Gloria Dei Lutheran Church

(The Lutheran Church-Missouri Synod)



"HOW TO KEEP STRESS OUT OF MY LIFE" – Part II

Order of Worship November 8, 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: Kay Knutson

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: We continue the second portion of our 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 6 a call to spiritual battle using the Armor of God.

Twenty-Fourth Sunday after Pentecost

AS WE GATHER: What kind of situation or weight are you carrying right now? It's time to surrender your worries, fears, and heavy responsibilities to God through Prayer instead of trying to carry them all in your own strength.

+ CONNECT +

WELCOME

ANNOUNCEMENTS

OPENING HYMN "Nearer My God to Thee" v. 1-3

Nearer, my God, to Thee, Nearer to Thee!
E'en though it be a cross That raiseth me; Still all my song shall be,
Nearer, my God, to Thee, Nearer, my God, to Thee, Nearer to Thee.

There let the way appear Steps unto heaven;
All that Thou sendest me In mercy given; Angels to beck-on me
Nearer, my God, to Thee, Nearer, my God, to Thee, Nearer to Thee.

Then, with my wak-ing thoughts Bright with They praise,
Out of my stony griefs, Beth-el I'll raise; So by my woes to be
Nearer, my God, to Thee, Nearer, my God, to Thee, Nearer to Thee.

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 **"Holy, Holy, Holy"** **LSB 507**

Text & Music: Public Domain

Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to Thee;
Holy, holy, holy, merciful and mighty!
God in three persons, blessed Trinity!

Holy, holy, holy! All the saints adore Thee,
Casting down their golden crowns around the glassy sea.
Cherubim and seraphim falling down before Thee,
Which wert and art and evermore shalt be.

Holy, holy, holy! Though the darkness hide Thee,
Though the eye of sinful man Thy glory may not see,
Only Thou art holy; there is none beside Thee,
Perfect in pow'r, in love, and purity.

Holy, holy, holy! Lord God Almighty!
All Thy works shall praise Thy name in earth and sky and sea.
Holy, holy, holy, merciful and mighty!
God in three persons, blessed Trinity!

OLD TESTAMENT READING **Isaiah 41:8-10, 13-14**

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.

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 **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 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 "I Need Thee Every Hour" v. 1-3

I need Thee ev'ry hour, Most gracious Lord;
No tender voice like Thine Can peace afford.

Refrain
I need Thee, oh, I need Thee; Ev'ry hour I need Thee;
Oh, bless me now, my Savior, I come to Thee.

I need Thee ev'ry hour, Stay Thou nearby;
Temptations lose their pow'r When Thou art nigh. **Refrain**

I need Thee ev'ry hour, In joy or pain;
Come quickly and abide, Or life is vain. **Refrain**

Message "How to Keep Stress Out of My Life" – Part II 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 "Guide Me O Thou Great Redeemer" LSB 918

Text and Music: Public Domain

Guide me, O Thou great Redeemer, pilgrim through this barren land.
I am weak, but Thou art mighty; hold me with Thy pow'rful hand.
Bread of heaven, bread of heaven, feed me till I want no more;
Feed me till I want no more.

Open now the crystal fountain whence the healing stream doth flow;
Let the fiery, cloudy pillar lead me all my journey through.
Strong deliv'rer, strong deliv'rer, be Thou still my strength and shield;
Be Thou still my strength and shield.

When I tread the verge of Jordan, bid my anxious fears subside;
Death of death and hell's destruction, land me safe on Canaan's side.
Songs of praises, songs of praises I will ever give to Thee.
I will ever give to Thee.

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

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
11/09 Mon	7:00 pm	Beginners AlAnon (downstairs)
	7:00 pm	AlAnon (upstairs)
11/10 Tues	7:00 pm	SLAA Group Meeting
11/11 Wed	**11:00 am**	**GDLC Bible Study**
11/13 Fri	5:00 pm	Living Word Music Rehearsal
11/14 Sat	10:00 am	Living Word Worship & Fellowship
	6:00 pm	Living Word Prayer Night
11/15 Sun	**Twenty-fifth 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: Jason Matasovsky
Ushers: Dale Raschke and Wade Billmeyer
Altar Care: Lyrenmanns and Morellis
Counters: Shirley Holzinger and Verlayne Sather
Attendance: 11/01/2026: 28

Please Note:
The Thanksgiving Service will be held on Thanksgiving Day, Thursday, November 26 at 10 am. Royal Family will also be invited to attend. There will be NO Bible Study on Wednesday, November 25.
As a reminder, Gloria Dei will hold Christmas Eve candlelight service at 5pm and Christmas Day service at 10 am.

BIRTHDAYS: 14th Betty Hietala
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

Lisa Young (Roselyn's SnL) double mastectomy last week, praying for successful cancer treatment
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.
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 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.

NEXT WEEK ON THE LUTHERAN HOUR

November 15, 2026 **"Fruitful Trees"** **Genesis 1:11-12; 1 Peter 2:24**

Guest Speaker: Rev. Dr. Glenn Nielsen

The tree of Christ's cross bore life-giving fruit.

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:

"And so, there's a stage for every age, a place to use the talents we're given and to see faith grow. Blessings to you all as you serve in the many ways God has prepared, as you see that we function together in one blessed Body. We will never tell Him that there's nothing for us to do." *Rev. Dr. Daniel Paavola, Guest Speaker on "The Lutheran Hour" – A Life Quote from Lutherans For Life • lutheransforlife.org*

STEWARDSHIP: 24th Sunday after Pentecost - Matthew 25:4

"But the wise took flasks of oil with their lamps." Why did they take flasks of oil with them? Because they listened to the Bridegroom's words and believed what He said. Our actions always start with and flow from our beliefs. What do your actions in the realm of stewardship say about what you believe?

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, **"Flight Plan,"** where a man is dealing with the death of a young boy with terminal illness. Will it strengthen his faith or destroy it? The worship service begins at 9:30 with Rev. Patrick Lovejoy from First Evangelical Lutheran Church in Grand Rapids, MN, presenting a message titled, **"I Just Don't Understand,"** based on **Matthew 25:1-13**. For more information or to watch the program, go to www.mainstreetliving.com and select the "Twin Cities' tab.

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.

Turkey Bingo - November 8 @ 3:00 pm - 5:00 pm

Help Mt. Carmel Lutheran Church fix its roof and install a new furnace by joining their Turkey Bingo on Sunday, **November 8, from 3-5 pm**, in the church fellowship hall, 1701 St. Anthony Parkway. 10 Bingo games for $10 (win a turkey or grocery gift card), raffles for local establishment gift cards and special silent auction items, including Vikings tickets for 11/29 home game.

FREE Community Dinner at St. Timothy's; November 10th @ 5 pm – 6:30 pm

Join St. Timothy's on Tuesday, November 10, from 5 pm to 6:30 pm (or until the food is gone) for their drive through community dinner. All are welcome! St. Timothy's Lutheran Church is located at 825 51st Avenue NE, Columbia Heights.

Free Community Dinner at Faith UMC - November 12 @ 5 pm - 6 pm

Faith United Methodist Church, 2708 33rd Avenue NE, will hold a free community dinner every second Thursday of the month from 5-6 pm. Everyone is welcome. The last date for 2026 is December 10.

Book Sale at Pierre Bottineau - November 21 @ 10:00 am - 2:00 pm

The Friends of Pierre Bottineau Library will hold a book sale **Saturday, November 21, 10 am-2 pm** at the Pierre Bottineau Library, 55 Broadway Street NE. Hundreds of books available, including adult fiction and nonfiction, and children's books. Blind Date books (recently published hardcover books) are $2. Hardcovers are $1, paperbacks and children's books are $.50. Cash or Venmo accepted. Book donations accepted during library hours through November 6. (Please: No textbooks, magazines, or media).