

### Sunday Worship Participants

**Sermon:** Reverend Judy Rudd; **Director of Music:** Ann Tibbs; **Liturgist:** Nancy Paschal  
**Children's Moments:** Laura Richards; **Choir:** Ann Nixon, Susan Coles, Christian Leus,  
Donald Warren and Delaney Wells; **Ushers:** Steve Dobbins, Joe Coles, Rob Wyatt, Bobby Wyatt,  
Roy Whitaker and Ken Kesterson

#### Sunday, January 30

8:30 Chapel Worship

9:15 Sunday School

10:30 Worship

4:00 Trinity Village Vespers (?)

#### Monday, January 31

#### Tuesday, February 1

#### Wednesday, February 2

10:30 Staff Meeting

3:00 Coffee with the Pastor

#### Thursday, February 3

#### Friday, February 4

*Office Closed*

#### Saturday, February 5

#### Sunday, February 6

8:30 Chapel Worship

9:15 Sunday School

10:30 Worship

**Wednesday Evening activities are temporarily suspended until the Covid case numbers improve.**



The Lakeside Leadership Board met Monday, January 24, and did extend the current COVID precautions including masking. It will address this issue at each future meeting.

The Board will meet on the third Monday of each month. If you wish to bring matters to the Board's attention, you are asked to submit it to the Church office seven days before the meeting. All are welcome to attend and observe!

**Pastor Judy's  
contact information**  
Reverend Judy Rudd  
(501) 607-0889  
judy.rudd@arumc.org

**Ministry Staff**—The Baptized Followers of Jesus Christ  
Arkansas Conference Bishop, The Reverend Gary Mueller  
Southeast District Superintendent, The Reverend Edna Morgan  
Senior Pastor, The Reverend Judy Rudd  
Administrative Assistant, Linda Schultz  
Church Treasurer, Stephanie Hayslip

Coordinator of Congregational Ministries Rebecca Phillips  
Coordinator of Missions and Family Ministries, Geraldin Alfaró Mondragon  
Mi Casa Ministry Assistant, Vanessa Hernandez-Valdez  
Custodians, Ernestina Beltrañ and Rosa Trujillo; Security, Humberto Solis

# Lakeside United Methodist Church



## Soul Dehydration

January 30, 2022

1500 South Olive Street 71601

870-534-6241

[LakesidePB@arumc.org](mailto:LakesidePB@arumc.org)

<https://Lakesidepb.org>

Worship with us at <https://www.facebook.com/LakesidePB/live/>

**Thank you for wearing your mask in worship.**  
**(Blue Headings indicate 8:30 service.)**

CHIMES

PRELUDE I Will Arise and Go to Jesus Herbert Colvin

WELCOME Reverend Judy Rudd

\*CALL TO WORSHIP Nancy Paschal

Our souls long for you, O God.  
**When shall we behold your face?**  
Our souls are uneasy.  
**When shall hope lead us to praise you again?**  
During the day, your steadfast love sustains us.  
**During the night, your song washes over us.**  
Our hope leads us to praise you.  
**We praise you, our song of hope.**

\*OPENING HYMN I Need Thee Every Hour v.1, 2, 4 UMH 397

LIFE OF THE CHURCH Nancy Paschal

PRAYERS OF THE PEOPLE Pastor Judy

#### THE 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. 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. Amen.**

CHILDREN'S MOMENTS Laura Richards

OFFERTORY PRAYER Nancy Paschal

*You may also give electronically at [lakesidepb.org/giving](http://lakesidepb.org/giving) or by texting 73256.*

OFFERTORY ANTHEM Come Ye Sinners, Poor and Needy

**\*DOXOLOGY** UMH 95

*Praise God, from whom all blessings flow; praise him, all creatures here below; praise him above, ye heavenly host; Praise Father, Son, and Holy Ghost. Amen.*

SCRIPTURE LESSON: PS 42:3 -11 Pastor Judy

The Word of God for the people of God.

**Thanks be to God!**

SERMON "Soul Dehydration"

SERMON SERIES Soul Reset: Pause . . . Pray . . . Be

\*HYMN OF RESPONSE His Eye Is On the Sparrow v.1, 2 TFWS 2146

\*BENEDICTION Pastor Judy

POSTLUDE Sing a New Song of Joy Hugh Livingston, Jr.

*The altar flowers are given to the glory of God  
and in honor of Delos McCauley's 85th birthday on January 27th.*

(\*Indicates a standing posture of praise. Stand as you are able.)  
(UMH indicates the United Methodist Hymnal)

(Please maintain social distancing at all times.)

## Spiritual Practice – Prayer

The practice of prayer simply means to spend time with God. Sometimes we talk; sometimes we listen; sometimes we seek; sometimes we rest – all are actions of practicing prayer. Throughout the Scriptures, we have examples of varying forms of prayer, from Abraham stargazing with God; to David worshiping, lamenting, grieving and then praising God again; to Elijah in a cave listening for God; to Jesus himself giving us words to pray. The Bible shows us time and again that God desires time and conversation with us.

This week, you are invited into various forms of prayer with the simple purpose of sitting with God. Set aside a period of time each day and designate a place that will be devoted to your prayer practice. Make this an intentional, set-apart time just for you and God to spend time together.

*Day 1:* Settle into a quiet space and turn off your phone. Sit for a moment in silence and center your thoughts and your heart on growing near to God. Once you are settled, set an intention of simply sitting in the presence of God. When tasks, worries, or fears come into your mind, acknowledge them before God and ask God to hold them in God's hands. Pay attention to what messages God might have for you – words to bring you comfort or encouragement or maybe even just a feeling of peace or mercy. This practice of prayer requires no words or striving; this is simply a time for you to sit with God and to let your thoughts and feelings come and go. When you are ready, end your prayer time by praying The Lord's Prayer.

*Day 2:* For your prayer practice today, you are invited to write a letter to God. Consider that God invites us into friendship. Friends have regular conversations, sharing hopes and fears, dreams and trials. Sit down and write a letter to God, your friend. Share all that is going on in your life right now, what is on your mind, what is going on with your family, what you are struggling with, what are you grateful for – everything that you would share with your very best friend.

*Day 3:* Today, you are invited to make *silence* your friend. Set aside some time to block out any noise and create an opportunity to listen for the still, small voice of a loving God. Let your thoughts float away like clouds and let the silence clear your heart and mind. Don't strive or try to achieve in these moments. Simply sit in God's presence and be still.

*Day 4:* Sometimes life comes at us, and before we know it, our hearts are overcome with worry, fear and anxious thoughts. Trials and suffering can make us feel like there is nothing good about our lives or that we'll never experience joy again. The Psalms teach us how to praise God, even in our suffering. David lays out all his feelings before God – anger, uncertainty, fear, defeat, sadness, depression – but he circles back to his love for God and finds a way to “yet praise,” even when he faces trials. Name before God your fears, worries, your trials and anxious thoughts. Then, close your prayer with words of praise and set your heart to praise.

*Day 5:* Practice prayer today by looking for God everywhere. Keep your eyes and ears open to notice the beauty of creation, encouraging words from a friend, the wind blowing across your face. Notice the goodness of God all around you and get caught up in it. Set your heart on seeking God, on looking for God's movement and listening for God's voice all day long.

*Day 6:* Today, align your prayers with your breath by practicing and a breath prayer. Throughout the day, as often as you can, let your heart whisper as you inhale, “Lord, Jesus Christ”; and as you exhale, “have mercy on me, a sinner.”

*Day 7:* How is it with your soul right now? Ask God to reveal the places in your life that are thriving and then ask God to show you the places that need new life. Pray for a clean heart and renewed spirit.

***From Soul Reset: Breakdown, Breakthrough, and the Journey to Wholeness by Junius B. Dotson p. 112-114.***