

Zion Lutheran Church  
Fourth Sunday of Easter  
April 21, 2024 9:00 AM

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**PRE-SERVICE MUSIC**

**WELCOME & ANNOUNCEMENTS**

*(\*Please stand as you are comfortable)*

**GATHERING**

The Holy Spirit calls us together as the people of God.

**CONFESSION AND FORGIVENESS**

In the name of the Father,

and of the † Son,

and of the Holy Spirit.

**Amen.**

Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy name, through Jesus Christ our Lord.

**Amen.**

Let us confess our sin in the presence of God and of one another.

Most merciful God,

**we confess that we are captive to sin and cannot free ourselves. We have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name.**

**Amen.**

God, who is rich in mercy, loved us even when we were dead in sin, and made us alive together with Christ. By grace you have been saved. In the name of † Jesus Christ, your sins are forgiven. Almighty God strengthen you with power through the Holy Spirit, that Christ may live in your hearts through faith.

**Amen.**

**PEACE**

The peace of Christ be with you always.

**And also with you.**

**GATHERING SONG**

“Dearest Jesus at Your Word” #520

## **GREETING**

The grace of our Lord Jesus Christ, the love of God,  
and the communion of the Holy Spirit be with you all.  
**And also with you.**

## **\*CANTICLE OF PRAISE (ELW p. 204)**

Glory be to God in heaven; peace, goodwill to all the earth.  
Mighty God of all creation, Father of surpassing worth:  
we exalt you, we adore you, we lift high our thanks and praise.  
Saints and angels bow before you; here on earth our songs we raise.

Glory be to Christ forever, Lamb of God and Lord of love.  
Son of God and gracious Savior, you have come from heav'n above;  
on the cross you died to save us; now you reign at God's right hand.  
Hear our prayer; restore, forgive us; in your promise firm we stand.

Holy One we now acclaim you; Lord alone, to you we call;  
Holy One in faith we name you, God most high, yet near to all:  
Jesus Christ, with God the Spirit, in the Father's splendor bright.  
For the peace that we inherit, glory be to God on high!

## **PRAYER OF THE DAY**

Let us pray.

O Lord Christ, good shepherd of the sheep, you seek the lost and guide us into your fold. Feed us, and we shall be satisfied; heal us, and we shall be whole. Make us one with you, for you live and reign with the Father and the Holy Spirit, one God, now and forever.

**Amen.**

## **WORD**

**PSALM: Psalm 23** led by 3rd & 4th Grade Sunday School Students

<sup>1</sup>The LORD<sup>1</sup> is my shepherd;

I shall not<sup>1</sup> be in want.

<sup>2</sup>**The LORD makes me lie down<sup>1</sup> in green pastures  
and leads me beside still waters.**

<sup>3</sup>You restore my<sup>1</sup> soul, O LORD,  
and guide me along right pathways<sup>1</sup> for your name's sake.

<sup>4</sup>**Though I walk through the valley of the shadow of death,  
I shall<sup>1</sup> fear no evil; for you are with me;  
your rod and your staff, they<sup>1</sup> comfort me.**

<sup>5</sup>You prepare a table before me in the presence<sup>1</sup> of my enemies;  
you anoint my head with oil, and my cup is<sup>1</sup> running over.

<sup>6</sup>**Surely goodness and mercy shall follow me all the days<sup>1</sup> of my life,  
and I will dwell in the house of the<sup>1</sup> LORD forever.**

### **FIRST READING: Acts 4:5-12**

*Peter and John had been arrested the previous day because they were proclaiming the news of the resurrection to the people. In today's reading, Peter is filled with the Holy Spirit so that he can proclaim salvation in Jesus' name to the religious authorities.*

<sup>5</sup>The next day [the] rulers, elders, and scribes assembled in Jerusalem, <sup>6</sup>with Annas the high priest, Caiaphas, John, and Alexander, and all who were of the high-priestly family. <sup>7</sup>When they had made the prisoners stand in their midst, they inquired, "By what power or by what name did you do this?" <sup>8</sup>Then Peter, filled with the Holy Spirit, said to them, "Rulers of the people and elders, <sup>9</sup>if we are questioned today because of a good deed done to someone who was sick and are asked how this man has been healed, <sup>10</sup>let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead. <sup>11</sup>This Jesus is 'the stone that was rejected by you, the builders; it has become the cornerstone.'

<sup>12</sup>There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved." Word of God, word of life. **Thanks be to God.**

### **SECOND READING: 1 John 3:16-24**

*Jesus' death on our behalf is the clearest demonstration of divine love. This is the very love we share with others, not just through our words but especially through our deeds. In sharing such love we fulfill God's commandments.*

<sup>16</sup>We know love by this, that [Jesus Christ] laid down his life for us—and we ought to lay down our lives for one another. <sup>17</sup>How does God's love abide in anyone who has the world's goods and sees a brother or sister in need and yet refuses help?

<sup>18</sup>Little children, let us love, not in word or speech, but in truth and action. <sup>19</sup>And by this we will know that we are from the truth and will reassure our hearts before him <sup>20</sup>whenever our hearts condemn us; for God is greater than our hearts, and he knows everything. <sup>21</sup>Beloved, if our hearts do not condemn us, we have boldness before God; <sup>22</sup>and we receive from him whatever we ask, because we obey his commandments and do what pleases him.

<sup>23</sup>And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. <sup>24</sup>All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has given us. Word of God, word of life. **Thanks be to God.**

### **GOSPEL ACCLAMATION (ELW p. 205)**

**Alleluia! Lord and Savior; open now your saving word.**

**Let it burn like fire within us; speak until our hearts are stirred.**

**Alleluia! Lord, we sing for the good news that you bring.**

### **GOSPEL: John 10:11-18**

*In language that recalls the twenty-third psalm, Jesus describes himself as the shepherd who cares for his sheep. He is willing to die for them, and he is able to overcome death for them.*

The holy gospel according to John. **Glory to you, O Lord.**

[Jesus said:] <sup>11</sup>“I am the good shepherd. The good shepherd lays down his life for the sheep. <sup>12</sup>The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. <sup>13</sup>The hired hand runs away because a hired hand does not care for the sheep. <sup>14</sup>I am the good shepherd. I know my own and my own know me, <sup>15</sup>just as the Father knows me and I know the Father. And I lay down my life for the sheep. <sup>16</sup>I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. <sup>17</sup>For this reason the Father loves me, because I lay down my life in order to take it up again. <sup>18</sup>No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father.”

The gospel of the Lord. **Praise to you, O Christ.**

**SERMON** PASTOR KRISTIN OSTERCAMP

**HYMN OF THE DAY** “The King of Love My Shepherd Is” #502

**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**

Lord, in your mercy... **Hear our prayer.**

**OFFERTORY** ELW #186 “Create in Me a Clean Heart”

**Create in me a clean heart, O God,  
and renew a right spirit within me.  
Cast me not away from your presence,  
and take not your Holy Spirit from me.  
Restore unto me the joy of your salvation,  
and uphold me with your free Spirit.**

## **OFFERING PRAYER**

Let us pray.

God our provider, you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord.

**Amen.**

## **GREAT THANKSGIVING**

The Lord be with you.

**And also with you.**

Lift up your hearts

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give our thanks and praise**

## **\*WORDS OF INSTITUTION**

### **\*LORD'S PRAYER**

**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.**

## **COMMUNION DISTRIBUTION** *(Ushers will guide you forward)*

### **BLESSING**

Almighty God, Father, † Son, and Holy Spirit, bless you now and forever.

**Amen.**

**SENDING SONG**      "Thine the Amen"      #826

### **DISMISSAL**

Go into the world knowing Christ and making him known.

**Thanks be to God.**

**WELCOME!** ZION'S LAY MINISTRY/EVANGELISM BOARD EXTENDS A SPECIAL WELCOME TO YOU THIS MORNING. MAY YOU BE FED SPIRITUALLY DURING THIS TIME OF WORSHIP.

**OUR THANKS** TO TODAY'S WORSHIP LEADERS/ASSISTANTS

Pastor: Kristin Ostercamp      Pianists: Laura Rude, Jenna Von Holtum      Organist: Marie Longo  
Greeters: Tanya & Kevin Ek      Ushers: Craig & Marcy Mickelson      Acolyte:  
Reader: Kaylynn Wold      Psalm: 3rd & 4th Grade  
Communion asst: Patty Schob, Vivian Knutson

**OUR PRAYERS TO ALL GOD'S CHILDREN STANDING IN THE NEED OF PRAYER.**

Those under a doctor's care, those who grieve, all who are moving through a challenging season, especially Cassie Wilson and the family of Jeannie Nelson.

**ZION WORSHIP SERVICE ONLINE** Sunday mornings you can listen to the 9:00AM service online. Go to: [www.ziontrf.org](http://www.ziontrf.org) in the black banner click Listen Online, Click on the RED link to KTRF.

**BROADCASTS** today are sponsored by Ron & Ruth Ostby in memory of Harold & Mary Dupree.

**WEBSITE** sponsor for April is Zion memorials.

**LISTENING DEVICES & LARGE PRINT** worship folders & bulletins are available from an usher.

**HELP SUPPORT THE THIEF RIVER FALLS FOOD SHELF.** Shopping carts will be placed in the narthex for donations of non-perishable and non-expired food items before worship every Sunday in the month of April. Thank you for sharing your abundance with those who are in need.

**NEW MEMBER SUNDAY is May 5th.** If you are considering becoming a member, please contact the church office or Pastor Kristin. New member orientation will be on Thurs., May 2nd at 6PM

**THANK YOU FOR SUPPORTING OUR WORK AND WITNESS!**

April 8-14: \$4,476.      April 1-14: \$11,253.      YTD: \$98,008.      Weekly Goal: \$6,523.

**VANCO ELECTRONIC GIVING** –Sign up available on Zion's website or contact the church office.

**QR code to giving page:**



**Direct Thrivent Choice Dollars®** Eligible Thrivent Financial members: Show your appreciation for Zion Lutheran Church by directing Choice Dollars. The individual recommendations you make through Choice Dollars directions can make a profound impact. *Thank you to all who have directed dollars!*

**THE GROCERIES TO GO & HANDYMAN PROGRAMS** are available through our church. If you need this service or would like to be a volunteer for grocery delivery, call the church office at 218-681-3296 and Darlene will get back to you.

**"What's In Your Tool Box?"** Wednesday May 1, 2024 at 6 PM, Sara Lefebvre from Sanford Mental Health staff will be facilitating this presentation for the confirmation classes and parents in the Fellowship Hall. It will be geared for their age group to provide preventative and coping strategies for managing mental health issues personally and/or to help others when needed. All who are interested also invited.

**SARAH Circle** meets Wed., Apr. 24 at 1:30 in the lounge.

## PARISH NURSE NOTES —

Do you feel shame or guilt when you make a mistake or when life fails? We are all hard on ourselves and that is reality. However, no one has shamed and guilt their way to better health. Self-compassion is an art that is feared by many and lost on most.

Matthew 22:39 tells us that the second greatest commandment is to love others as ourselves. But how many of us honestly say that we show ourselves the love that we know God expects us to show others? Week after week, we sit in pews and listen to messages that convict and inspire our heart to show compassion to others. But we remain ignorant and uncaring to the importance of showing compassion to ourselves.

There are many reasons, circumstances, or situations that may lead us to a lack of self-compassion. The negative, abusive relationship with ourselves is not pleasing to God, nor is it acceptable in the life of a Christian. When we live this way, we are not living in light of Truth. We are walking in the darkness of false expectations and misplaced confidence.

A few steps you can take toward creating a heart of self-compassion and a God-honoring relationship with yourself....

**Accept Yourself.** Learning self-acceptance is an important part of practicing self-compassion.

Accepting yourself simply means *coming to terms with what is*. Accepting what is serves a good point for growth.

**Navigating Roadblocks.** No matter how hard we try to ignore the less-than-pleasant pieces of ourselves, God still sees them. And they will continue to affect our lives until they are dealt with.

God does not want us to live a life of ignorance and denial. He wants us to evaluate ourselves, come to terms with who we are, and embrace our identity in Him.

**Make Time For Yourself.** Another way to practice self-compassion is to make time to tend to our mental, emotional, and spiritual health. Our internal, spiritual, emotional, and mental health is every bit as important as our external physical health. A simple way to take care of these easily forgotten internal needs is to make time for rest and reflection.

**The Need For Rest.** Constant busyness leaves no time for rest. Rest is an essential part of life! God built rest into the fabric of our design. Allowing our body and mind to rest is not only a beautiful act of self-compassion but also surrender to God's design.

**The Importance of Self Reflection.** This gentle act gives us permission to be gentle, flexible, and patient with ourselves as we work to grow in both our personal and spiritual lives.

**Forgive Yourself.** We cannot feel or show true compassion to others without first forgiving them. Similarly, we cannot have true self-compassion without engaging in self-forgiveness.

**The Gift Of Grace.** If you believe that God is in control, then you must agree that He is in charge of the consequences of our actions. Psalm 103:12 assures us that God removes our sins as far from us as the east is from the west. Through the freedom of his forgiveness we can learn to see ourselves through the lens of His grace and mercy.

**Remember The Truth.** Self-compassion isn't just something nice to do for yourself. It's a necessary act of obedience to the word of God. **The better we get at muffling the loud voice that tells us we are not enough, the better we'll be able to hear the still, small voice of God that reminds us that we are complete in Him!**

God's Blessings and Peace....Parish Health

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David Lee / Tiffany Sterry, Custodial

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**Sunday School**— age 3 thru Grade 5 from 10-11 AM

**Cornerstone Kids**—Grade 6 & 7 meet from 10-11 in the youth room.

**April Noisy Offering will go toward VBS Day Camp**

**Thank you to our families for providing treats for coffee following worship each Sunday. Please bring 2 dozen baked goods on or before Sunday,**

**April 28:** Robert & Laura Fay, Ronnie & Mandi Lund, Ryan & Jamie Bakken, Ryan

& Kayla Bruggeman

**May 5:** Ryan & Roberta Sagsteun, Stephanie Walseth, Ryan Olson, Sam & Kayla Kofstad

**May 12:** Sean & Ashley Ranum, Seri Rusillo, Shawn & Amber Larson, Shawn & Kelly Bugge, Taryn Kostrzewski

**FOOD & FELLOWSHIP** - Join us for breakfast served after worship on **Sunday, April 21st.**

Free-will donation goes to youth. Breakfast will be **served by 8th Grade students.**

**Confirmation Classes— 6PM; Supper served at 5:15**

**Menu:** April 24 Spaghetti & Meatballs      May 1: BBQ's & Tater tots      May 8: Taco Bar

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#### **SCHEDULE FOR THE WEEK:**

##### **Today: April 21:**

9:00 Zion Holy Communion worship  
Broadcast ch. 3; KTRF  
10 Sunday School/Cornerstone  
10 Coffee Fellowship  
11 Silver Creek Holy Communion Worship  
12 GV broadcast ch. 37

##### **Monday, April 22:**

9 SAIL Exercise

##### **Tuesday, April 23:**

9 Bible Study  
10:30 Bereavement Group in Lounge  
9-12 Faith Community Nurse hours  
1:30 TRCC communion  
2:30 Oakland Park communion

##### **Wednesday, April 24:**

1:30 Sarah Circle in lounge  
5:15 Confirmation supper  
6 Confirmation classes  
6 God's Joy Choir  
7 Senior Choir  
**7 Confirmation youth & parent meeting**

##### **Thursday, April 25:**

9 SAIL exercise  
2-4:30 LSS Respite Care

##### **Friday, April 26:**

8 Men's Breakfast at Biff's

##### **Next Sunday, April 28:**

9:00 Zion worship/Baptism  
Broadcast ch. 3; KTRF  
10 Sunday School/Cornerstone  
10 Coffee Fellowship  
11 Silver Creek Worship  
12 GV broadcast ch. 37  
**2-4 All Boards Meeting**