

Meditate!

Ask several people what they have been thinking deeply about lately and study their responses. Some may tell you about the latest computer problem that absorbed the last few days; others, the business contract they've been working on for weeks. Still others may recite a litany of personal woes.

Most people tend to think deeply in order to find answers to practical questions affecting their work or personal lives. This is a form of what past ages called meditation. Meditate, as defined by one dictionary, is “to think about; contemplate. To plan, intend, purpose. To think deeply and continuously; reflect; ponder; muse.” Meditation is a studied absorption in something that fascinates us. The object of meditation doesn't receive fleeting attention. Meditation isn't relegated to idle moments when we don't have anything else to do. We plan for times to meditate on what is most important to us.

Winston Churchill said, “A man is what he reads.” This could be another way of saying, “A person is what he thinks about.” In all the important and necessary things that demand our attention, are our thoughts being drawn to the God behind them all? “I will ponder all your work, and meditate on your mighty deeds,” wrote the psalmist (Psalm 77:12). He was prompted to say this by meditating first of all on his troubles; it seemed as though God had deserted him. Then he was moved to remember one special event of long ago—the parting of the Red Sea, in which God effected a mighty deliverance from destruction. This drew him to meditate further on God's character, especially his holiness.

What do the circumstances of our lives draw us to meditate on? Do our troubles bring to mind past deliverances? Do these in turn prompt thoughts of God himself? Not naturally. Thinking deeply about God himself—his holiness, goodness, mercy and love—is seldom easy in the midst of hurt and trial. Just ask Job. But it's the only thing that stabilizes us in the long run.

A compass always points its magnetic needle to the magnetic north no matter where it may be on the earth. Likewise, those in whom the spirit of God lives can only rest content when they are pointed to the One they call Father.

*...Godliness with
contentment is
great gain.*

1 Timothy 6:6

Covenant Presbyterian Church
1623 University Avenue, Berkeley, California 94703
www.berkeleyopc.org

MORNING WORSHIP – 11:00 A.M.

THE LORD CALLS US TO HIMSELF

Salutation and Call to Worship

*Hymn of Praise # 38

“Immortal, Invisible, God Only Wise”

*Invocation

*Hymn of Praise # 176

“Hail, Thou Once Despised Jesus!”

CONFESSION OF SIN AND THE LORD'S ASSURANCE

The Law of God

Matthew 22:37-40

Confession of Sin (Congregation in Unison)

O most great, most just and gracious God; thou are of purer eyes than to behold iniquity; but thou has promised mercy through Jesus Christ to all that repent and believe in him. We confess that we have all sinned and come short of the glory of God. We have neglected and abused thy holy worship. We have dealt unjustly and uncharitably with our neighbors. We have not sought first thy kingdom. We have run into temptation; and the sin that we should have hated, we have committed. Have mercy on us, most merciful Father! In thy Son is our salvation, in thy promises our hope.

Assurance of Forgiveness

Isaiah 1:18 “Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.

OFFERING OURSELVES IN THANKSGIVING AND PRAYER

Worship in Giving

Hymn of Thanksgiving # 463

“A Debtor to Mercy Alone”

Worship in Prayer

Interlude

*Congregation Standing

We extend a cordial welcome to each visitor!

Wayne K. Forkner, Minister

510-928-8024

THE LORD FEEDS US FROM HIS WORD

*Hymn of Preparation # 535

“O the Deep, Deep Love of Jesus!”

Sermon Text

Isaiah 32:1-8

Sermon

BEHOLD A KING WILL REIGN

*Hymn of Response # 172

“Let Us Love and Sing and Wonder”

THE LORD DISMISSES US WITH HIS BLESSING

*Gloria Patri (Praising our Gracious Lord)

734

*The Lord's Benediction

Announcements

Today, 10:00am. Adult Sunday School class. We are studying the book of Colossians.

Today, 12:30pm. A potluck luncheon will be held in the church. All are welcome.

Tuesday, 7:30pm. Weekly Bible Study at the church or via Zoom. We are studying the book of Deuteronomy. Our Bible study at the church begins with dinner at 7:00pm, followed by a time of study at 7:30pm. For information on attending the study via Zoom, please send an email to Pastor Wayne at wforkner86@mac.com.

Friday, May 23-Monday, May 26. Sierra Christian Conference Association Memorial Day Weekend conference. Pastor Nathaniel Vroom will speak on “Nicodemus: A Disciple in the Shadows?” See the pamphlet on the sanctuary table for more information and a registration form. No registrations are accepted after May 15.

Registration is open for the 45th Annual Women's Retreat in Folsom, CA on Friday & Saturday, October 10th & 11th. Simonetta Carr will be speaking on the theme, "Questions Women Asked." Nursing infants and young ladies 12+ are welcome to join! Cost: \$50 per attendee. Please register online www.pcnopc.org/womens-retreat.