



# Resurrection

LUTHERAN CHURCH



March 2021

## HOLD ME

It is the understatement of the century to say that after a long trip Gatsby is excited to see us. He goes crazy barking, wants to be picked up and held right away. Being held by either me or Melina is pretty much his favorite thing, as he loves to be loved. This past week I had a Facebook memory from 7 years ago. Rewind back to March 2<sup>nd</sup> and you see that this was the first time I ever held Gatsby. (Look what a small, cute guy Gatsby was!)



Whether it is a furry child or a human child, March is also a significant month for me because it is now 37 years since my parents first held me. To think about the love parents have for their children when they hold them is overwhelming. There is so much emotion there, and it also brings such comfort to that child, just as it did for me all those years ago. (Look what a small, cute guy I was!)

The reason I share these stories is that in this season of Lent, as we rend our hearts, we too need to be held. We are reminded of this as we read Isaiah 41:10: "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." Over this past year we all have been afraid at times. We have all been discouraged, and in these moments the Lord still holds us! He strengthens us and helps us! In Jesus' arms we are comforted and given his love and peace.

Thinking about the 40 days of Lent and how they correlate to Jesus and his 40 days of being tempted in the desert, we can be reminded of how the Angels of the Lord attended to and held him up in those tough times. So too, in our times of temptation our caring Lord holds on to us. The late great Christian singer/songwriter, Rich Mullins, wrote a song about this topic called, "Hold Me Jesus."

The backstory about this song is that he was in Amsterdam and there was so much sinful temptation around him. And this is what he had to say about it: "A lot of times when we look at people we admire spiritually, we think they have arrived at this place where they cease to be tempted. The reality is, our faith may grow stronger over time, but the temptations never go away. It is hard for me to imagine that I will still feel tempted at 60, but when I was 20 I couldn't imagine I would feel such strong temptation as I do at almost 40."

And so with that quote in mind I want to close my article by sharing some of the lyrics from his song, "Hold Me Jesus." As you read them may the Lord hold you and keep you. May you feel his love and know that he cherishes you, as much as we cherish a newborn or a cute puppy!

"Well, sometimes my life just don't make sense at all  
When the mountains look so big,  
And my faith just seems so small  
So hold me Jesus,  
Cause I'm shaking like a leaf  
You have been King of my glory  
Won't You be my Prince of Peace"

From Jesus' loving arms I write,

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## LCMS STEWARDSHIP MINISTRY MARCH 2021 ARTICLE



Hudson Taylor, a Nineteenth Century British missionary to China, is reported to have said, "God's work, done in God's way, will not lack God's supply." To know God's way, we need to know His Holy Word. Or to say it another way: you need to know your Bible.

St. Paul, before he spends two chapters on giving, wrote that every thought is to be taken captive to the obedience of Christ (2 Cor 10:5). Doctrine matters. And doctrine matters because the Scriptures matter. And the Scriptures matter because this is where we learn the teaching of Christ. Our thoughts must be brought into line with the teaching of Scripture so that our work is what God wants done and so that we do this work in His way.

A good tree bears good fruit. A bad tree bears bad fruit. We have been made good trees in holy baptism. We are fertilized and pruned for bearing good fruit by constantly hearing God's Word preached and taught in sermon and Bible Class and in receiving the life-giving, faith-sustaining food of the Lord's Supper. Remember your doctrine, hold on to the Lord's teaching, and your thoughts will be taken captive to the obedience of Christ.

Bringing every thought captive to the obedience of Christ is recognizing that God does provide. The Lord's Prayer teaches us to pray for daily bread. Praying this day in and day out reminds us that the Lord is the giver of our daily bread, and that we are to give thanks for His daily provision of it. God is rarely early and never late in His work, as Abraham learned on the mount of the Lord it will be provided. The Lord's generosity forms our generosity in return.

Thus, we set aside for the work of God a generous, first-fruits, proportion of the daily bread that God has given to us. This act of trust in the Lord's provision is the working out of our faith in Him. When budgetary discussions pop up our natural reaction is to point fingers. But remember your doctrine, and what your mother taught about pointing fingers. Our first natural reaction is not always right. In fact, when our thoughts are brought into captivity of Christ, our first reaction should be repentance. It should raise questions in our own lives. As good trees in Christ who are to bear good fruit, we should ask whether our thoughts have been taken captive by obedience to Christ. Have we given generously? Have we given our first-fruits? You know. And God knows. "For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him" (2 Chron 16:9).

God will provide. He always has and He always will. He gives His meat in due season. He has not left you as orphans but has grafted you into His own family. You belong to Him. Remember this, letting this thought dwell in you richly. And you will then be rich toward others.

## GET YOUR DOSAGE OF GREEN

A very small study in *Frontiers in Psychology* showed that spending just 20 minutes outdoors in God’s creation — your yard, park or green space — can help lower stress hormone levels.

The research involved 36 people who spent three days a week for eight weeks outdoors where they could either walk and/or sit during their “green time.” Researchers used saliva samples to measure cortisol levels (a stress hormone) before and after being outdoors. The results showed that being outside at least 20 minutes was associated with the biggest drop in cortisol levels.



## PLANNING A ROUTINE



If you’ve ever uttered the phrase, “my head is about to explode” you know your brain won’t reach critical mass and self-destruct. You say it because your mind has been pushed to exhaustion as a result of the thousands of decisions we make every day. Many of those decisions require immediate deliberations about our options. Other decisions are so routine they are performed subconsciously. We make coffee, brush our

teeth, or perhaps even drive to work without thinking because we’ve performed the task so many times.

Where does exercising fit into the above scenario? Perhaps each day a decision has to be made whether or not to exercise or if at some point we’ll decide if something else takes priority. In the moment, we can talk ourselves out of what’s best for our health. One way to thwart last-minute changes is to make the decision in advance. In a study published in *Psychological Science*, researchers studied a trait they called “planfulness” and its correlation to how often people exercise. The study confirmed that those who plan for exercise — whether a week or even just a day in advance — exercise more consistently. That settles the debate: **making** the time for exercise is more effective than **finding** the time.

Planfulness involves putting in writing on your calendar the days and times in the coming week you’ll exercise. Yes, that still involves thinking, but it’s being made before your day gets going and provides protection against the hour-by-hour decision-making of what you’ll do next. Eventually, the plotting of your waking hours and how you’ll use them will turn into what makes exercising easier: a routine. Routines take the constant thinking out of the equation because they become imbedded in the day — they become second nature. For example, just like making coffee each day, you know exercise is going to happen. Just like brushing your teeth, exercise is what you do each day to care for your health. Just like driving, you won’t have to think about how to work the buttons on the treadmill or think through which sidewalks to walk down because those decisions will be second nature — you’ve done them many times before.

For me, morning exercise has become a natural part of my day. When the alarm goes off, there’s no need for me to decide what to do. I automatically get out of bed, reach for my sneakers and grab the workout clothes that will complement that morning’s activity. Healthy, habitual routines may seem mundane, but what you’ll find is that once established, they are a dependable, driving force that can kick in on those days you may not feel like caring for your health.

## PASTORS WIFE APPRECIATION MONTH IS MARCH... RIGHT?

From <https://churchletters.org/>



# PASTOR'S WIFE

## APPRECIATION MONTH

It seems that there was an attempt to start such a month of appreciation back in 2015 and while it seems to have faded away a bit, I think it's still a great idea! Perhaps I'm a bit biased because my wife is a Pastor's wife! My mother was a Pastor's wife! With the small slice of internet influence I have, I wanted to take a moment to write an article to encourage people in churches all across the world to celebrate and appreciate their Pastor's Wife!

There are so many pressures in ministry life, and one might say that a Pastor's Wife has seen her fair share of them. While we could go on and on about some of those pressures she deals with (including encouraging the Pastor), I'd like to give 4 simple ideas of how to be a blessing to her.

### **1. Pray for your Pastor's Wife.**

Hopefully, this is an obvious place to start, but without a doubt, it is vital to lift her up in your prayers daily. Even if it's just a few sentences in your prayer time, be sure you pray for her! You may never see what those prayers accomplish because many of God's answers to our prayers that are unseen! Pray for her encouragement and protection. Pray that she can be the kind of support her Pastor/Husband needs her to be. Pray that he will be a blessing to her as well.

### **2. Connect with your Pastor's Wife.**

Many people think that a Pastor's wife is so connected and loved by so many people who are surrounding her prior, or following a church service that she is "worn out" with so much attention. Rest assured, this is most likely not the case. Some might see her listening ear as an opportunity to get to the Pastor's ear, so they begin to "share" with her just where he needs to focus more of his attention. She is often in a place where she hears so many of the needs of the congregation that people forget actually to ask her this question; "so how are YOU doing?" When (and if) you ask that question, why not take a few moments to hear her out before making sure she knows you had that "same problem" and as a matter of fact, your situation was much more severe than hers. Connect with her without any strings attached. Just take time to listen, love and even if you can't do anything to "fix it," then at least you can let her know you will be praying for her.

### 3. Bless your Pastor's Wife with an unexpected gift.

Who doesn't like an unexpected gift? Does your church have a Women's Ministry? Perhaps you can share with your leadership that March is Pastors Wife Appreciation Month and possibly the ladies can bless her one at a time. Small things are often as powerful as the big things because it shows someone took the time to think of a way to be a blessing. Taking her out for coffee would be a great way to minister encouragement to her while enjoying those delicious bottomless cups of coffee with a donut or two to go with it. If she is the Mother of small children, then why not offer babysitting services so that she and her Pastor/Husband can go out for the evening. The list could go on and on about ways to be a blessing in a practical way, but you know your Pastor's wife, so work on your list and check it twice!

### 4. Speak positively to others about your Pastor's Wife.

One of the significant challenges of this day we live is to be social but to do so in a positive way. Let's face it, a Pastor and Wife live in a "glass house," and nearly everything they do is placed under the microscope. Quite often, she may be on the receiving end of some criticism and possibly, you may even feel it's valid, but don't "take the bait"! The Bible tells us in Proverbs 26:20: Without wood a fire goes out; without a gossip a quarrel dies down. Here's a great prayer to pray: "Lord, please help me not be the wood!" Amen.

The bottom line is that we ALL have problems and issues in our lives. We ALL need encouragement now and then. Some might ask why we should go "overboard" in being a blessing to a Pastor's wife. Well, nobody is saying to go "overboard," but to think of ways to bless the lady who is helping the Pastor to bless many people and their families as they go through a wide variety of situations and challenges. Jeff Allen, the great comedian, often makes this profound statement; "Happy Wife, Happy Life." I don't believe that ONLY applies to what the Pastor/Husband can do for his wife, but quite possibly, it could include ways that others are a blessing to her as well! So, whether Pastors Wife Appreciation Month in March of every year is still "a thing" or not is not the point... blessing your Pastor's Wife is!

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## NATIONAL PRAYER REMINDER

Join with thousands of others across our nation who are praying each day for one of the following requests:

### Sunday

- Prayer for moral and spiritual awakening in the entire country, acknowledging God's mercy and forgiveness ([2 Cor. 7:14](#))
- Pray for personal renewal and confession of all known sin. ([Psalm 66:16](#); [1 John 1:9](#))
- For us as individuals, that we may realize God's love and draw upon His wisdom and understanding. ([James 1:5](#); [Prov. 3:5, 6](#))
- For youth and their families, that they may desire to listen to and learn from one another. ([Col. 1:10](#))
- For Christians to become vital witnesses for Christ through their lives and words. ([2 Cor. 5:17-20](#))

### Monday

Pray for the leaders of our country by name, that they might have wisdom, guidance, protection, and awareness of God's presence, and that they might practice integrity. ([1 Tim. 2:1-6](#); [1 Sam. 12:14](#))

President	Government advisers	Government Officials
Judicial System	Congress	Military
Ambassadors and others in places of authority at home and abroad		

### Tuesday

Pray for leaders of our state, county, and city. ([Ps. 127:1](#); [Rom. 13:1-5](#))

Governor/Lt. Governor	Legislators	County/City Officials
Courts	Mayor	Law Enforcement
Public/Private School Authorities		

### Wednesday

Pray for all those undergoing persecution, imprisonment, or privation:

- For all persons being persecuted for their commitment to Christ around the world. ([Ps. 91:14-16](#))
- For prisoners of drugs, alcohol, immorality, obscenity, pornography, crime, prejudice, unbelief, and despair. ([John 8:36](#))
- For prisoners of poverty, hunger, and illness. ([Phil. 4:19](#))

### Thursday

Pray for the church and for church-related organizations, local and nationwide:

Ministers	Evangelists	Chaplains
Teachers	Strategic Events	Deacons & Elders
Laymen	Missionaries	Theological Schools

### Friday

Pray for greater Christian impact in mass media and cultural or social service ([Col. 2:8](#))

Magazines	Commentators	Television
Radio	Movies	Community Services
Scientific Research	Medical Services	Newspapers

### Saturday

Pray for each other:

- For purification of our thoughts and deeds, that we may be instruments for God's love. ([Ps. 139:23, 24](#))
- That Christians might encourage and stimulate one another to love and good deeds. ([Heb. 10:24](#))
- For individual needs of fellow Christians ([Phil. 4:6, 7](#))



# GOOD FRIDAY

## SERVICE - APRIL 2 | 7:00 PM

Please email [secretary@resurrection-lcms.org](mailto:secretary@resurrection-lcms.org) to reserve your spot or livestream @ [facebook.com/rlcdesmoineswa](https://www.facebook.com/rlcdesmoineswa)



# He Is Risen

## EASTER SUNDAY

**April 4** 8:00 & 10:30 am

Please email [secretary@resurrection-lcms.org](mailto:secretary@resurrection-lcms.org) to reserve your spot or livestream @ [facebook.com/rlcdesmoineswa](https://www.facebook.com/rlcdesmoineswa)

## EASTER SERIES – LIVING THE RESURRECTION

There is no exuberance that is too loud, no expression of joy that is over the top, no exercise of new life that can be shut down on Easter. Easter calls for excess and it calls for joyful living! We are also reminded that Easter is not a day; it is a season. So let's take the next 7 weeks to see how we can be living the Resurrection with all our scenes here at RLC!

April 4<sup>th</sup> – Easter Sunday 8 and 10:30 am Services – Terror and Amazement – OT: Isaiah 25:6-9

NT: I Corinthians 15:1-11 **Gospel: Mark 16:1-8**

April 11<sup>th</sup> - Unless I See – NT: I John 1:1-2:2 **Gospel: John 20:19-31**

April 18<sup>th</sup> – Touch and See – OT: Psalm 4 NT: I John 3:1-7 **Gospel: Luke 24:36-49**

April 25<sup>th</sup> – Listen to My Voice – OT: Psalm 23 NT: I John 3:16-24 **Gospel: John 10:11-18**

May 2<sup>nd</sup> – Abide in Me – NT: I John 4:7-21 **Gospel: John 15:1-8**

May 9<sup>th</sup> – No Greater Love – OT: Psalm 98 NT: I John 5:1-6 **Gospel: John 15:9-17**

May 16<sup>th</sup> – We Are Yours – OT: Psalm 1 NT: I John 5:9-13 **Gospel: John 17:6-19**



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