

Mt. Zion United Church of Christ
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Rev. Amy E. Northridge, Pastor
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February 8, 2026

9:45 AM

In My Feels: Anxious & Afraid

Thank you for worshiping with us today. If you are a guest, we invite you to take a moment to complete a visitor's card located in the back of the pew in front of you and place it in the offering plate when it is passed. We also invite you to sign your name in our guest book located in the back entrance of the sanctuary.

We welcome infants and children and all their wiggles & voices in our worship! For your comfort, we also have a children's corner in the back narthex where your child can relax and play and you can still participate in the worship experience. We have children's books and activity bags for them to enjoy! Additionally, after the children's message, children from 3 years old—6th grade are invited to participate in Sunday school in our classroom downstairs. They can choose to attend Sunday school or return to their seats to sit with their parents. Please see a member of the welcoming team for assistance!

WELCOME & ANNOUNCEMENTS

JOYS & CONCERNS

INTRODUCTION TO THE THEME

PRELUDE

Be Not Afraid

by Dufford

CALL TO WORSHIP

L: When fear rises like a storm around us,

C: We come seeking the One who is with us in the boat.

L: When the winds of worry howl and we feel unsteady,

C: We remember that Christ does not abandon us.

L: When anxiety tells us we are sinking,

C: We cry out, trusting that help is near.

L: When we are anxious and afraid,

C: We gather to worship the God who brings peace.

L: We gather to worship the God who meets us with compassion and does not leave us alone in the storm.

*Those for whom it is comfortable, please rise.

Precious Lord, Take My Hand

Thomas A. Dorsey

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Piano $\text{♩} = 80$

The musical score is written for piano on a single staff in G major (one sharp) and 3/4 time. It consists of four lines of music, each with a measure number (1, 5, 9, 13) at the beginning. The lyrics are written below the notes, with some words split across lines. The score ends with a double bar line.

1. Pre-cious Lord, take my hand, lead me on, let me
2. When my way grows drear, pre-cious Lord, ling-er
3. When the shad - ows ap - pear and the night draws

5
stand, I am tired, I am weak, I am worn;
near, when my life is al - most gone,
near, and the day is past and gone,

9
Through the storm, through the night, lead me on to the
Hear me cry, hear my call, hold my hand, lest I
At the riv - er I stand, guide my feet, hold my

13
light
fall:
hand:
Take my hand pre-cious Lord, lead me home.

*Those for whom it is comfortable, please rise.

***CONFESSION AND FORGIVENESS**

CALL TO CONFESSION

L: God of mercy and steady presence, you know the storms that rise around us and the fears that stir within us. We come before you this day, not to hide our anxiety, but to name the ways fear can shape our lives in ways that pull us away from you.

PRAYER OF CONFESSION

L: Loving God,

C: we confess that when we are anxious, we sometimes pull away from you. We trust our fear more than your promises. We look for control instead of leaning into your care. We close in on ourselves, and we forget that you are near.

Fear itself is not our failure, and worry is not a moral flaw but sometimes in our fear and worry we make choices that feel out of control and out of alignment with your love and your commands. So, we confess that fear can separate us — from you, from one another, and from the peace you long to give. We ask for your grace.

ASSURANCE OF PARDON

P: Hear the good news: God does not turn away from us in our fear. In Jesus Christ, God comes near. In Christ, You are forgiven --we are all forgiven, restored to relationship with God, and invited to trust —not perfectly, but honestly and again.

C: Thanks be to God. Amen.

ACT OF PRAISE NO. 449 (black hymnal, vs. 1 & chorus)

Softly and Tenderly

ALL SING: Softly and tenderly Jesus is calling, calling for you and for me; See at the portals Christ waiting and watching, watching for you and for me. Come home, come home, All you are weary, come home; Earnestly, tenderly Jesus is calling—calling, “O sinner, come home!”

CHILDREN’S MESSAGE

WORSHIP CHOIR & CHILDREN’S CHOIR ANTHEM

As a Little Child

by Martin

SCRIPTURE

Mark 4:35-41 (CEB)

SERMON

*Those for whom it is comfortable, please rise.

Eternal Father, Strong to Save

Piano $\text{♩} = 80$

1. E - ter-nal, Fa-ther, strong to save, Whose arm has bound the
 2. O Sav-ior, whose al - might-y word The winds and waves sub -
 3. O Ho - ly Spir - it, who didst brood Up - on the cha - os
 4. O Trin - i - ty of love and pow'r, All trav - lers guard in

5

rest - less wave, Who bade the might - y o - cean deep Its
 - mis - sive heard, Who walked up - on the foam - ing deep, And
 dark and rude, And bid its an - gry tu - mult cease, And
 dan - ger's hour From rock and tem - pest, fire and foe, Pro -

8

own ap - point-ed lim - its keep: Oh, hear us when we cry to thee For
 calm a - mid the storm didst sleep: Oh, hear us when we cry to thee For
 give, for wild con - fu - sion, peace: Oh, hear us when we cry to thee For
 - tect them where-so - e'er they go; Thus ev - er-more shall rise to thee Glad

12

those in per - il on the sea.
 those in per - il on the sea.
 those in per - il on the sea.
 hymns and praise from land and sea.

*Those for whom it is comfortable, please rise.

PRAYERS OF THE PEOPLE & THE LORD'S PRAYER

L: I invite you to join me in prayer, God who meets us in wind and wave, we come to you as we are —with hearts that hold the tension of gratitude, but also anxiety, fear, and lament. You see the storms that surround us. You know the fears we carry when the world feels unsteady and the future feels unclear. So, we bring you the honest prayer your disciples once prayed —a prayer spoken not from doubt, but from desperation and trust.

C: Teacher, hear us, don't you care that we're drowning?

L: We pray this for our world, O God —for places torn apart by violence and war, for our country divided by fear and mistrust, for leaders hearts to be turned to your sacrificial love when making decisions on behalf of their people. When the noise of conflict is loud and the way forward feels hidden, we pray

C: Teacher, hear us, don't you care that we're drowning?

L: We pray for a world overwhelmed by suffering —for those displaced by disaster, for those without safety or shelter, for those weighed down by injustice for those torn from their families and separated from their friends, When these storms seems relentless, we pray

C: Teacher, hear us, don't you care that we're drowning?

L: And God, we pray this prayer closer to home. For our own lives when anxiety tightens its grip. For diagnosis and illnesses that bring uncertainty. For the fears and suffering we name and the ones we carry quietly.

(Our community concerns will be lifted here)

L: When the waters rise around us, we call out to you,

C: Teacher, hear us, don't you care that we're drowning?

L: And yet, O God, even as we beseech you to see us and hear us and calm the waves crashing in around us, we remember your presence with the disciples on the boat. That you did not abandon them. That you did not ignore the cries of the fearful. That you rose up to meet the storm. So, placing our trust in you--we also bring you our joys — signs of hope that remind us the waves are not the whole story. For moments of kindness and connection. For healing that has begun. For new life, new beginnings, and unexpected grace.

(Our community joys will be lifted here)

*Those for whom it is comfortable, please rise.

L: God of peace, hear our hearts cry out to you. Hear the prayers we speak aloud and the ones we cannot yet find words for. When fear feels louder than faith, stay with us. When the world feels out of control, steady us. When we ask, “Do you not care?” hear our lament—and strengthen our trust that you do —because in the depths of our hearts—in the midst of our struggles—we know that you are already at work bringing calm, courage, and compassion into the storm. We place all of this in your care, trusting that you are with us in the boat, now and always. So with our laments named and our joys lifted before you-together, we pray the prayer you have taught us...

ALL: 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 sins, as we forgive those who sin 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.

TIME FOR SHARING

INVITATION TO GENEROSITY & DISCIPLESHIP

OFFERTORY

‘Tis So Sweet to Trust in Jesus

by Stead

*PRAYER OF DEDICATION

L: Faithful God,

C: receive these gifts we bring before you. When the waters feel rough, use what we offer to bring shelter and support. When fear is heavy, let these gifts be signs of love and hope. Bless what is given —that it may serve your work in the world and remind us that we do not face the storm alone. We offer all of this in trust, in the name of Jesus. Amen.

***CLOSING HYMN NO. 438 NCH** (black hymnal, see next page)

It is Well

*Those for whom it is comfortable, please rise.

When Peace, Like a River

Piano $\text{♩} = 80$

1. When peace, like a ri - ver, up - holds me each
 2. Though e - vil should tempt me, though tri - als should
 3. My sin - oh, the bliss of this glo - ri - ous
 4. O God, speed the day that is filled with your

5
 day, when sor - rows like sea bil-lows roll, What -
 come, let this blessed as - sur - ance con - trol, That
 thought - my sin - not in part, but the whole - Is
 light, when clouds are rolled back as a scroll; The

9
 - ev - er my lot, you have taught me to say, "It is
 Christ has re - gard - ed my help - less es - tate, and has
 nailed to the cross and I bear it no more. Praise the
 trum - pet shall sound and the Lord shall ap - pear, "e - ven

13
 well, it is well with my soul." It is
 paid life and blood for my soul:
 Lord! Praise the Lord, O my soul!
 so" - it is well with my soul.

17
 well with my soul, it is

21
 well, it is well with my soul.

*Those for whom it is comfortable, please rise.

***BENEDICTION**

POSTLUDE

God's Eye is on the Sparrow

by Martin & Gabriel

Thank you to the children's choir & the worship choir for enhancing the worship service with their talents this morning!

Welcome Team Members— John & Connie Wolfe

Liturgist— Tama Allison

Tech Team— Jack Herlocker, John Schriver, & Joe Vacante

*Those for whom it is comfortable, please rise.