



**METROCREST**  
PRESBYTERIAN CHURCH



# A Season for Growth

**Tenth Sunday of Pentecost  
August 7, 2022**

**Welcome!**

To all who are spiritually weary and seek rest;  
To all who mourn and long for comfort;  
To all who struggle and desire victory;  
To all who sin and need a Savior;  
To all who are strangers and want fellowship;  
And to whoever will come –

*This church opens wide her doors and offers her welcome  
in the name of the Lord Jesus Christ.*

# God Calls Us To Worship

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## Responsive Call to Worship from Ps. 150:1-2, 6

Leader: Praise the LORD!

**Unison: Praise God in His sanctuary; praise Him in His mighty heavens!**

Leader: Praise Him for His mighty deeds;

**Unison: Praise Him according to His excellent greatness!**

Leader: Let everything that has breath praise the LORD!

**Unison: Praise the LORD!**

## We Celebrate The Resurrection

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### “This is My Father’s World”

Trinity Hymnal #111

This is my Father’s world, and to my listening ears  
All nature sings; and round me rings the music of the spheres.  
This is my Father’s world! I rest me in the thought  
Of rocks and trees, of skies and seas; His hand the wonders wrought.

This is my Father’s world; the birds their carols raise.  
The morning light, the lily white, declare their Maker’s praise.  
This is my Father’s world! He shines in all that’s fair;  
In the rustling grass I hear Him pass; He speaks to me everywhere.

This is my Father’s world. O Let me ne’er forget  
That though the wrong seems oft so strong, God is the ruler yet.  
This is my Father’s world! The battle is not done;  
Jesus who died shall be satisfied, and Earth and Heav’n be one.

### Acknowledging God’s Presence

#### Worship Theme

The Gift of Grace

#### Theme Verses

But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it – the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by His grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by His blood, to be received by faith. Romans 3:21-25

## **“I Stand Amazed”**

I stand amazed in the presence  
Of Jesus the Nazarene,  
And wonder how He could love me,  
A sinner condemned unclean.

### **(Refrain)**

Singing, how marvelous! How wonderful!  
And my song shall ever be,  
How marvelous! How wonderful  
Is my Savior’s love for me.

He took my sins and my sorrows,  
He made them His very own,  
And He bore the burden to Calvary,  
And suffered and died alone. **(Refrain)**

And with the ransomed in glory,  
His face I at last shall see.  
It will be my joy through the ages  
To sing of His love for me. **(Refrain)**

## We Confess Our Sins

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### **Prayer of Confession**

**Unison:** Holy Lord, the affront of our sinfulness requires more repayment than we can offer. We cannot earn Your approval by our attempts to be righteous; we cannot overcome our offenses, even by our most sincere repentance. We need Christ’s perfect righteousness counted to us, that we might stand in Your presence without guilt or shame, being counted even as Your children. Give us grace to live in joyful knowledge of Your love and mercy toward us, and grace to live in righteous obedience to Your holy Word.

*Silence is kept for personal reflection and confession.*

### **Responsive Assurance of Pardon Based on Eph. 2:4-5**

**Leader:** Hear the good news! God, being rich in mercy, because of the great love with which He loved us, even when we were dead in our trespasses, made us alive together with Christ – by grace You have been saved.

Know that if you are a believer in Jesus, God embraces you, forgives you, and strengthens you to live a renewed life.

**Unison:**

**Thanks be to God.**

### **Lord's Prayer**

**Unison:**

**Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory, forever. Amen.**

**Greet those nearby in the name of the Lord Jesus Christ**

### **“Be Still My Soul”**

Trinity Hymnal #689

Be still, my soul: the Lord is on your side;  
Bear patiently the cross of grief or pain;  
Leave to your God to order and provide;  
In every change He faithful will remain.  
Be still, my soul: your best, your heavenly friend  
Through thorny ways leads to a joyful end.

Be still, my soul: your God will undertake  
To guide the future as He has the past.  
Your hope, your confidence let nothing shake;  
All now mysterious shall be bright at last.  
Be still, my soul: the waves and wind still know  
His voice who ruled them while He dwelt below.

Be still, my soul: when dearest friends depart,  
And all is darkened in the vale of tears,  
Then shall you better know His love, His heart,  
Who comes to soothe your sorrow and your fears.  
Be still, my soul: your Jesus can repay  
From His own fullness all He takes away.

Be still, my soul: the hour is hastening on  
When we shall be forever with the Lord;  
When disappointment, grief, and fear are gone,  
Sorrow forgot, love's purest joys restored.  
Be still, my soul: when change and tears are past,  
All safe and blessed we shall meet at last.

## Affirmation of Faith from New City Catechism, Q+A 16-18

Leader: What is sin?

**Unison: Sin is rejecting or ignoring God in the world He created, rebelling against Him by living without reference to Him, not being or doing what He requires in His law – resulting in our death and the disintegration of all creation.**

Leader: What is idolatry?

**Unison: Idolatry is trusting in created things rather than the Creator for our hope and happiness, significance and security.**

Leader: Will God allow our disobedience and idolatry to go unpunished?

**Unison: No, every sin is against the sovereignty, holiness, and goodness of God, and against His righteous law, and God is righteously angry with our sins and will punish them in His just judgment both in this life, and in the life to come.**

### “Lord of Hosts (Ps. 46)”

O come behold the works of God,  
The nations at His feet;  
He breaks the bow and bends the spear  
And tells the wars to cease.  
O Mighty One of Israel,  
You are on our side.  
We walk by faith in God  
Who burns the chariots with fire.

### (Chorus)

Lord of Hosts, You're with us, with us in the fire,  
With us as a shelter, with us in the storm.  
You will lead us through the fiercest battle,  
Oh where else would we go, but with the Lord of Hosts.

O God of Jacob, fierce and great,  
You lift Your voice to speak;  
The earth it bows and all the mountains  
Move into the sea.

O Lord, You know the hearts of men  
And still You let them live.  
O God, who makes the mountains melt,  
Come wrestle us and win.  
O God, who makes the mountains melt,  
Come wrestle us and win. **(Chorus)**

Though oceans roar, You are the Lord of all,  
The one who calms the wind and waves  
And makes my heart be still.  
Though the earth gives way,  
The mountains move into the sea,  
The nations rage; I know my God is in control. **(Chorus)**

**Moment for Mission** – Max Kizziar

**Prayer of Intercession** – MPC Deacon – Josh Wyman

## We Reflect On God's Word

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**Reading God's Word** – Ephesians 4:7-16

**Understanding and Applying God's Word**

Pastor Bill Lovell

**“The Equipped Church”**

Sermon Series: A Season for Growth

Sermons can be listened to, or downloaded, through our web site

## We Respond To God's Grace

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**Investing In God's Work** (continue in silent prayer)

**“May the Peoples Praise You”**

You have called us out of darkest night  
Into Your glorious light,  
That we may sing the wonders of  
The risen Christ.

May our every breath retell the grace  
That broke into our strife  
With boundless love and deepest joy,  
With endless life.

**(Refrain)**

May the peoples praise You,  
Let the nations be glad;  
All Your blessing comes that we may praise –  
May praise the name of Jesus.

All the earth is Yours and all within;  
Each harvest is Your own.  
And from Your hand we give to You  
To make Christ known.

May the seeds of mercy grow in us  
For those who have not heard;  
May songs of praise build lives of grace  
To spread Your Word. **(Refrain)**

This our holy privilege to declare  
Your praises and Your name;  
To every nation, tribe, and tongue  
Your church proclaim. **(Refrain)**

Holy, Holy is the Lord Almighty.  
Worthy, worthy is the Lamb who was slain.  
Holy, Holy is the Lord Almighty.  
All creation praise Your glorious name. **(Refrain)**

## We Are Commissioned With God's Blessing

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### Closing Blessing

### Postlude and Meditation

**"This is My Father's World"** Words by Maltbie D. Babcock, Music by Franklin L. Sheppard. **"I Stand Amazed"** Words and music by Charles Hutchinson Gabriel and Chris Tomlin. © Sixsteps Music, Vamos Publishing. CCLI Song #4674207. Used by permission. All rights reserved. **"Be Still My Soul"** Words by Katharina von Schlegel, tr. by Jane Borthwick, Music by Jean Sibelius. Tune © Breitkopf & Hartel, Wiesbaden. Used by permission. **"Psalm 46 (Lord of Hosts)"** Words and music by Shane Barnard, Josh Miller, Jennie Lee Riddle, and Josiah Warneking – © 2015 Jennie Lee Riddle Music, Tent Peg Music, Songs from Wellhouse. All rights reserved. **"May the Peoples Praise You"** Words and music by Keith Getty, Kristyn Getty, Stuart Townend, Ed Cash, and David Zimmer – © 2016 Capitol CMG Paragon | Getty Music Publishing | Townend Songs. All rights reserved. CCLI License # 451603.

# Sermon Text

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## ESV - Ephesians 4:7-16

<sup>7</sup> But grace was given to each one of us according to the measure of Christ's gift.

<sup>8</sup> Therefore it says,

“When he ascended on high he led a host of captives,  
and he gave gifts to men.”

<sup>9</sup> (In saying, “He ascended,” what does it mean but that he had also descended into the lower regions, the earth? <sup>10</sup> He who descended is the one who also ascended far above all the heavens, that he might fill all things.) <sup>11</sup> And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, <sup>12</sup> to equip the saints for the work of ministry, for building up the body of Christ, <sup>13</sup> until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ, <sup>14</sup> so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. <sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

## The Greek New Testament - ΠΡΟΣ ΕΦΕΣΙΟΥΣ 4:7-16

7 Ἐνὶ δὲ ἐκάστῳ ἡμῶν ἐδόθη ἡ χάρις κατὰ τὸ μέτρον τῆς δωρεᾶς τοῦ Χριστοῦ. 8 διὸ λέγει, Ἀναβὰς εἰς ὕψος ῥηχμαλῶτευσεν αἰχμαλωσίαν, ἔδωκεν δόματα τοῖς ἀνθρώποις. 9 {τὸ δὲ Ἀνέβη τί ἐστὶν εἰ μὴ ὅτι καὶ κατέβη εἰς τὰ κατώτερα [μέρη] τῆς γῆς; 10 ὁ καταβάς αὐτός ἐστιν καὶ ὁ ἀναβάς ὑπεράνω πάντων τῶν οὐρανῶν, ἵνα πληρώσῃ τὰ πάντα.} 11 καὶ αὐτὸς ἔδωκεν τοὺς μὲν ἀποστόλους, τοὺς δὲ προφῆτας, τοὺς δὲ εὐαγγελιστάς, τοὺς δὲ ποιμένας καὶ διδασκάλους, 12 πρὸς τὸν καταρτισμὸν τῶν ἁγίων εἰς ἔργον διακονίας, εἰς οἰκοδομὴν τοῦ σώματος τοῦ Χριστοῦ, 13 μέχρι καταστήσωμεν οἱ πάντες εἰς τὴν ἐνότητα τῆς πίστεως καὶ τῆς ἐπιγνώσεως τοῦ υἱοῦ τοῦ θεοῦ, εἰς ἄνδρα τέλειον, εἰς μέτρον ἡλικίας τοῦ πληρώματος τοῦ Χριστοῦ, 14 ἵνα μηκέτι ὦμεν νήπιοι, κλυδωνιζόμενοι καὶ περιφερόμενοι παντὶ ἀνέμῳ τῆς διδασκαλίας ἐν τῇ κυβείᾳ τῶν ἀνθρώπων ἐν πανουργίᾳ πρὸς τὴν μεθοδεῖαν τῆς πλάνης, 15 ἀληθεύοντες δὲ ἐν ἀγάπῃ αὐξήσωμεν εἰς αὐτὸν τὰ πάντα, ὅς ἐστιν ἡ κεφαλὴ, Χριστός, 16 ἐξ οὗ πᾶν τὸ σῶμα συναρμολογούμενον καὶ συμβιβαζόμενον διὰ πάσης ἀφῆς τῆς ἐπιχορηγίας κατ' ἐνέργειαν ἐν μέτρῳ ἐνὸς ἐκάστου μέρους τὴν αὔξησιν τοῦ σώματος ποιεῖται εἰς οἰκοδομὴν ἑαυτοῦ ἐν ἀγάπῃ.

# Sermon Notes

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## **Ephesians 4:7-16**

### **“The Equipped Church”**

Pastor Bill Lovell

1. The Church's Work
2. The Church's Workers
3. The Way Christ Equips His Church

# Church Life Notes

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## Today

1. **Happy Pentecost:** Metrocrest is in “A Season for Growth”—a time when we are growing in numbers, but, more importantly, in terms of Christian maturity. Between now and Sunday, October 1<sup>st</sup>, we will be studying the book of Ephesians and reflecting on how we can sustain our growth and deepen it.
2. **Welcome to All Our Guests!** We are excited you are here. Members of the Welcome Team will be looking for you to say hi during the service and afterward in the Lobby.
3. **Prayer Requests:** You can share your prayer requests in either of two ways: (1) use one of the cards found in the lobby; or (2) point your smartphone camera at the QR code on the back of this morning’s program to access a digital card. Please indicate whether your request is private or public.
4. **Youth Ministry:** Tonight, our large group meeting for all middle and high school youth, meets from 6-8 pm at the church. **Cross Training will continue this Sunday.** If any youth are interested in singing or playing an instrument in youth group, please join us at the church at 5:15 pm.
5. **Proposed Mission Trip:** Domestic Mission Coordinator Max Kizziar will present a Mission Moment today to explain a proposed church mission trip next summer to the Bahamas.

## Upcoming Activities & Events

6. **Children and Youth Sunday School:** This summer, to give our volunteers a much-needed opportunity to rest and recharge, children and youth Sunday school classes will not be meeting during the 9am hour. **We look forward to seeing you when classes resume next Sunday, August 14<sup>th</sup>!**
7. **Adult Sunday School Class:** Deacon Will Grover will be continuing our study of Dane Ortlund’s book, “Gentle and Lowly” at 9am in Room D-04. Please find details in the Lobby.
8. **Women’s Prayer:** On Wednesdays from 10-11 am, a Ladies' Prayer Time is hosted by Gwen Sterenberg via Zoom. More details and the Zoom meeting invitation are available via Realm, or through the church office.
9. **Christian Community Action:** Join us **on Wednesday, August 17<sup>th</sup>**, from 5:30 - 8:00 pm as we help with shopping, bagging, loading cars, and working the registers at CCA’s Food Pantry. CCA is located at 200 South Mill Street in Lewisville. If you are able to serve, please contact Paul Hartgrove at 972-816-2205 or via email at paul.hartgrove@gmail.com. We need about 8-10 volunteers each time.
10. **The next round of Our Acts 2:46 Suppers** is set for **Friday, August 19<sup>th</sup> or Saturday, August 20<sup>th</sup>**. You may sign up to host or be a guest at simple, low-key suppers like in Acts 2:46. The purpose of these suppers is for members and regular attenders of MPC to get to know each other. This time

we'll have an option to host or bring your family, including kids! Sign-up sheets are available in the lobby or you may contact the church office. **The deadline to sign up is Wednesday, August 10<sup>th</sup>.**

11. **Interested in Membership?** Please join us for our upcoming **Discovering Metrocrest Class** on **Saturday, August 27<sup>th</sup>, from 1-4pm**. This will give you an opportunity to learn more about our church and what makes us tick, with special reference to our community, our history, and our theological distinctives. You can sign up by phoning the church office (972-394-1122), or by emailing us at [laura@metrocrestchurch.org](mailto:laura@metrocrestchurch.org).
12. **Picnic in the Park:** You are invited to bring a picnic lunch on **Sunday, September 11<sup>th</sup>**, and join us after church for a time of Christian fellowship, across the street at Oak Hills Park (1210 E Hebron Pkwy, Carrollton TX 75010). Think simple, low-key, Christ-centered! We hope to see you there!

## News & Needs

13. **Life Change for August** will support Human Coalition, one of the largest pro-life, pro-women, and pro-family organizations in the country. They are committed to making abortion unthinkable and unnecessary by helping lead a movement that values human dignity and establishes a culture of life. The Life Change basket will be in the back of the sanctuary this week. If you prefer, you can write a check with "Life Change" written in the memo line, or you can give online via Realm. If you have any questions, please call our Mission Coordinator Kathleen Barclay (214-693-8687).
14. **Volunteer Opportunities:** MPC's campus ministers with RUF1 and InterVarsity need help with Big Howdy welcome parties for new international students at UT Dallas and UT Arlington! (Save the dates - UTD party 8/20 and furniture giveaway 8/27; UTA party 8/28 and furniture giveaway 8/20.) Potential needs include donated furniture, food, and helpers at all events, including people with cars able to transport furniture for students. Stay tuned for more information via Realm. If you have questions, please contact Elizabeth Lloyd ([elizabeth@metrocrestchurch.org](mailto:elizabeth@metrocrestchurch.org)).

## High Fives & Thanks

16. **Budget Process & The Mortgage:** Thanks to all those who attended the special meeting last Wednesday night to meet with the Treasurer to discuss the church's detailed budget for FY 22-23. There were a number of helpful questions and suggestions, including a request that the Session and Board of Deacons review proposed expenditures to look for ways to expedite paying off the church's mortgage (based on Scripture passages such as Romans 13:8).

**Welcome to Metrocrest** Please click [here](#) to fill out our welcome card. We would love to know that you worshipped with us today and share more about our church.



**How can we pray for you?** Metrocrest is a praying church! You can now share your prayer requests in either of two ways: (1) use one of the cards found in the lobby; or (2) point your smartphone camera at this QR code to access a digital card. Please indicate whether your request is private or public. You may also request to pray with an Elder.

### Investing in God's Work:

Last Week's Offering:	\$ 4,654	Projected Giving to Date:	\$ 51,225
July Total Giving:	\$ 46,626	Actual Giving to Date:	\$ 46,626

Difference to date + or - (- \$4,599)

In order to fund our annual operating budget goal of \$532,738, our monthly giving should meet or exceed \$44,395, which comes to about \$10,245 per week. Our budget fiscal year is July 2022 - June 2023.



Let's get connected! **Realm** allows you to update your personal information, communicate with groups and teams, follow church announcements, look up members, manage online giving, and join events. To get started, contact us through the church office at [info@metrocrestchurch.org](mailto:info@metrocrestchurch.org) and we will help you get on your way!

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**Bill Lovell**  
**Laura Stites**  
**Colin Deay**  
**Will Grover**  
**Joseph Marble**

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#### **The Session (Elders)**

Bill Camp  
John Fowler  
Paul Hartgrove  
Larry Perry

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#### **The Board of Deacons**

Dalton Dallas  
Will Grover  
Justin Sterenberg  
Josh Wyman