the coming year. Please note that there is NO LONGER a Debt Retirement fund listed. (And if you have set up a recurring gift to that fund on PushPay, you will need to update your account settings.) Promise forms are in your bulletin, and are also available at the back of the sanctuary and on our website. Please submit pledges by Dec. 19<sup>th</sup>.

#### **Advent Devotions**

FREE Advent Devotions from Lutheran Hour Ministries are available at the back of the sanctuary (regular and large print). Or download for e-reader from our website.

#### **Thrivent Cards**

Do you have unused Thrivent Action Teams? Don't let them expire at the end of the year! Contact Amanda Adams if you need ideas – we have a list of projects that could use funding. Thank you for living generously!

#### Prince of Peace – Installation TODAY

Christ members are invited to the instillation service of Pastor Kevin DeHope at Prince of Peace Lutheran Church (3625 SW Wanamaker) on Sunday, December 12<sup>th</sup> at 3 PM. We rejoice with their congregation and welcome Pastor DeHope, his wife Alicia, and their two children to Topeka.

#### <u>Portals of Prayer</u>

Our LWML group is no longer collecting used Portals of Prayer. So when you pick up your new copy at the end of this month, please do not bring your old ones here to church anymore. If you would like it to get reused, feel free to pass it along to a friend or colleague, or drop it in a "Little Free Library" in your neighborhood. Thanks!

#### <u>Building Usage</u>

Just a reminder – to reserve a room or the gym here at church for a personal event (family gathering, exercise class, athletic practice, meeting, etc.), current building usage paperwork <u>MUST</u> be *ON FILE* in the church office and *APPROVED* by church staff before that space will be saved for you on the calendar. Thank you!

#### **Mask Information**

Face masks are still optional throughout the church building. Disposable masks are available at all church entrances for those who would like one. Children's size masks are located by the main entrance. Reusable cloth masks are available by the church office. For more information regarding masking, please visit <a href="www.cdc.gov">www.cdc.gov</a>.

## -- Announcements --

#### **Pray for our Soldiers**

Pick up a toy soldier from the back of the sanctuary to remind you to pray for our veterans and active troops!

#### Remembered in our Prayers

Charlie P., Alice M., Luke H., Julie J., Don L., Jerry M., Jean B. (sister Pauline C.'s sister), Judy (Colleen B.'s neighbor), Noel (Colleen B.'s brother), Kathy (Brenda Z.'s sister-in-law), Shirley (Frank J.'s grandmother), Melanie (Sharon L.'s daughter), Ella (Marsha S.'s granddaughter), Jeanette W., Lisa (Judy K.'s sister), Randy (Carol J.'s son), Madison L., Steve (Rachel M.'s father), Vikki N., Matt N., Lynn M., Virginia C., Leonard (brother of Jeanette B.), Phil B., the McReynold's (friends of Phil B.), JoAnn (friend of Nancy P.), Evelyn (mother of Sandy S.), Marjean P., Ted M., Adam (Jamie H.'s son), Carolyn S., Caleb (Dana N.'s nephew), Abigail (Pastor's niece), Dave C., Justin (Donna B.'s nephew), Robert P., Principal Francik and family as he prayerfully considers a call to another school, and others named in your heart. Pray for the Topeka Rescue Mission. Chelsea Irwin and missionaries around the world. We pray especially for those around the world being persecuted for their faith in the one, true God and the suffering they endure. Please continue to pray for Pastor Ben, DCE Amanda, our staff and their families as they do our Lord's work here at Christ Lutheran. We pray for the staff and students of Topeka Lutheran School and the Center for Young Children. We also pray for those who serve in the armed forces, first responders, and for our country and government. Prayers of thanksgiving for our Lord and Savior and the new life we have in Him.



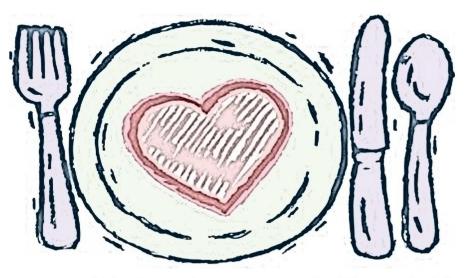


# ADVENT MIDWEEK WORSHIP SERVICES

DEC. 1ST, 8TH, 15TH -- 7 PM

CHRIST LUTHERAN CHURCH
3509 SW BURLINGAME RD -- TOPEKA

# Advent Meals



Join us on Wednesdays from 5:30 to 6:30 pm before Advent Midweek worship services.

Dec. 1st -- Chicken Noodle Soup, Chili, Cinnamon Rolls
Dec. 8th -- Lasagna, Green Beans, Cookies
Dec. 15th -- Pizza, Salad, Brownies

(Gluten-Free options will be available all three evenings.)

A free will offering will benefit Christ Youth.

Thank you for your support!

#### The Coming of Jesus Enables Us to Rejoice

The Third Sunday in Advent has traditionally been called by the Latin word *Gaudete*, meaning "Rejoice!" For as you are called to repentance, so also are you urged to rejoice in the coming of the Lord, Jesus Christ. By His own cross, He has accomplished salvation for you; "he has cleared away your enemies," "taken away the judgments against you" and come to reign in your midst. Indeed, He rejoices over you with gladness and song (Zeph. 3:15–17)! Therefore, even from prison St. Paul encourages us to "rejoice in the Lord always," knowing that the peace of God will guard and keep us in Christ Jesus (Phil. 4:4, 7). We find an example and encouragement in the case of John the Baptist. As he languishes in prison, he calls upon Jesus and is strengthened by the Word of the Gospel that he receives. The same good news is preached to you, by which all things are made new and even "the dead are raised up" (Luke 7:22). Do not be offended by the cross, therefore, but let your life be one of prayer and thanksgiving (Luke 7:23; Phil. 4:6).

#### Worship Attendance - Sunday, December 5th

8:00 AM -- 73 10:30 AM -- 92

# **Stewardship Corner**

Budgeted Weekly Needs:	\$ 7,878
Offerings Received - Week of 12/5	\$ 16,464
Budgeted Needs (Jan - Nov 2021) Offerings Received (Jan - Nov 2021)	\$375,562 \$356,228

\*\*\*\*

Philippians 4:5-6 – "The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Wouldn't you like to be free from worry and anxiety? Isn't it worry and anxiety that often keep us from living the generous life God has called us to? St. Paul contrasts anxiety with prayer, supplication, and thanksgiving in making our requests known to God. In other words, when you are tempted to anxiety and worry, pray to the Lord with a thankful heart and pour out your supplications before Him.