

Gloria Dei Lutheran Church

(The Lutheran Church-Missouri Synod)



"HOW TO DEFEAT DISCOURAGEMENT"

Order of Worship Sunday October 19, 2025 – 10 AM

Rev. Dr. Matthew Cephus

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Pianist: Karrie Kikeh

Welcome to God's House!

We strive to be the local church in the community of Northeast Minneapolis, who are here to help people come to KNOW Jesus, GROW in their faith and GO into the world equipped to SERVE others. GLORY TO GOD!

Today's Topic: Discouragement is a loss of courage and confidence that often stems from fear and can lead to feelings of hopelessness, cynicism, and sadness. It can be overcome by confronting the negative thought cycles, acknowledging and exploring the associated emotions like fear and sadness, and taking practical steps forward. While it's a common and often debilitating emotion, understanding its roots and implementing strategies to counter it can help you move past it. It's my prayer that you allow God to help you.

A special welcome to visitors and guests; we are pleased that you have joined us today! If you have no church family, and if we can be of any assistance to you, please speak with the Pastor after the service or via the church office. We pray you will feel God's love for you and be empowered to live as God's child this week. We look forward to seeing you again.

Is there something you'd like us to pray for today? If you have family members or friends who require our prayers, please use the prayer request cards found in each pew. They will be added to the Prayer list. You can hand your request to an usher before the service or during the offering. They will be given to the Pastor to be included in the prayers for today. **Other prayer requests can be made by contacting the church office at 612.781.1989.**

Children are welcome in worship!

The Lord's Supper is celebrated.

When we receive the true Body and Blood of Jesus Christ,

- we express the belief that Jesus is the Son of God and Son of Man;
- that Jesus is our Savior and only way for salvation;
- that Jesus offers us His Body and Blood in a mysterious yet real way;
- that Christ's sacrificial death grants the forgiveness of our sins;
- and that God is strengthening us in this Sacrament to live a more godly life and to amend with the help of the Holy Spirit, those areas not in conformity with God's will.

We declare these statements because it is our concern for people to not be hypocritical between their faith and celebrate the blessings of God's Table at the Altar.

Join Wednesday bible study at 11 am featuring The Chosen, Part 5.

See you there!

Nineteenth Sunday after Pentecost

AS WE GATHER: The word "discouragement" literally means having courage taken away, leading to a loss of confidence and enthusiasm. Discouragement doesn't have to be permanent. It is a temporary feeling that can be overcome with intentional strategies—focusing on the faithfulness God and trusting in his word.

+ *CONNECT* +

WELCOME

ANNOUNCEMENTS

OPENING HYMN

"What a Friend We Have in Jesus"

LSB 770

Text and Tune: Public Domain

What a friend we have in Jesus, All our sins and griefs to bear!
What a privilege to carry Ev'rything to God in prayer!
Oh, what peace we often forfeit; Oh, what needless pain we bear-
All because we do not carry Ev'rything to God in prayer!

Have we trials and temptations? Is there trouble anywhere?
We should never be discouraged-- Take it to the Lord in prayer.
Can we find a friend so faithful Who will all our sorrows share?
Jesus knows our ev'ry weakness-- Take it to the Lord in prayer.

Are we weak and heavy-laden, Cumbered with a load of care?
Precious Savior, still our refuge--- Take it to the Lord in prayer.
Do your friends despise, forsake thee? Take it to the Lord in prayer.
In His arms He'll take and shield thee; Thou wilt find a solace there.

INVOCATION

L: Our worship begins the way our lives in Christ begin in baptism: In the name of the Father and of the + Son and of the Holy Spirit.

C: **Amen.**

CONFESSION OF OUR SINS

L: Let us confess our sins to God our Heavenly Father who truly loves us.

C: **Merciful Father, we confess that we are in bondage 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 hearts; 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.**

FORGIVENESS IS ANNOUNCED

+ *NURTURE* +

SONG OF PRAISE

"We Praise You, O God"

LSB 785

Text & tune: Public domain

We praise You, O God, our Redeemer, Creator;
In grateful devotion our tribute we bring.
We lay it before You, we kneel and adore You;
We bless Your holy name, glad praises we sing.

We worship You, God of our fathers, we bless You;
Through trial and tempest our guide You have been.
When perils o'er-take us, You will not forsake us,
And with Your help, O Lord, our struggles we win.

With voices united our praises we offer,
And gladly our songs of thanksgiving we raise.
With You, Lord, beside us, Your strong arm will guide us;
To You, our great Redeemer, forever be praise!

OLD TESTAMENT READING

Isaiah 41:8-14

But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend; you whom I took from the ends of the earth, and called from its farthest corners, saying to you, "You are my servant, I have chosen you and not cast you off"; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Behold, all who are incensed against you shall be put to shame and confounded; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all. For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who helps you."

Fear not, you worm Jacob, you men of Israel! I am the one who helps you, declares the Lord; your Redeemer is the Holy One of Israel.

L: The Word of the Lord.

C: Thanks be to God!

EPISTLE READING

2 Corinthians 11:23-28

Are they servants of Christ? I am a better one—I am talking like a madman—with far greater labors, far more imprisonments, with countless beatings, and often near death. Five times I received at the hands of the Jews the forty lashes less one. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.

L: The Word of the Lord.

C: Thanks be to God!

HOLY GOSPEL

Matthew 11:28-30

L: The Holy Gospel according to Matthew.

C: Glory to You, O Lord!

"Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

L: This is the Gospel of our Lord.

C: Praise to You, O Christ!

HYMN OF THE DAY

"Faith of Our Fathers"

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Faith of Our Fathers, living still In spite of dungeon, fire and sword,
O how our hearts beat high with joy Whene'er we hear that glorious word!
Faith of our fathers! Holy faith! We will be true to thee till death!

Faith of our fathers, we will strive To win all nations unto thee;
And through the truth that comes from God We all shall then be truly free.
Faith of our fathers! Holy faith! We will be true to thee till death!

Faith of our fathers, we will love Both friend and foe in all our strife,
And preach thee, too, as love knows how By kindly words and virtuous life.
Faith of our fathers! Holy faith! We will be true to thee till death!

MESSAGE "How to Defeat Discouragement" Rev. Dr. Matthew Cephus

CONFESSION OF FAITH: Apostles' Creed

I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, his 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 into hell. The third day he rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence he will come to judge the living and the dead.

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

GATHERING OF THE OFFERINGS

+ EMPOWER +

PRAYERS OF THE CHURCH

(Prayer response – P: Lord, in your mercy, C: Hear our prayer.)

P: Lord, remember us in your kingdom and teach us to pray:

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.

PREFACE TO HOLY COMMUNION

L: The Lord be with you.

C: And also with you.

L: Lift up your hearts.

C: We lift them to the Lord.

L: Let us give thanks to the Lord our God.

C: It is right to give Him thanks and praise.

PROPER PREFACE

L: It is our duty and delight at all times and everywhere to give thanks to You, O Lord, Holy Father, almighty and everlasting God, for You have enlightened us by the working of the Holy Spirit. Grant that the Spirit, who has called and gathered us, would guide us in all things, that we be enabled to speak the Gospel to others and rejoice in sharing the gift of salvation that is our treasure. This we ask through Jesus Christ, our Lord, who, with You and the Holy Spirit, is one God, through whom with angels and archangels and with all the company of heaven we laud and magnify Your glorious name.

WORDS OF INSTITUTION

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 this, eat; this is My body, which is given for you. Do this 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. Do this, as often as you drink it, in remembrance of Me."

The peace of the Lord be with you always.

C: And also with you, Amen.

PRAYER OF THANKSGIVING

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.**

CLOSING HYMN

“O God, Our Help in Ages Past”

LSB 733 v. 1-4 & 6

Text & music: Public domain

O God, our help in ages past, our hope for years to come,
Our shelter from the stormy blast, and our eternal home:

Under the shadow of Thy throne Thy saints have dwelt secure;
Sufficient is Thine arm alone, and our defense is sure.

Before the hills in order stood or earth received her frame,
From everlasting Thou art God, to endless years the same.

A thousand ages in Thy sight are like an evening gone,
Short as the watch that ends the night before the rising sun.

O God, our help in ages past, our hope for years to come,
Be Thou our guard while troubles last and our eternal home!

BENEDICTION

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.

+ Silent Prayer +

POSTLUDE

+ WE DEPART TO SERVE +

+ + +

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OUR WEEKLY CALENDAR

10/19 Sun

Nineteenth Sunday after Pentecost

10:00 am **Worship with Holy Communion,
w/Rev. Dr. Matthew Cephus**

11:45 am Royal Family Worship

6:00 pm NA

10/20 Mon

7:00 pm Beginners AIAnon (downstairs)

7:00 pm AIAnon (upstairs)

10/21 Tues

5:00 pm **GDLC Council Meeting**

10/22 Wed

11:00 am **Bible Study – The Chosen, Part 5**

7:30 pm SLAA Group Meeting

10/24 Fri

5:00 pm Living Word Music Rehearsal

10/25 Sat

10:00 am Living Word Worship & Fellowship

6:00 pm Living Word Prayer Night

10/26 Sun

Twentieth Sunday after Pentecost

10:00 am **Worship with Holy Communion,
w/Rev. Dr. Matthew Cephus**

11:45 am Royal Family Worship

6:00 pm NA

SERVING TODAY

Elder: Karmon Christopherson

Reading: Sandy Westling

Ushers: Pam & Aaron Morelli and Patty Lyrenmann

Altarcare: Pam & Aaron Morelli and Patty Lyrenmann

Counters: Al, Pam and Aaron Morelli

BIRTHDAYS: None
ANNIVERSARIES: None

ETERNAL CANDLE: OPEN
FLOWERS: OPEN

PRAYER CONCERNS

KEEP IN YOUR PRAYERS: Meridel Christopherson, Tom Farrell, Robert & Dolores Kluwe, Roselyn Norman, Larry Schlais, Pat Scott, Alec Schwandt and all our shut-ins

Aaron Morelli upcoming testing

Al Morelli GI procedure scheduled for 10/13

Gwen Johnson, prayers are working! Upcoming radiation, then cancer free!

Pastor Martin Cornes' father-in-law, Dan, recently diagnosed with cancer; has undergone surgery. He is now staying in a transitional care facility; discussions regarding future treatment options are forthcoming

Roger Kropelniki (Ken Biebighauser's BnL) underwent esophagus surgery and is suffering from lung issues

Karen Charpentier (Ken Biebighauser's sister) going through cancer treatment

Diane Sharbono undergoing cancer treatment

Dorie (Shirley Holzinger's sister-in-law addressing unexpected issues.

Roxie Johnson (Morelli's niece) heart issues (pacemaker), prayers as she gets stronger

Kim Morelli and Amy Rich (Morelli's DnLs) continued prayers for good health after cancer treatments

Mudy Mason dealing with an autoimmune disease. Pray for strength, peace, hope, believing in God, Family, Mindset.

James Norman, Sr. (James' dad) Continued prayers, prostate cancer seems to be getting worse, he is having increasing pain and decreased mobility

Nonie Wakeman (Shirley Slagle's SnL) diagnosed with Lung Cancer

Karen (Karmon's sister) Recently diagnosed with cancer (Warren's wife)

Kurt Nowacki (Bruce & Julie Cross' Brother-in-Law) recently diagnosed with 'myopathy,' a degenerative muscle disease

Bruce (Wenda Schwoch's BnL has stage 4 prostate cancer and **Ashley** (Wenda's niece) continued prayers

Warren (Karmon's BnL) continued prayers as he continues treatment for Non-Hodgkin Lymphoma

Amy Price (Morelli's niece) dealing with continued health concerns

For First Responders/Health Care Workers, including James Norman, an ICU nurse

THOSE SERVING OUR COUNTRY IN DANGEROUS AREAS

TODAY'S LUTHERAN HOUR

October 19

"God's Help Dwells in Us"

(Numbers 11:29)

Guest Speaker: Rev. Dr. Leopoldo Sanchez

The Holy Spirit is the Helper who comes to dwell in and with us, to encourage and empower us.

NEXT WEEK ON THE LUTHERAN HOUR

October 26

"Worn In"

(Numbers 20:13)

Lutheran Hour Speaker: Rev. Dr. Michael Zeigler

Are you feeling worn down or worn out? Through faith, God conforms us to the pattern of Christ.

On Sunday mornings, listen on 830 AM WCCO AM at 6:05 am, or 1110 AM, Omaha, at 6:30 am, or XM 170 Satellite Radio on Sundays at noon or listen anytime at www.lutheranhour.org

STEWARDSHIP: *Proper 24 - Genesis 32:26*

"Then he said, 'Let me go, for the day has broken.' But Jacob said, 'I will not let you go unless you bless me.'" The great Lutheran musician J.S. Bach composed a beautiful motet using this verse. It is the cry of true faith, much the same as Peter's words: "Lord, to whom shall we go? You have the words of eternal life" (John 6:68). True faith clings to the Lord no matter the struggle, no matter the "hard sayings" that the Lord speaks. True faith knows that God means to bless us always.

LUTHERANS FOR LIFE:

"You and I are made for life, abundant and everlasting. And this Gospel is made for all our neighbors, every genetic member of humanity." *Pastor Michael Salemink, Lutherans For Life – A Life Quote from Lutherans For Life • lutheransforlife.org*

Main Street Living airs each Sunday at 9 am on WFTC Channel 29/9-2 with an episode of *This Is the Life*. This week's episode is **"Red Trap."** A loving father's son became conflicted and lost. Fortunately, he was surrounded by people who cared. The worship service begins at 9:30 am with Rev. Eric Zacharias from Zion Lutheran Church in Cologne, MN, presents a message titled **"Dinner Guests"** based on **Matthew 9:9-13**. For more information or to watch the program, go to www.mainstreetliving.com select the "Twin Cities" tab.

The Fall Garage Sale Was a Success!

The favorable weather contributed to a strong turnout of shoppers. In addition to the community's enthusiasm, the dedication of our volunteers made the event run smoothly. Their combined efforts created a welcoming atmosphere for everyone involved and ensured the sale's overall success. Thank you to all the dedicated volunteers who assisted in every stage of the sale, from donations, pricing, managing the setup, to overseeing operations during the event. Special thanks are also due to **Mary** for generously allowing us to use her garage over the course of the sale; to **Dan** for feeding the crew for three days; and to **Shirley** for keeping the money straight. The garage sale is a great way to stay connected to the community. The event **raised \$1,517**, which will be allocated towards the new air conditioning unit required for the two offices. Those wishing to further support this project are invited to mark their contributions as "Building Maintenance Fund." Thank you!

Medicare Advantage Offerings Changing in 2026 -- Insurers Cutting Back

This is the headline not enough people are paying attention to. Several large insurers are quietly trimming their Medicare Advantage offerings for 2026.

- Plans are being discontinued in multiple states
- Networks narrowing in certain metro and rural areas
- Service areas shrinking where profitability or provider access is a challenge

What this means for you: your plan might not be available next year — or it might cover fewer doctors and hospitals. Even if you don't get dropped, you could see narrower choices.

What You Should Do: here's your action plan heading into fall 2025 open enrollment:

1. Don't assume your plan stays the same. Read your Annual Notice of Change letter line by line.
2. Check your doctors and pharmacies. Make sure they'll still be in-network.
3. Review your prescriptions. See if any drugs got dropped or bumped to a higher tier.
4. Compare alternatives. Use Medicare.gov's Plan Finder to see what else is available in your county.
5. Consider Original Medicare with a Medigap policy. In some cases, it may give you more stability and predictability than Medicare Advantage.

Key Enrollment Dates for 2026

- Oct. 15 – Dec. 7, 2025: Annual Enrollment Period (AEP) to join, switch, or drop Medicare Advantage or Part D.
- Jan. 1 – Mar. 31, 2026: Medicare Advantage Open Enrollment — one more chance to switch plans or go back to Original Medicare.
- Special Enrollment Periods: Triggered by things like moving or losing employer coverage.

Final Word: Medicare Advantage **isn't "ending"** in 2026 — **but it is changing** in ways that could hit your wallet and your access to care. Don't wait until December, get ahead of it, review your options early.