



Youth Sunday  
April 26, 2026  
Mt. Zion UCC

Mt. Zion United Church of Christ  
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Rev. Amy E. Northridge, Pastor  
Louis Allison, Tech Director  
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April 26, 2026

9:45 AM

**4th Sunday of Easter**  
**In the Heart: Feeling the Faith in Our Feels**  
**Youth Sunday**

*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! We have children's books and activity bags for them to enjoy in the side narthex! 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** (Vivi Rhinehart)

<b>SPECIAL MUSIC PRELUDE</b>	<i>Exercise # 1 "Jimmy Maverick"</i>	played by Jack Bicher
	<i>Caribbean Breeze</i>	played by Hayden McCarthy
	<i>Just As I Am</i>	played by Freddie Northridge
	<i>Hot Cross Buns</i>	played by Nova Ramsey
		song sung by Nova Ramsey

**LITANY OF PRAISE**<sup>1</sup> (inspired by Psalm 150 and written in September by our Littles Family Retreat group)

*Freddie: Praise the Lord in churches and schools. Praise the Lord in hallways and beaches. Praise the Lord from Disney World to the North Pole. Praise the Lord for His creation.*

**C: Everywhere praise the Lord!**

*\*Those for whom it is comfortable, please rise.*

*Jack:* Praise God for the gift of animals and people. Praise God for the gift of pizza and broccoli. Praise God for the gift of family and friends. Praise God for His enormous wonders.

**C: For everything praise the Lord!**

*Hayden:* Praise the Lord with fireworks and drums. Praise the Lord with cartwheels and parties. Praise the Lord with violas and trumpets. Praise the Lord with love.

**C: With everything praise the Lord!**

*Elliot:* Praise God dogs and cats. Praise God foxes and wolves. Praise God sea turtles and turkeys. Praise God white tail deer and silly geese.

**C: All creation praise the Lord.**

*Tobias:* Let everything with trees and light praise the Lord. Let everything laughing and jumping praise the Lord—Praise the Lord with cupcakes and cookies. Praise the Lord with giggles and dance.

**C: Praise the Lord!**

## **PRAYER OF THE DAY**

*Athena:* Let us pray, Dear God, this is the day that you have made!

*Macey:* We are glad, even if we feel nervous, or tired, or not quite sure what today will bring.

*Nova:* Thank you for being with us in every feeling and every moment.

*Olivia:* Help us to sing, to listen, and to celebrate you today.

*Mia:* No matter how we feel, we know you are good and you are here.

*Cannan:* Amen.

*Luke:* We invite you to stand as comfortable for our gathering hymn.

**OPENING HYMN NO. 84 NCH** (see next page)

*This is the Day*

*(Kids will lead call and response)*

\*Those for whom it is comfortable, please rise.

KIDS: This is the day,

**ALL: This is the day,**

KIDS: That our God has made,

**ALL: That our God has made,**

KIDS: We will rejoice,

**ALL: We will rejoice,**

KIDS: And be glad in it,

**ALL: And be glad in it. This is the day that our God has made, we will rejoice and be glad in it.**

KIDS: This is the day,

**ALL: This is the day that our God has made.**

KIDS: This is the day,

**ALL: This is the day,**

KIDS: Jesus rose again,

**ALL: Jesus rose again,**

KIDS: We will rejoice,

**ALL: We will rejoice,**

KIDS: And be glad in it,

**ALL: And be glad in it. This is the day Jesus rose again, we will rejoice and be glad in it.**

KIDS: This is the day,

**ALL: This is the day Jesus rose again.**

KIDS: This is the day,

**ALL: This is the day,**

KIDS: when the Spirit came,

**ALL: when the Spirit came,**

KIDS: We will rejoice,

**ALL: We will rejoice,**

KIDS: And be glad in it,

**ALL: And be glad in it. This is the day when the Spirit came, we will rejoice and be glad in it.**

KIDS: This is the day,

**ALL: This is the day when the Spirit came.**

\*Those for whom it is comfortable, please rise.

## \*CONFESSION AND FORGIVENESS<sup>2</sup>

### INVITATION TO CONFESSION

*Danny:* We join together today in praise of God and yet not all days feel like praise. We know that all emotions can be good and used to serve God, but sometimes we let our negative emotions get the best of us. We often act on these before considering God's way or we hide our true feelings behind masks we create, afraid to let others and God in. So let us join in a time of confession together.

### PRAYER OF CONFESSION

*Danny:* God our Savior,

**C: We confess that feelings are hard to control. Forgive us when we often hide our true feelings behind masks and we keep social doors closed. Forgive us when we hide our true self from others and are dishonest with our feelings. Forgive us when we betray others because of our hidden feelings.**

**Even when we can be open, we still struggle. We want to follow your guidance but often we instead act on our emotions.**

**Forgive us when we feel jealous, greedy, vengeful and malicious. Forgive us when our emotions get out of control. Forgive us when our thoughts take over our mind and lead us into spirals that lead us away from you.**

**Help us remove our masks. Help us to turn our negative thoughts into positive emotions. Help turn us back to you.**

### WORDS OF FORGIVENESS

*Vivi:* Siblings in Christ, hear the good news. God has forgiven you for masking your emotions when we don't need to. Your sins and your negative emotions have been forgiven. God will always love you no matter what—whether you feel like you can reach him or not. God will meet you right where you are—feel the joy of knowing you are forgiven!

**C: Thank you God! Amen.**

ACT OF PRAISE (sung by Children's Choir)

*God Loves My Feeling Every One  
Teeny Disciples Radio*

\*Those for whom it is comfortable, please rise.

**CHILDREN'S MESSAGE** (led by Sean McCracken, Eloise Rhinehart, & Vivi Rhinehart)

Passport Question for Kids: *How does my heart feel today?*

Passport Question for Adults: *What feelings have lived in my heart during this journey? What part of my heart do I want to keep listening to?*

**SPECIAL MUSIC HOLY DINGALINGS**

*The Cares Chorus*

by Willard

**FIRST READING** (read by Jackson Markel)

*Psalm 46 (NRSVUE)*

**SECOND READING** (read by the kids of Mt. Zion)

*Genesis 7-9: Noah & The Big Feelings (Reader's Theater)*

**SERMON REFLECTIONS**

*Caitlin Damon (song)  
Maggie Stine (speaking)*

**\*HYMN**

*My Lighthouse*

**Verse 1**

In my wrestling and in my doubts  
In my failures You won't walk out  
Your great love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

**Verse 2**

In the silence You won't let go  
In the questions Your truth will hold  
Your great love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

**Chorus**

My Lighthouse my Lighthouse  
Shining in the darkness  
I will follow You oh  
My Lighthouse my Lighthouse  
I will trust the promise  
You will carry me safe to shore  
Safe to shore safe to shore safe to shore

\*Those for whom it is comfortable, please rise.

### **Verse 3**

I won't fear what tomorrow brings  
With each morning I'll rise and sing  
My God's love will lead me through  
You are the peace in my troubled sea whoa oh  
You are the peace in my troubled sea

### **Chorus**

My Lighthouse my Lighthouse  
Shining in the darkness  
I will follow You oh  
My Lighthouse my Lighthouse  
I will trust the promise  
You will carry me safe to shore  
Safe to shore safe to shore safe to shore

### **Bridge**

Fire before us  
You're the brightest  
You will lead us  
Through the storms (hey)  
(REPEAT 4X)

### **Chorus**

My Lighthouse my Lighthouse  
Shining in the darkness  
I will follow You oh  
My Lighthouse my Lighthouse  
I will trust the promise  
You will carry me safe to shore  
Safe to shore safe to shore safe to shore

*CCLI Song # 7002032*

*Chris Llewellyn | Gareth Gilkeson*

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\*Those for whom it is comfortable, please rise.

**PRAYERS FOR THE PEOPLE IN THEIR FEELS** (written by our Youth Group on the Spring Retreat)

*Eloise:* God who listens to our prayers, we bring you the joys and concerns of our hearts. We bring you our joy and delight—found in your creation—in nature—in forests and oceans and babbling brooks—in music and art—in laughter and play. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We lift to you the peace and happiness we feel in those who make us feel safe—for family and friends, marching bands and gaming clubs—and our church family. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We carry to you our gratitude and praise—for our bodies that you created and the amazing things you've equipped us to do—and for the water we drink and the food that fuels us. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We offer to you our anger—when politics come before people—where inequality exists—and when inflation continues to keep poverty spreading. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We hold to you our sadness—over ex-friendships and broken relationships—and when people disappoint us and we find them to be unsafe. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We give to you our fears—of a world at war—of a world where creation isn't protected—of people who abuse others mentally, physically, emotionally, spiritually, and financially. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We give to you our exhaustion—our struggles with health—mental health and physical health—and our fatigue and our mourning. When having these feelings,

**C: God, hear our prayer.**

\*Those for whom it is comfortable, please rise.

*Eloise:* We offer you our hope and trust—for healing, for comfort, for peace and safe spaces—to feel your love and radical acceptance. When having these feelings,

**C: God, hear our prayer.**

*Eloise:* We lift to God our many emotions—joy and sadness, peace and fear, gratitude and anger, exhaustion and trust—and we trust that God will hold these feelings as together we join in the prayer that Christ has 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

*Jax:* Today we've been talking about our feelings and how God is with us in all of them. And we also know—joy matters too. When we give today, whether to the general offering, the monthly mission, or the special Eagle Scout offering--we're helping make space for joy and play in the lives of our church and the surrounding community. So let us give as we are able, trusting that God will use it all for good.

OFFERTORY (played by Danny McCracken)

*Sonata in C Major*

by Haydn

### \*OFFERTORY PRAYER

*Sean:* I invite you as comfortable to stand as we pray over the gifts here offered:

God, thank you for joy—for laughter, for play, and for moments that bring us together and make us smile. Thank you for being with us in every feeling. Take the gifts of money, talents, and time we have to offer--and use them to help others feel joy, feel safe, and feel like they belong. Amen.

**\*CLOSING HYMN NO. 526 NCH** (black hymnal, see next page)

*We Are Marching (In My Feels verses)*

\*Those for whom it is comfortable, please rise.

**Verse 1**

We are marching in the light of God  
We are marching in the light of God  
We are marching in the light of God  
We are marching in the light of God  
We are marching, Ooo, we are marching in the light of God  
We are marching, Ooo, we are marching in the light of God

**Verse 2**

We are laughing with delight in God  
We are laughing with delight in God  
We are laughing with delight in God  
We are laughing with delight in God  
We are laughing, Ooo, we are laughing with delight in God  
We are laughing, Ooo, we are laughing with delight in God

**Verse 3**

We are crying tears of joy with God  
We are crying tears of joy with God  
We are crying tears of joy with God  
We are crying tears of joy with God  
We are crying, Ooo, we are crying tears of joy with God  
We are crying, Ooo, we are crying tears of joy with God

**Verse 4**

We are dancing with our hope in God  
We are dancing with our hope in God  
We are dancing with our hope in God  
We are dancing with our hope in God  
We are dancing, Ooo, we are dancing with our hope in God  
We are dancing, Ooo, we are dancing with our hope in God

\*Those for whom it is comfortable, please rise.

## **BENEDICTION**

*Vivi*: Go out into the world with all the complex feelings that make you, you—the happy ones, the hard ones, and everything in between. And remember: God is with you in all of it. So go—in joy because you are not alone. Amen.

## **POSTLUDE**

*Down in My Heart*

Traditional

<sup>1</sup>The litany of praise was inspired by Psalm 150 and written in September by our Littles Family Retreat group.

<sup>2</sup>The Prayers for the People in their Feels was written by our Youth Group on the Spring Retreat.

Thank you to all our volunteers, youth, children, and musicians who made this Youth Sunday special!

**Welcome Team Members**— Jack Bicher, Caroline Kindig, Freddie Northridge, Cannan & Nova Ramsey, & Elliot Stine

**Musicians**— Jack Bicher, Caitlin Damon, Hayden McCarthy, Danny McCracken, Freddie Northridge, & Nova Ramsey

**Readers & Speakers**— Athena Abbott, Luke Abbott, Mia Abbott, Olivia Abbott, Jack Bicher, Hayden McCarthy, Macey McCarthy, Jackson Markel, Danny McCracken, Sean McCracken, Freddie Northridge, Cannan Ramsey, Nova Ramsey, Eloise Rhinehart, Tobias Rhinehart, Vivi Rhinehart, Elliot Stine, Maggie Stine

**Bulletin Art Photography**—Caroline Kindig

**Tech Team**— Jack Herlocker, Ron Miles, Jen Miller

\*Those for whom it is comfortable, please rise.



May God go with you in all your feels!