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**ORDER OF WORSHIP**

Call to Worship: *Shout to the Lord* ..... Choir

Apostles Creed..... Rev. Suzie Beeson

Hymn Medley: #61 *Come, Thou Almighty King/ His Name is Wonderful*  
*All Hail King Jesus*..... Congregation

Prayer..... Rev. Suzie Beeson

Special Music: *Draw Me Nearer* ..... Choir  
 Solo: Cynthia McCarter

Sunday School Witness

Registration & Offertory..... Rev. Suzie Beeson

Offertory: *See You in My Eyes* ..... solo: Anita Winter

Doxology ..... Congregation

Sermon: *The Jesus Stress Management Plan* ..... Dr. Tim Thompson

Holy Communion

Communion Songs: *The Wonderful Cross/ There is a Redeemer*

Closing Hymn: #534 *Be Still My Soul* ..... Congregation

Benediction

*Our Sanctuary worship leaders will move from casual summer dress back to regular Sunday dress and the choir will return to robes starting next Sunday, Sept. 12.*

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Acolytes serving in the Sanctuary this Sunday are Dalton Shoemaker and Carli Culpepper at 9:30 a.m. and Anna Garcia and Anna Kate Hammett at 11 a.m.

Flowers are given in loving memory of Nell Garmon on her birthday by her daughter, Ava Garmon.

Flowers are placed in honor of Wally and Carolyn (Pat) Seymour for their 67th wedding anniversary by their children, grandchildren and great-grandchildren, with love.


**SPREAD THE WORD**

Hear today's message again and share it with a friend. Pick up a CD in the Atrium, watch on WFRZ TV or online at [frazerumc.org/media](http://frazerumc.org/media), or download the podcast at [frazerumc.org/podcast](http://frazerumc.org/podcast).

# The Jesus Stress Management Plan

## Matthew 11:28-30 (NIV)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (NIV)

### I. COME

Matthew 11:28 “Come to me, all you are weary and burdened, and I will give you rest.” (NIV)

Psalm 91:1 “He who dwells in the shelter of the most high will rest in the shadow of the Almighty.” (NIV)

Psalm 23:2-3 “He makes me to lie down in green pastures, he leads me beside still waters, he restores my soul...”(NIV)

### 2. TAKE

Matthew 11:29a, 30 “Take my yoke upon you.....for my yoke is easy and my burden is light.” (NIV)

Psalm 55:22 “Pile your troubles on God’s shoulders, he’ll carry the load and help you out.” (MESSAGE)

### 3. LEARN

Matthew 11:29b “...learn from me, for I am gentle and humble in heart.”(NIV)