



Worship Service  
January 23, 2022

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### **WELCOME & ANNOUNCEMENTS**

*“Soul Reset” series by Junius B. Dotson -5 weeks*  
*January 30<sup>th</sup> – Ad. Council Mtg. Bouckville- 12:30*  
*February 5<sup>th</sup>- Worship Committee- OFalls- 10:00*  
*February 6<sup>th</sup> – Ad. Council Mtg. OFalls- 12:30*

**OPENING HYMN** “As the Deer” FWS 2025

### **CALL TO WORSHIP**

Whether you are a member or visitor, you are welcome here.

**We have come seeking God and the community of God’s people.**

As the deer longs for flowing streams, so our souls long for God.

**We acknowledge that this deep longing has brought us to this place.**

Drink deeply of God’s love, for God is here to satisfy our need.

**We will satisfy our soul’s thirst, as we worship the loving God.**

HYMN “There is a Balm in Gilead” UMH 375

OPENING PRAYER

JOYS & CONCERNS  
PRAYER

OFFERING  
DOXOLOGY “What Gift Can We Bring” UMH 87  
vs. 1 & 4

SCRIPTURE Psalm 42

HYMN “I Was There to Hear Your Borne Cry”  
FWS 2051

GOSPEL READING Matthew 11: 28-30

SERMON  
“Feel the Feelings and How is it with your Soul?”

PRAYER

HYMN “It is Well with My Soul” UMH 377

BENEDICTION

## Weekly Spiritual Practices

### **Week 1 The Practice of Examen**

Find a quiet place each day reviewing the day in your mind, paying attention to moments of joy, moments of confusion, moments of sadness or moments of peace.

### **Week 2 The Practice of Prayer**

Spend time with God, talking, listening, seeking, praising, grieving and being still.

### **Week 3 The Practice of Fasting**

Fast from Social Media for 24 hours.

### **Week 4 The Practice of Taking Care of Your Body**

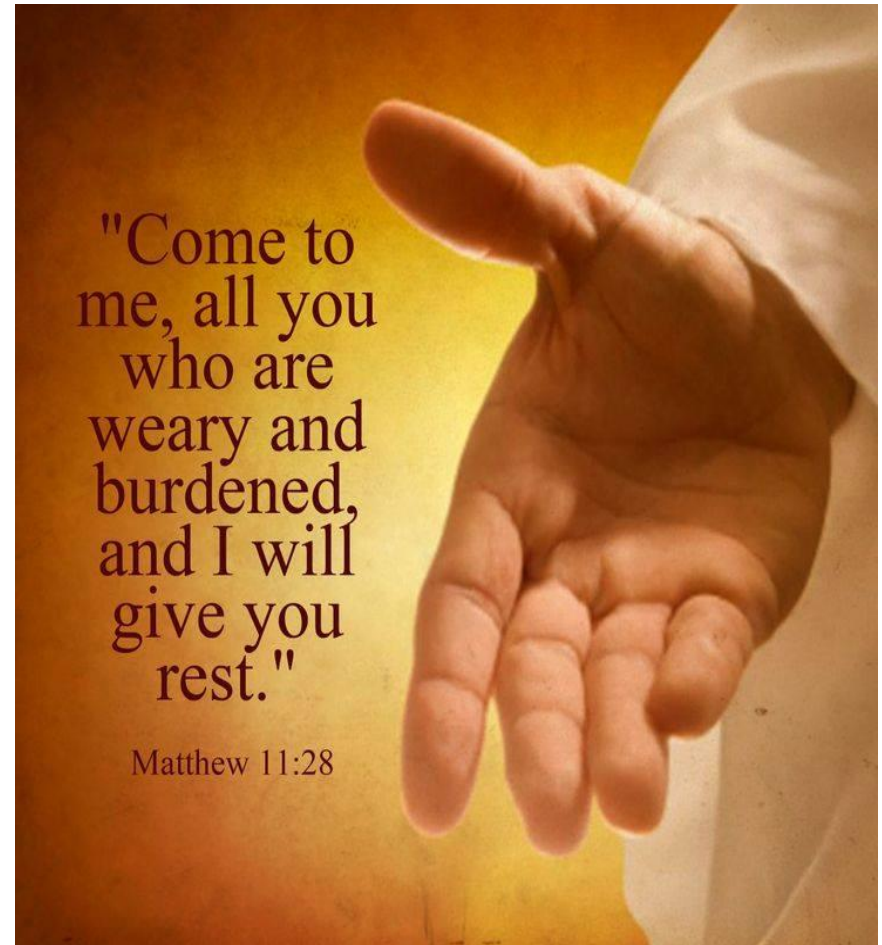
Sleep for eight hours, fast from sugar, go for a walk, drink plenty of water, write a thank you letter to your body for how it takes care of you.

### **Week 5 The Practice of Worship**

Worship is more than just one hour a week, it's a lifestyle. Read Psalm 22. Sing your favorite hymn.

### **Week 6 The Practice of Confession**

Be honest with yourself and honest with God as we reset our souls to live a more whole life with Christ.



"Come to  
me, all you  
who are  
weary and  
burdened,  
and I will  
give you  
rest."

Matthew 11:28

***BOUCKVILLE UMC – 9:30 AM***  
***ORISKANY FALLS UMC- 11:00 AM***