



HABITS OF A  
**Healthy Heart**

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Third Sunday after Epiphany  
9:30 Worship Celebration

# **FAITH LUTHERAN CHURCH | Inviting, Growing, Serving...**

**Becoming fully devoted followers of Jesus Christ.**

Jan 25, 2026

## **WELCOME TO WORSHIP**

Faith is a growing faith community in the Aurora area. We're people just like you, who are hungry to know God better. We're looking for the answers to life's tough questions. We're struggling to be better parents, spouses, friends, and neighbors. We don't have all the answers but we're growing as we go.

Faith is a great place to find healing for broken hearts and broken lives. In every Sunday message you'll learn new skills and attitudes to help you live life with the kind of joy that God intends for us. You'll also meet people who are also growing in their journey through the joys and challenges of life. You'll find lots of "walking partners" for your journey here. There are no closed doors at Faith, just lots of opportunities to grow in Christ, friendship, and love.

Faith is a church with a great vision; however, accomplishing a great vision requires the participation of many great people like you. There's a place in our vision for you to use your unique gifts and talents.

## **CURRENT WORSHIP SERIES: HABITS OF A HEALTHY HEART**

In new seasons, we often focus on what we should do more of. But sometimes, we just need to simplify. In our series, Habits of a Healthy Heart, we'll take a deep breath, make space for God, and allow Him to work in our lives.

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# *The Gathering*

## **OPENING SONG**

### **Praise**

I'll praise in the valley, and praise on the mountain

I'll praise when I'm sure, praise when I'm doubting

I'll praise when outnumbered, and praise when surrounded

'Cause praise is the waters my enemies drown in

Pre-Chorus As long as I'm breathing

I've got a reason to

Chorus 1 Praise the Lord, oh my soul

Praise the Lord, oh my soul

I'll praise when I feel it, I'll praise when I don't

I'll praise 'cause I know You're still in control

My praise is a weapon, it's more than a sound

My praise is the shout that brings Jericho down (Pre-Chorus)

Chorus 2 I won't be quite my God is alive

How could I keep it inside

Praise the Lord oh my soul

I'll praise 'cause You're sovereign Praise 'cause You reign

Praise 'cause You rose And defeated the grave

I'll praise 'cause You're faithful Praise 'cause You're true

Praise 'cause there's nobody Greater than You (Repeat)

(Chorus 1) (Chorus 1) (Chorus 2) (Chorus 2)

Let everything That has breath

Praise the Lord Praise the Lord (Repeat) (Repeat)

## **King of My Heart**

Let the King of my heart  
Be the mountain where I run  
The fountain I drink from  
Oh He is my song  
Let the King of my heart  
Be the shadow where I hide  
The ransom for my life  
Oh He is my song

You are good good oh    You're good good oh  
You are good good oh    You're good good oh

Let the King of my heart  
Be the wind inside my sails  
The anchor in the waves  
Oh He is my song  
Let the King of my heart  
Be the fire inside my veins  
The echo of my days  
Oh He is my song

You're never gonna let  Never gonna let me down  (Repeat 3x)

When the night is holding on to me  
God is holding on  
When the night is holding on to me  
God is holding on

## **PRAYER OF THE DAY**

L: Lord God, your lovingkindness always goes before us and follows after us.  
Summon us into your light, and direct our steps in the ways of goodness that  
come through the cross of your Son, Jesus Christ, our Savior and Lord. Amen.

## **WELCOME & ANNOUNCEMENTS**

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## The Word

### READING

### 1 Corinthians 1:10-18

Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours:

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind— just as the testimony of Christ has been strengthened among you— so that you are not lacking in any gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful, by whom you were called into the partnership of his Son, Jesus Christ our Lord.

### RESPONSE

*please stand*

Blessing, Honor and Glory

Blessing, Honor, Glory to The Lamb  
Holy, righteous, worthy is the Lamb

Death could not hold him down  
For he is risen Seated upon the throne  
He is the lamb of God  
Blessing, honor, Glory to the lamb  
Holy , Righteous, worthy is the lamb of God

## GOSPEL

## Luke 10: 38-42

Now as they went on their way, he entered a certain village where a woman named Martha welcomed him. She had a sister named Mary, who sat at Jesus's feet and listened to what he was saying. But Martha was distracted by her many tasks, so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her, then, to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her."

## MESSAGE

The Habit of Slowing | Pastor Rob

## PRAYERS OF THE CHURCH

- A: As God's beloved children united in Christ, let us pray for the church, the whole human community, and the well-being of the earth, our home.
- A: Holy One, you entrust the message of the cross and the mission of the gospel to the church in every land. Guide the newly baptized and deepen the faith of all who follow Christ. Merciful God,
- C: receive our prayer.**
- A: Holy Creator, you lavish creation with splendor, and we praise you for the gift of life. Teach us to live as wise stewards, sharing the earth's resources with all inhabitants of this garden planet. Merciful God,
- C: receive our prayer.**
- A: Holy Lover, you care for vulnerable young children, frail elders, and any who are sick. We pray for all who are affected by natural disasters. Provide for their needs and relieve their suffering. Merciful God,
- C: receive our prayer.**
- A: Holy Giver, you gather, forgive, and shape us as disciples of Christ. Nurture in us a spirit of patience and respect, that we may love one another as you love us. Merciful God,
- C: receive our prayer.**

P: Gracious and loving God, we pray for the family and friends of Faith... Merciful God,

**C: receive our prayer.**

P: Confident that the Holy Spirit receives our prayers and answers us, we commend all for whom we pray to God's loving-kindness made known to us in Christ Jesus our Savior.

**C: Amen.**

## SHARING OF THE PEACE

## OFFERING

### OFFERING RESPONSE

Praise and Thanksgiving

*please stand*

Praise and thanksgiving     God we would offer  
For all things living     You have made good  
Harvest of sown fields     Fruits of the orchard  
Hay from the mown fields     Blossom and wood

## OFFERATORY PRAYER

A: God of majesty,  
no eye has seen, no ear has heard  
what you have prepared for those who love you,  
yet in this meal you reveal the wideness of your mercy.  
Use what we have gathered  
to feed us with the reign of God come near,  
Jesus Christ, our Savior and Lord.

**C: Amen.**

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## The Meal

P: Holy God, holy and mighty, holy and immortal,  
in the beginning you formed the heavens and earth  
and created us in your likeness.

You made us guardians of your good creation and left the earth in our care.  
All through our weary years and our silent tears,  
you did not abandon us to ourselves,  
but sought us out in love.

In the crowning act of love you gave your only Son,  
that whoever believes in him will have eternal life.

For you sent Jesus not to condemn the world,  
but to save the world from sin.

Through his death on the cross, we who were once far off  
have been brought near by the blood of Christ.

In the night in which he was betrayed,  
our Lord Jesus took bread, and gave thanks;  
broke it, and gave it to his disciples, saying:  
Take and eat; this is my body given for you.  
Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks,  
and gave it for all to drink, saying:  
This cup is the new covenant in my blood,  
shed for you and for all people for the forgiveness of sin.  
Do this for the remembrance of me.

For as often as we eat of this bread and drink from this cup  
we proclaim the Lord's death until he comes.

C: **Christ has died. Christ is risen. Christ will come again.**

P: Send, we pray, your Holy Spirit  
upon us and upon this bread and wine,  
that we who share this meal may become a holy communion,  
the body of Christ in the world.

C: Amen.

## LORD'S PRAYER

Our Father, in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread;  
Forgive us our sins,  
as we forgive those  
who sin against us;  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.

## INVITATION TO THE MEAL

P: Here is the Lamb of God who takes away the sin of the world!  
Come to the table; taste and see.

C: Thanks be to God.

## COMMUNION DISTRIBUTION

### AN INVITATION

We invite you to share in Holy Communion this morning, regardless of your church background or lack thereof. We believe that God is present in the bread and wine as it becomes the body and blood of Jesus Christ and that this presence is a gift of grace in the lives of those who receive it. All are welcomed to the table to enjoy this gift of God's love and mercy. Apple/Grape juice is in the center of the communion tray. Gluten free wafers available at usher stand.

## **COMMUNION BLESSING** *please stand*

P: The body and blood of our Lord Jesus Christ strengthen you and keep you in His grace.

C: **Amen.**

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## *The Sending*

### **SENDING PRAYER**

A: Radiant God,  
we have seen your glory in the face of Jesus Christ.  
In the sacrament of his body and blood  
you have drawn us to your heart.  
Send us from this table with delight,  
that our lives may reflect the beauty of your love,  
and bear witness to all we have seen and heard,  
through Jesus Christ, our Savior and Lord.

C: **Amen.**

## CLOSING SONG

Oh Lord my God when I in awesome wonder  
Consider all the worlds thy hands have made  
I see the stars I hear the rolling thunder  
Thy power through out the universe dis played

Chorus Then sings my soul my savior God to thee  
How great thou art how great thou art  
Then sings my soul my savior God to thee  
How great thou art how great thou art

And when I think that God His son not sparing  
Sent him to die I scarce can take it in  
That on the cross my burden gladly bearing  
He bled and died to take away my sin (Chorus)

Then Christ shall come with shouts of acclamation  
And take me home what joy shall fill my heart  
Then I shall bow with humble adoration  
And then pro claim my God how great thou art (Chorus)(Chorus)

How great Thou art how great Thou art

## DISMISSAL

P: Go in peace. Do justice. Love mercy.

C: **Thanks be to God.**

## How Great Thou Art

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## NEWS & ANNOUNCEMENTS

### **Welcome to Faith!**

We are so glad that you have chosen to worship with us today! Have questions about Faith? Wondering how to get connected or get more involved? We'd love to help. No matter where you are in life or how many times you've visited, we're here to guide you towards your next best step. Stop by the welcome center located near the main entrance. If this is your first time at Faith, let us know, we've got a special gift just for you!

### **ANNUAL CONGREGATIONAL MEETING**

**Today | 10:45 AM**

All members are invited to attend Faith's annual congregational meeting. Agenda items will include a review and celebration of 2025, approval of the 2026 spending plan, the election of council members and nominating committee members.

### **CHILI COOK OFF**

**Sat 1/31 | 5:00 PM**

Do you make the best Chili? Don't Cook? Join us in the tasting and judge your favorite Chili! Sign up soon at the welcome center to enter your favorite Chili recipe, or to bring desserts or sides, e.g. corn bread. Open to all ages. If you're competing, please have your Chili entry at the church by 4:30 PM. Please bring any fixings for your chili, e.g. cheese, sour cream, etc. Prizes will be awarded along with bragging rights of course

### **WOMENS BIBLE STUDY**

**Mon 1/26 | 7:15 PM**

Unfolding over 6 sessions, Nicki Koziarz walks women through the Book of Ruth, focusing on the Moabite woman's 5 practical habits that kept her eyes on God: Ruth accepted the assignment of refinement, followed through on her commitments despite her feelings, remained open to the movement of God, gave others what she needed, and moved forward in faith. Meeting Mondays at Faith Jan 26, Feb 9 & 23, Mar 9 & 23

### **TUESDAY AM WOMENS BIBLE STUDY**

**Tuesdays | 9:00 AM**

*Esther - Character Under Pressure* by Patty Pell.

This nine-session Bible Study looks at the Old Testament book of Esther and how she faced life-threatening pressure to save her people. Through Biblical reflection the study explores how to develop godly character through the contemporary pressures that challenge us today. The workbook will be made available at the meetings (\$8). It is also available in Kindle format. For additional information contact Sue Boozell at [sue.boozell@discoveringfaith.com](mailto:sue.boozell@discoveringfaith.com).

## REVOLUTION

**Sun 1/18 & 2/1 | 5:00 PM**

On Sunday Nights at Faith, we've created an event that attracts **middle & high school students just like you**. After all, we figure you want to be wherever your friends are. We make this time as fun and relevant as we possibly can. The goal is for you to leave feeling energized to go out there and tackle another week! Meets 1<sup>st</sup> and 3<sup>rd</sup> Sundays

## DINING NIGHT FOR FAITH

**Thurs 1/29 | 4:00 PM**

Faith is hosting our next Dining Night for Faith on Thursday, January 29, 2026 from 4:00pm-8:00pm at Panera Bread at the corner of Rt. 59 & 75th St (across from Home Depot).

Please make sure to use flyer at the welcome center and share with your friends. This event is only at the Panera at 491 IL-59, Aurora, IL . Panera will donate 25% of all sales that mention the flyer directly to Faith Lutheran Church.

## NEXT

**Sun 2/1 | 9:00 & 10:30 AM**

If you've ever wondered how to get involved at Faith or how to take the next step, don't worry. We've created a simple next step for you. It's a small gathering called NEXT. This informal gathering lasts approximately 20 minutes and will provide you with an overview of our mission, strategy, and environment to help you determine your best next step in continuing your faith journey. Pastor Rob and Jenn Richardson, Faith's volunteer coordinator, will be on hand for conversation and to welcome you to Faith. Meets fireside.

## ADULT ONLINE STUDY GROUP

**Tuesdays | 7:00 PM**

*Don't Give the Enemy a Seat at Your Table*

In this six-session video Bible study, bestselling author and pastor Louie Giglio unpacks Psalm 23 to offer insight into how to overcome the enemy's lies and find peace and spiritual security in any circumstance or situation. You can find freedom from the battles in your mind if you allow Jesus, the Good Shepherd, to lead the battle. Learn how to find encouragement, hope, and strength no matter what valleys you face.

This 6-week online study is facilitated by Becky Marchiando. Please register online or at the welcome center so that we may send you Zoom credentials required to participate and come join us!

## KIDWERKS

**Sundays | 9:30 AM**

Join us in the auditorium as we dive into learning about new virtues each month through stories from the bible so that we can grow in our understanding and relationship with God. To register go to [discoveringfaith.com](http://discoveringfaith.com) or for more information please contact [jenn@discoveringfaith.com](mailto:jenn@discoveringfaith.com) PreK – 5<sup>th</sup> grade

**SCOUT SUNDAY****Sun 2/8**

Scout Sunday will be observed February 8. Faith Lutheran Church's Cub Scout Pack 643 and Scout Troop 508 will be present at both 8:00 and 9:30 AM services to greet parishioners and assist with the service. This is a great opportunity for our congregation and our Scouts to come together.

**PANCAKES FOR A PURPOSE****Sun 2/8 | 7:30 AM**

Join us in supporting Scouts BSA Troop 508 at their Pancake Breakfast on Sunday, February 8, from 7:30–11:30 AM right here at Faith Lutheran Church.

Enjoy pancakes, sausage, coffee, milk, juice, and fruit while helping fund Scout programs, service projects, and leadership development. \$20 per family | \$5 per individual

Bring your family, bring your friends, and come support our local Scouts—we can't wait to see you! (Pre-registration is advised, [www.discoveringfaith.com](http://www.discoveringfaith.com))

**MEMBERSHIP @ FAITH****Mon Feb 16 & 23 | 6:30 PM**

This two-part course invites participants to explore the vision, mission and values of Faith, as well as a broad overview of the Christian faith from a Lutheran perspective. Participants will also discover their unique gifts and how they can use them in serving others. This course is open to everyone, and is required of those who wish to become members at Faith! Register on line or at the welcome center.

**HESED HOUSE SERVING EVENT****Weds 2/18 | 6:30 PM**

Faith's next serving opportunity at Hesed House is February 18. We will need roughly 5 to 10 volunteers to help with meal setup, serving, and cleanup. Volunteers can conveniently signup online or at the welcome center. All that's needed is a serving heart. Sign up today! If you have questions about Faith's Hesed House ministry, please reach out to the ministry team at [hesedhouse@discoveringfaith.com](mailto:hesedhouse@discoveringfaith.com).

**A MOMENT FOR MOM****Sat 2/21 | 10:00 AM**

THIS MONTH WE ARE MEETING THE THIRD SATURDAY 2/21

This month's speaker is Denika McMillen with the topic 'Bonds - How Our Earliest Relationships Affect Our Current Ones'

A Moment for Mom is a group for moms of kiddos ages 0-10 that meets the 2nd Saturday each month through May 2026. Sessions provide a delicious breakfast and amazing speakers on topics relating to motherhood. We offer affordable childcare while you attend. Our website is ready for you to explore our speakers and costs for the 2025-2026 year. Come join us and other moms to laugh, learn, and connect. Register today and/or reach out to us for more information at [www.discoveringfaith.com/amomentformom](http://www.discoveringfaith.com/amomentformom).

## **NIGHT OF FAITH (21+ Event)**

**Sat 2/21 | 6:00 PM**

Join us for a night of fellowship, fortune, and fun! You're invited to a night of food and drinks, silent and live auctions, and our Golden Ticket raffle drawing. Event tickets are \$25/person or \$40/couple. Adults only (21+ event).

Introducing the Night of Faith - Golden Raffle Extravaganza! Exotic cruise? Tropical vacation? That giant TV you've always wanted? Nah, we're going with Cash! That's right! This year, the Night of Faith Golden Ticket Raffle winner will receive cold, hard, cash! \$2000 of it, in fact! Each raffle ticket is \$100. While there are no limits to the number of \$100 tickets any individual can purchase, WE WILL LIMIT total ticket sales to 60 tickets, maximizing your odds at scoring the \$2000 golden prize. Buy 1, buy 2, heck, buy 10, and get in the game before they are gone!

Event and Golden tickets on sale now. Purchase tickets online or at the church between Sunday services. Winner need not be present to win.

## **As Easy as Click & Give**



As followers of Jesus Christ, we embrace irrational generosity. We know it changes lives—ours and the people we're reaching. At Faith, taking action on your generosity is simple. Just scan the QR code with your camera and give. Simple, safe, and secure.



FAITH  
Lutheran Church

Pastor Rob Douglas

DISCOVERINGFAITH.COM

3000 LIBERTY ST. AURORA, IL. 60502 | (630) 862-3500 | OFFICE@DISCOVERINGFAITH.COM