Gloria Dei Lutheran Church

(The Lutheran Church-Missouri Synod)



"How to Keep Stress Out of My Life"

Order of Worship November 1, 2026 | 10:00 AM
Rev. Dr. Matthew Cephus

3014 McKinley Street NE, Minneapolis, MN 55418
612-781-1989

www.gloriadeilcms.org **email: info@gloriadeilcms.org**

Pianist: Carol Blase

Welcome to God's House!

The Mission of Gloria Dei is Caring. Sharing. Serving. Reaching.

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: Today, we begin a two-part series on how to keep stress out of our lives. Studies show personal stress is at near-record levels. We will be looking at Paul's anti-stress recipe in the book of Philippians about how to personally experience God's peace regardless of your circumstances. If you want to lower the stress in your life, pay attention to the promises that God gives in Philippians 4:6-13. In this message, you'll learn how to live a life filled with God's peace and a less-stressed mind. Who doesn't want that?

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 Gloria Dei on Wednesdays at 11 am for mid-day bible study, featuring the book of Ephesians. We will be wrapping up Chapter 5 walking in love and in the light of Christ and moving on to Chapter 6 a call to spiritual battle using the Armor of God.

Twenty-Third Sunday after Pentecost

AS WE GATHER: In every kind of pressure, Jesus shows us that God is present, compassionate, and powerful. His peace wasn't based on perfect circumstances but on perfect trust in His Father. That's why you can trust Him with your own stressful situation.

+ 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 unto 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 +

HYMN 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 **Proverbs 3:1-6**

My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you.

Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man.
Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

L: The Word of the Lord.
C: Thanks be to God!

EPISTLE READING **Philippians 4:4-8**
Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. 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. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

L: The Word of the Lord.
C: Thanks be to God!

GOSPEL READING **Matthew 6:25-27**
L: The Holy Gospel according to Matthew.
C: Glory to You, O Lord!

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life?

L: This is the Gospel of our Lord.
C: Praise to You, O Christ!

HYMN OF THE DAY "'Tis So Sweet to Trust in Jesus"

Public Domain

'Tis so sweet to trust in Jesus,
Just to take Him at His Word;
Just to rest upon His promise,
Just to know, "Thus saith the Lord!"

Jesus, Jesus, how I trust Him!
How I've proved Him o'er and o'er;
Jesus, Jesus, precious Jesus!
Oh, for grace to trust Him more!

I'm so glad I learned to trust Him,
Precious Jesus, Savior, Friend;
And I know that He is with me,
Will be with me to the end.

Jesus, Jesus, how I trust Him!
How I've proved Him o'er and o'er;
Jesus, Jesus, precious Jesus!
Oh, for grace to trust Him more!

Jesus, Jesus, how I trust Him!
How I've proved Him o'er and o'er;
Jesus, Jesus, precious Jesus!
Oh, for grace to trust Him more!
Oh, for grace to trust Him more!

Message "How to Keep Stress Out of My Life" 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 "In Christ Alone" Keith Getty/Stuart Townend

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In Christ alone my Hope is found, He is my Light, my Strength, my Song;
This Cornerstone, this solid Ground, Firm through the fiercest drought and storm.
What heights of love, What depths of peace,
When fears are stilled, When strivings cease!
My Comforter, my All in All, Here in the love of Christ I stand.

In Christ alone! Who took on flesh. Fullness of God in helpless babe!
This gift of love and righteousness, Scorned by the ones He came to save:
Till on that cross as Jesus died, The wrath of God was satisfied –
For every sin on Him was laid; Here in the death of Christ I live.

There in the ground His body lay, Light of the world by darkness slain:
Then bursting forth in glorious Day. Up from the grave He rose again!
And as He stands in victory. Sin's curse has lost its grip on me,
For I am His and He is mine - Bought with the precious blood of Christ.

No guilt in life, no fear in death, This is the power of Christ in me;
From life's first cry to final breath. Jesus commands my destiny.
No power of hell, no scheme of man, Can ever pluck me from His hand;
Till He returns or calls me home, Here in the power of Christ I'll stand.

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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Collection for Operation Christmas Child Runs Through November 15

The gift filled shoeboxes should be dropped off at Gloria Dei no later than Sunday, November 15. The Board of Social Ministry will deliver the shoeboxes on Monday, November 16.

Here is what you do: **(1)** Find a Shoebox. **(2)** Girl or Boy? Including age group 2 - 4, 5 - 9, 10 – 14. **(3)** Fill with Gifts. **(4)** Pray. **(5)** Follow your box - remember to include $10 (per box) for shipping. **(6)** Drop-Off your shoebox(es) at church no later than Sunday, November 15.

Do Not Include – SOAP, Candy; toothpaste; gum; used or damaged items; scary or war-related items such as toy guns, knives, or military figures (or wearable camouflage); chocolate or food; seeds; fruit rolls or other fruit snacks; drink mixes (powdered or liquid); liquids or lotions; medications or vitamins; breakable items such as snow globes or glass containers; aerosol cans.

OUR WEEKLY CALENDAR

11/01 Sun	**Twenty-Third Sunday after Pentecost**	
	10:00 am	**Worship Service w/Holy Communion**
		Rev. Dr. Matthew Cephus
	11:45 am	Royal Family Worship
	6:00 pm	NA
11/02 Mon	7:00 pm	Beginners AlAnon (downstairs)
	7:00 pm	AlAnon (upstairs)
11/03 Tues	7:30 pm	SLAA Group Meeting
11/04 Wed	**11:00 am**	**GDLC Bible Study**
11/06 Fri	5:00 pm	Living Word Music Rehearsal
11/07 Sat	10:00 am	Living Word Worship & Fellowship
	6:00 pm	Living Word Prayer Night
11/08 Sun	**Twenty-Fourth Sunday after Pentecost**	
	10:00 am	**Worship Service w/Holy Communion**
		Rev. Dr. Matthew Cephus
	11:45 am	Royal Family Worship
	6:00 pm	NA

SERVING TODAY

Elders: Daniel Carlson and Jason Matasovsky
Reading: Julie Cross
Ushers: Tom and Patty Lyrenmann
Altar Care: Tom and Patty Lyrenmann
Counters: Tom and Patty Lyrenmann
Attendance: 10/25/2026: 35

Volunteer with Prepare + Prosper

Prepare + Prosper, a nonprofit financial empowerment organization at 2125 East Hennepin Ave., is recruiting community members to volunteer during the 2027 tax season (January – April). Opportunities include tax preparer or customer support volunteer. No previous tax experience is required; training and support are provided. Bilingual and multilingual individuals are especially encouraged to learn more. Register for info sessions at *prepareandprosper.org/volunteer/.*

BIRTHDAYS: 2nd Daniel Harris
ANNIVERSARIES: None

ETERNAL CANDLE: Open
FLOWERS: Open

PRAYER CONCERNS

KEEP IN YOUR PRAYERS: Wade Billmeyer, Karmon & Meridel Christopherson, Vicki Henderson, Larry Schlais, Pat Scott, Verlayne Sather and all our shut-ins

Robert & Dolores Kluwe ongoing health issues
Katie Beth Carlson's grandmother, Roxanne Soderman, is experiencing complications related to heart failure. She has been hospitalized for 2-1/2 weeks and is now in a nursing home for rehab; she will then be released to hospice care at home. Grandpa, Bud, is still her main caregiver. Prayers for peace, comfort and a miracle healing.
Michelle (Shirley H's friend) suffering with vertigo and doctors just found a lesion on her brain.
Evelyn Cummings (Roselyn's family) breast cancer, double mastectomy and treatment pending
Allie Pierce, her cancer has returned
James Norman His cancer and pain have worsened. He is also losing weight fast.
Alec Schwandt (Morelli's nephew) heart surgery procedure successful, thank you for all the prayers
Jennifer (Amy Rich's sister) recovering from recent breast cancer treatments
Roxie Johnson (Morelli's niece) ongoing heart issues, upcoming surgery to replace small valve on August 24
Kim Morelli (Morelli's DnLs) upcoming surgery the week of 10/26, continued prayers
Amy Rich (Morelli's DnLs) recovering from recent surgery, continued prayers
For First Responders/Health Care Workers, including James Norman, an ICU nurse
THOSE SERVING OUR COUNTRY IN DANGEROUS AREAS

NOTE: Those "in our extend prayers" are removed from the list after eight weeks. If there is someone you would like to keep on the list for another eight weeks, please contact the church office at 612-781-1989.

Pick up your FREE 2027 Wall Calendar.
Compliments of Washburn McReavy.

TODAY'S LUTHERAN HOUR

November 1, 2026 **"What We Will Be"** **1 John 3:2**

Lutheran Hour Speaker: Rev. Dr. Michael Zeigler

What we will be has not yet appeared. But even now, we are God's adopted children, through faith in Christ.

NEXT WEEK ON THE LUTHERAN HOUR

November 8, 2026 **"The Survivor Tree"** **Luke 13:6**

Lutheran Hour Speaker: Rev. Dr. Michael Zeigler

Trees play a prominent role in the Bible. Hear how the tree of Christ's cross leads us back to the Tree of Life.

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

LUTHERANS FOR LIFE:

"I would also like to remind you that we are part of something much bigger than a nation or a political party: the Kingdom of God. It is the eternal reign of God that shows itself in time, and it can do things we think impossible. It is the true source of justice and peace and our shelter when the storms of life are raging. No matter what happens … in the days to come, our hope is in the true King, Jesus Christ, who works through, around, or in spite of our human institutions." *Rev. Chris Wheatley – 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, **"Jeremy."** It features the relationship between a mother and her mentally challenged son who lives in a home. The worship service begins at 9:30 with Rev. William Traphagan from Mission of the Cross Lutheran Church in Crosslake, MN, presenting a message titled **"The Sweet Names of Death,"** based on **Matthew 5:1-12**. For more information or to watch the program, go to www.mainstreetliving.com and select the "Twin Cities' tab.