

# SEASON AFTER PENTECOST 2018

## July: HEALING HANDS

### SERIES OVERVIEW

Throughout the month of July, we encounter stories in the gospel readings that focus on the healing power of Jesus. As our worship team examined these passages, they began to see a trend that was a movement of the Spirit, binding these narratives together. Jesus' power of healing began with the work that he was doing himself, but Jesus was also an effective leader and delegator—always extending the power to others to do the caring work.

Despite Jesus' frequent warnings not to tell anyone (the "Messianic secret") of these healings, people began to spread word of Jesus' and his disciples' work. The more people who knew, the more people came seeking healing. Is this not how we would expect these events to unfold? The more widely the healing was proclaimed, the more people were drawn to Jesus. In time, large crowds numbering in the thousands came to Jesus. What did he do? He fed them. Sharing loaves and fishes was more than sitting down and eating; it was a gracious offering of abundant mercy from the Son of God. Just as an abundance of people followed Jesus, an abundant meal was set before them.

When considering this track to incorporate in worship, it is important to realize that Jesus sent out his disciples to do this work. We are sent to do the same. First, we are called to offer and bring life wherever we go. We are then called to be a part of the church—a group sent forth to continue the example set by Jesus' disciples. In this, we must become known. This is not a self-aggrandizing act, but one that draws crowds to Jesus so they may know healing. Finally, all of our works are to the same end: bringing people to the table of Christ, where grace is offered and received in the breaking of bread and the sharing of the cup.

For many churches, this month will be a time of welcoming a new pastor. Maybe it is a time to commit or recommit to the work of healing in the community. And quite possibly it is a time to renew efforts to "see all the people" who are broken or marginalized, both inside and outside the church walls. As clergy and lay leadership in churches work together to bring people to Jesus, may the church be known as the place where people can find healing and nourishment for their journey.

**Week 1: July 1**

**Bring Life**

[Mark 5:21-43](#)

**Week 2: July 8**

[Mark 6:6b-13](#)

**Send Forth**

**Week 3: July 15**

[Mark 6:13-16](#)

**Become Known**

**Week 4: July 22**

[Mark 6:53-56](#)

**Draw Crowds**

**Week 5: July 29**

[John 6:1-14](#)

**Feed the World**

**HEALING HANDS**  
**Week 1: BRING LIFE**  
**Sixth Sunday after Pentecost, Year B**  
**July 1, 2018**

**PLANNING NOTES**

***(BOW=United Methodist Book of Worship)***

**Planning for This Service**

Today marks the beginning of a new five-week series. This series follows Jesus in the Gospel of Mark and John as his ministry begins to take shape and become known through the land.

This season, we will be giving worship pieces in this space rather than an order of worship. This is to allow churches to use these resources in the order of worship that their context is used to. We suggest that you consider including a ritual action each week in worship that connects to the Scripture and allows your congregation to embody their response to the Word.

Week 1 - Service of Healing (BOW 615). If you are welcoming a new pastor today, consider including a Service for the Celebration of an Appointment (BOW 595).

Week 2 - Blessing of Hands

Week 3 - Reaffirmation of the Baptismal Covenant (BOW 111)

Week 4 - Movement Hymn (see Music Notes)

Week 5 - Communion or gathering for a meal immediately following worship.

Worship pieces that you may consider for this week:

**CALL TO PRAISE AND PRAYER**

One: Let's look at our hands. Lord, what have you called these hands to do?

**Many: Our world needs God's healing touch and restoration. Wherever our journey goes, God is with us. Yes, we are seeking God's healing touch!**

One: Today, we are asking God to bring life unto this world in new ways. With these hands, God is healing our hearts, renewing our souls, raising us from death, and granting us a new day!

**Many: Yes, we are seeking God's healing touch! Bring life to all the world!**

One: What is our call today? Worship an awesome God who brings life and light to a dark world.

**All: Let us worship God this day as new life comes forth in the name of Jesus Christ!**

**GENERAL PRAYER:**

**Prayer: Gracious and merciful God, we love you and magnify your name. Lord, a touch from you is what we need each day. Your Spirit is guiding us to live for you. Continue directing our restoration journey. May God bring life to all humanity in new ways and send us forth to witness transformation. Continue to remind us that you are known by your love and that you make time for the crowds who are drawn to you for healing. Call us to believe that we can feed the world in ways that are pleasing unto you. We celebrate that your healing hands are touching our hearts, so that we will shine new lights in this dark world. Lord, we give all glory, honor, and praise.**

**MUSIC NOTES**

The following selections are congregational songs chosen from this week's Hymn Suggestions, with notes on key, tempo, and instrumentation, along with some practical and creative considerations in singing.

**Healer of Our Every Ill**

Source: *The Faith We Sing*, 2213  
Recommended Key: D  
Tempo: 84-92 bpm  
Instrumentation: Piano, organ, or guitar  
Notes: We recommend the use of this hymn as a theme throughout the entire "Healing Hands" series. Marty Haugen has created a hymn in which the text and tune are both comforting. For the first four weeks, sing the refrain, one stanza each week, and the refrain. On the final week, sing the entire hymn. This will teach the hymn to the congregation over time and closely tie it to the theme of the series.

**There Is Power**

Source: CCLI, 7026322 (<https://songselect.ccli.com/Songs/7026322>)  
Recommended Key: Bb  
Tempo: 80 bpm  
Instrumentation: Piano, guitar, or full band  
Notes: If you are in a setting with a band or modern worship music style, we recommend the use of this hymn as a theme

throughout the entire “Healing Hands” series. Singing this every week will help the congregation learn and sing with vigor by the last week. The recommended key is a bit lower than the original setting to accommodate for congregational singing.

### **Jesus’ Hands Were Kind Hands**

Source: *The United Methodist Hymnal, 273*  
Recommended Key: F  
Tempo: 72-76 bpm  
Instrumentation: Piano or organ with finger cymbal  
Notes: This is a simple song that has a small range and works well with singers of any age. Often, songs that involve language centering on children are relegated to children’s choirs, but I would challenge your congregation to sing this as led by children. Have a children’s choir sing to support, but also have a child who helps lead the congregation by cueing them when to sing. At the end of each phrase, a finger cymbal fits quite nicely.

Resources:

### **Oh, I Know the Lord’s Laid His Hands on Me**

Source: *The Faith We Sing, 2139*  
Recommended Key: Eb  
Tempo: 100-106 bpm  
Instrumentation: a cappella  
Notes: Spirituals are best sung (and most authentically sung) a cappella, which can work in congregations with or without a choir. The refrain is repetitive enough that it can be easily learned. The song is divided up in “leader” and “all” sections, which create a call-and-response action. The choir supports underneath the leader by humming on an Eb chord (A unison Eb note would also work). Only use an accompaniment option if a cappella is not a possibility.

### **When Jesus the Healer Passed Through Galilee**

Source: *The United Methodist Hymnal, 263*  
Recommended Key: F  
Tempo: 54 bpm (dotted quarter note)  
Instrumentation: Piano, organ, and/or guitar

Notes: This modern folk hymn contains an engaging call-and-response dialogue in which the leader serves as the narrator and the congregation serves as the crowd. Participating in this dramatic rendition of the Scripture will help the congregation internalize the story of Jesus calling the disciples and sending them out to cast out demons, heal the sick, and spread the good news. The folk quality of the song lends itself to be accompanied by a guitar and light percussion, but keyboard instruments such as organ or piano would also work as long as the accompaniment is not too heavy. Keep the instruments and voice light within this style. Another engaging option would be for a children's choir to sing this within the body of the service. Have child soloists sing the verses and the whole choir join together on the sections designated "All."

Resources: [History of Hymns](#)

### **When the Poor Ones (Cuando El Pobre)**

Source: *The United Methodist Hymnal*, 434

Recommended Key: D minor

Tempo: 132-136 bpm (eighth note)

Instrumentation: Piano or guitar, solo wind, or string instrument

Notes: There is a certain lamenting quality to the melody in this song that begs for time to let the phrases sing. However, the changes from minor to major in the chord progression offer glimmers of hope. Allow the musical dynamics to grow in volume when those occur (for instance, on the second phrase). Have a solo instrument introduce the melody and continue to improvise throughout. Light percussion can also be added for deeper musical texture.

Resources: [History of Hymns \(Sanchez-Bushong\)](#)  
[History of Hymns \(Hawn\)](#)

### **Woman in the Night**

Source: *The United Methodist Hymnal*, 274

Recommended Key: C minor

Tempo: 48-52 bpm

Instrumentation: Piano or organ

Notes: Too few stories, hymns, and sacred songs are focused

upon women in the Bible, and this hymn is a way to highlight the ongoing narrative of women as leaders in faith. It is possible for a soloist to sing this, but the text is poignant and important enough for it to pass the lips of the entire congregation.

Resources:

[History of Hymns](#)

### **Beautiful Things**

Source:

CCLI, 5665521 (<https://songselect.ccli.com/Songs/5665521>)

Recommended Key:

D

Tempo:

78-82 bpm

Instrumentation:

Piano, guitar, or band

Notes:

A service focusing on stories of Jesus' healing is a good time for people to hear the good news that God makes "beautiful things out of the dust... out of us." The simplicity of the tune longs for a simple accompaniment as well. If you are familiar with Gungor's original recording, you will note that it begins with a piano, guitar, and cello. This would be a beautiful accompaniment throughout, if desired. Full band can be used, but don't feel like you have to use all the instruments all the time. Find ways to show creativity with the instrumentation you may have within your church. Also, make note that the best key for this song is D. However, the original melody leaps an octave in the second chorus, which is far too high for a congregation to sing. Though the timbre will be different, you can accomplish the same effect by having a male voice on the stanzas and opening choruses before the leap, and then supplement with a mezzo female voice at the leap. When a congregation hears a male voice singing that high, the immediate thought is, "I can't sing that," and the voice oftentimes shuts down instead of continuing singing an octave lower. A female voice in the same frequency range assures the congregation that it is ok to not strain and leave the voice in a lower range when singing.

Other recommended congregational songs:

There Is a Balm in Gilead

*The United Methodist Hymnal*, 375

Healing (Richard Smallwood)

[YouTube Video](#)

## PREACHING NOTES

### **Bring Life (Mark 5:21-43)**

**Key words: Healing. Wholeness. Restoration.**

Twelve years of living and dying. Twelve years of faithfulness. Twelve years of healing. Bringing new life to a dark world. Twelve years of new hope. What do twelve years mean to you now, and what is God calling you to do to bring new life into today?

Imagine being alive for just twelve years. In this Scripture, a female child has lived twelve years, and she dies suddenly. The other experience in this passage shares the story of a woman who has been suffering for twelve years. What does twelve years mean in your testimony of living, dying, healing, grieving, being faithful, and hoping for new life?

What is important about the twelve-year-old people in your family, your church, and your community? Is twelve years a long time or a short time? Is a new season coming because twelve years have already passed? Was the Scripture about living twelve years of life, dying for the last twelve years, or the importance of faith in both circumstances? If faith in God makes us whole, does it take twelve years for the people of God to see the fullness of Jesus' powerful ability to bring forth life through the Holy Spirit? These questions touch our minds, awaken our spirits, and call us to reflect.

When thinking about what it means to be brought to life, I felt the presence of God expanding my heart to know grief in new ways. So many times, a Scripture comes to life because we know someone who is grieving the death of a child or a loved one. Maybe we have experienced a long-term illness that has caused us to give up on the possibilities of being healed at this present moment. Without having faith in Jesus Christ, despair and hopelessness can invade our hope. Bringing life can be overshadowed by pure disappointment that life didn't live up to our expectations.

What drives humanity to seek God? Standing in the shoes of these women, can you imagine that healing can occur after living in pain for twelve years? Life can be restored by experiencing a touch of God's healing hands and seeing life beyond moments of death.

Imagine being Jesus' disciple in one of these crowded spaces. Do you feel trapped? If so, fear may cause you to separate from everything around you. Being trapped might

cause you to run away. In these acts of distancing yourself from people, you protect yourself, Jesus, and your garments from the outside world.

What does Jesus do in the crowds? He investigates who has touched his garment, talks to people at Jairus's house, and encourages people in the crowds to stop hiding. When Jesus was in the crowd, he felt a touch from someone who was seeking physical contact with the healer. Jesus asked for the person to identify herself. She could have hidden or ran away, but instead she identified herself and shared her needs. She spoke directly to the one who could bring new life to her body.

Are you willing to be identified as a person who needs healing? How about being seen as a person who needs help from strangers? Is your congregation willing to be a safe place for people who want to be restored from incarceration? Do you have a testimony that could invite a courageous faith conversation to begin in your small group? How can this text be an invitation to bring life into a dying world?

Consider reflecting upon these ideas:

- Life being restored to our world and country.
- Life being restored to children through safe schools.
- Life being renewed in a woman who has lived in the shadows of shame, desperation, and heartache. Although the unacceptable pains of death are seen by many, only the touch of Jesus Christ changes and brings new life.
- Life being offered to communities that have seen death of children; restoration and new hope for communities suffering from gun violence, drugs, and bullying.

**HEALING HANDS  
SEND FORTH  
Seventh Sunday after Pentecost, Year B  
July 8, 2018**

**PLANNING NOTES**

**(BOW=United Methodist Book of Worship)**

**Planning for this service**

Today's service focuses on Jesus sending the disciples forth in twos to spread the good news of the gospel. You may take some time in your service to recognize your church's mission work in the local or global community.

This season, we will be giving worship pieces in this space rather than an order of worship. This is to allow churches to use these resources in the order of worship that their context is used to. We suggest that you consider including a ritual action each week in worship that connects to the Scripture and allows your congregation to embody their response to the Word.

Week 1 - Service of Healing (BOW 615). If you are welcoming a new pastor today, consider including a Service for the Celebration of an Appointment (BOW 595).

Week 2 - Blessing of Hands

Week 3 - Reaffirmation of the Baptismal Covenant (BOW 111)

Week 4 - Movement Hymn (see Music Notes)

Week 5 - Communion or gathering for a meal immediately following worship.

Worship pieces that you may consider for this week:

**CALL TO PRAISE AND PRAYER**

One: We have powerful hands and feet. Lord, what are you calling these hands and feet to do?

**Many: Our world needs God's healing touch and restoration. Wherever our journey goes, God is with us. Yes, we are seeking God's healing touch. We are being sent forth to do your will!**

One: Today, we are asking God to send us unto this world two by two to witness holy boldness. With these hands and feet, God is healing hearts, transforming lives, renewing souls, raising us from death, and granting this new day!

**Many: Yes, we are seeking God's healing touch! Send forth a new witness of faith to all the world!**

One: What is our call today? We will worship an awesome God who sends forth healing to a dark world.

**All: Let us worship God this day as new life comes forth in the name of Jesus Christ!**

## **BLESSING OF HANDS**

Leader: I invite you to bring your hands forward, palms up, for this blessing.

*Bless, O Lord, these hands.*

*May the Holy Spirit be their guidance,*

*That they might be your hands wherever they go.*

*That they might comfort and encourage.*

*That they might build up your kingdom.*

*In the Name of Jesus, go forth.*

*Amen.*

## **MUSIC NOTES**

The following selections are congregational songs chosen from this week's Hymn Suggestions, with notes on key, tempo, and instrumentation, along with some practical and creative considerations in singing.

### **Healer of Our Every Ill**

Source: *The Faith We Sing*, 2213

Recommended Key: D

Tempo: 84-92 bpm

Instrumentation: Piano, organ, or guitar

Notes: We recommend the use of this hymn as a theme throughout the entire "Healing Hands" series. Marty Haugen has created a hymn in which the text and tune are both comforting. For the first four weeks, sing the refrain, one stanza each week, and the refrain. On the final week, sing the entire hymn. This will teach the hymn to the congregation over time and closely tie it to the theme of the series.

### **There Is Power**

Source: CCLI, 7026322 (<https://songselect.ccli.com/Songs/7026322>)

Recommended Key: Bb

Tempo: 80 bpm

Instrumentation: Piano, guitar, or full band  
Notes: If you are in a setting with a band or modern worship music style, we recommend the use of this hymn as a theme throughout the entire “Healing Hands” series. Singing this every week will help the congregation learn and sing with vigor by the last week. The recommended key is a bit lower than the original setting to accommodate for congregational singing.

### **Guide My Feet**

Source: *The Faith We Sing*, 2208  
Recommended Key: G or Ab  
Tempo: 104-108 bpm  
Instrumentation: a cappella, piano if needed  
Notes: With most spirituals, the preference for authentic and appropriate performance practice is to sing the song a cappella. Add clapping on beats two and four. The melody is easily learned, and the congregation can sing in unison while a choir sings in parts. If the congregation can also sing parts well, invite them to join on the written notes or improvise within the harmonic structure. If you have a song leader or soloist comfortable with improvisation, it is also recommended to have her or him sing between phrases to prompt the words in the next phrase.

### **Send Me, Lord**

Source: *The United Methodist Hymnal*, 497  
Recommended Key: E  
Tempo: 80-84 bpm  
Instrumentation: a cappella, djembes, shakers, or other added percussion  
Notes: Since only one word changes each stanza, this song is especially easy for a congregation to learn. As a traditional South African song, it is preferable that it be sung a cappella; but if a piano is necessary, it works as well. However, it is recommended to not play the exact rhythm as written in the UMH. I would omit all eighth notes, and instead play quarter notes in their place (for instance, on the first two notes, I would play one B quarter note instead of two B eighth notes). This will make it less choppy and more of a true, musical accompaniment.

Resources:

### **Enviado Soy de Dios (Sent Out in Jesus' Name)**

Source: *The Faith We Sing*, 2184

Recommended Key: E minor

Tempo: 116-120 bpm

Instrumentation: Piano, guitar, percussion, and winds/strings

Notes: This traditional Cuban song presents lots of creative options for singing and accompaniment. Have an intergenerational choir sing while processing out of the sanctuary or worship space and/or surrounding the congregation before departing. Any number of instruments can be used to accompany it, including organ or even accordion. Authentic to the tradition, percussion is essential to add rhythm within the phrases. Options include congas, bongos, shakers, maracas, or even the back of a guitar! Allow winds or strings to double the melody or add harmonies in thirds where appropriate.

### **The Spirit Sends Us Forth to Serve**

Source: *The Faith We Sing*, 2241

Recommended Key: F

Tempo: 132 bpm (quarter note)

Instrumentation: Piano or organ, solo wind

Notes: This tune resembles common pentatonic folk melodies until the second half of the tune, when the fourth degree of the scale (Bb) appears. I mention this because often there is a plethora of accompaniment options with pentatonic tunes. Using Orff instruments to accompany children, for instance, would be an option here, but accommodations would need to be made when the Bb notes appear. Regardless, the feel of the folk melody can influence the style of the accompaniment. The range is ideal to have a flute play the melody up one octave as an introduction and during the singing. A beautiful setting of LAND OF REST for flute/violin and organ/piano is included in *The United Methodist Hymnal Musical Supplement II*.

Resources: [History of Hymns](#)

### **Whom Shall I Send?**

Source: *The United Methodist Hymnal, 582*  
Recommended Key: Bb  
Tempo: 116-120 bpm  
Instrumentation: Organ or piano  
Notes: This defiant hymn calls us to go out with a spirit of boldness. The call here is similar to Jesus when he sent the twelve, giving them “authority over the unclean spirits” (Mark 6:7, NRSV). Singing this hymn gives the congregation the opportunity to answer the call by providing the words, “we dare to answer: Lord, send me!” Singing this is important, and it can be a means of accountability to the call of God (“Do you remember when we sang these words? Did we mean them?”)

### **Lord, Reign in Me**

Source: *Zion Still Sings, 42*  
Recommended Key: C  
Tempo: 92-96 bpm  
Instrumentation: Full band, piano, or guitar  
Notes: This song is a prayer for guidance and renewal as we go forth in ministry to the world. “Reign in me” is a request for God to dwell in us, which is a great word to offer before we leave worship! The vocal parts are laid out well in *Zion Still Sings*, and they would be accessible for any choir or praise team. Parts of the song are repetitive enough to assist the congregation in learning the song quickly.

### **Send Me Out**

Source: CCLI, 5621778 (<https://songselect.ccli.com/Songs/5621778>)  
Recommended Key: G  
Tempo: 120-138 bpm  
Instrumentation: Full band, piano, or guitar  
Notes: The recommended tempo is such a wide range because it would be possible to set this a number of ways, depending on the energy sought and the ability of the congregation. It is possible to sing this energetic song a bit slower than the original recording and keep it interesting! The song is a prayer of sending forth.

Other recommended congregational songs:

“Go Make of All Disciples”

*The United Methodist Hymnal, 571*

“For Everyone Born”

*Worship & Song, 3149*

“Give Thanks”

*The Faith We Sing, 2036*

## PREACHING NOTES

### **Send Forth (Mark 6:6-13)**

**Keywords: Partnering. Provision. Power. Repentance.**

Sending forth involves partnering with one another to share God’s love, inviting humanity to trust God’s provision plans, and embracing the power to drive out demons.

“Go with someone” were the instructions that my parents gave me when I went into the community to sell items for my school’s fundraiser. Since I believed that I knew my neighbors, I didn’t think I needed to go with someone else. Why this directive from my parents? Was it about trust, safety, or both?

Why was Jesus directing the disciples to go together? Didn’t Jesus believe that the disciples knew how to share the good news? This passage reminds us that we are sent forth into the world to trust, believe, preach, teach, serve, anoint, and invite people to follow Jesus Christ. How does your congregation send people into the community now?

When I read this Scripture, I realized that Jesus directs the disciples to create both relationships and partnerships. They are called to trust and to be accountable to one another. Jesus reminds them to believe in the salvation mission. There is a call for them to act and live into the promises of provision. They have authority to “drive out the demons” and keep things moving if the people don’t accept their message of repentance. Are we challenged to “shake off the dust” as a testimony?

Why were they traveling to these new places? They were sent forth on a mission to spread the good news. Although we are sent forth on new missions, what does it look like in our context? How do we meet people? When do you connect in new communities? What is your testimony? Have we offered hope to someone lately?

Where would we be willing to go without extra clothes, shoes, money, food, and our cell phones? Do we trust God completely to find a home as we are being sent forth? How will we travel to get to this place? Are we comfortable partnering with a stranger? Will we heed the directive to go two by two to go forth in new ways? What are the disciples called to do, and how does that calling have an impact on our current faith today?

Consider reflecting upon these ideas:

- Praying about your faith and repentance journey. Serving others. Making time to partner with young adults and families to share their faith experiences.
- Trusting God's mission and believing that God can sustain your community that is hurting. Become a prayer partner with a new believer.
- What is repentance? How is discipleship lived in your congregation? What does sending forth disciples two by two look like in your congregation now?

**Week 3: HEALING HANDS  
BECOME KNOWN  
Eighth Sunday after Pentecost, Year B  
July 15, 2018**

**PLANNING NOTES**

**(BOW=United Methodist Book of Worship)**

**Planning for this service**

Today's service focuses on how the news of Jesus' gospel is spreading through the land. It has reached the ear of King Herod at his court. This week, consider celebrating a reaffirmation of baptism in your church.

This season, we will be giving worship pieces in this space rather than an order of worship. This is to allow churches to use these resources in the order of worship that their context is used to. We suggest that you consider including a ritual action each week in worship that connects to the Scripture and allows your congregation to embody their response to the Word.

Week 1 - Service of Healing (BOW 615). If you are welcoming a new pastor today, consider including a Service for the Celebration of an Appointment (BOW 595).

Week 2 - Blessing of Hands

Week 3 - Reaffirmation of the Baptismal Covenant (BOW 111)

Week 4 - Movement Hymn (see Music Notes)

Week 5 - Communion or gathering for a meal immediately following worship.

Worship pieces that you may consider for this week:

**CALL TO PRAISE AND PRAYER**

One: How do we know our God? Lord, what are you calling us to do about knowing you?

**Many: Our world needs God's healing touch and restoration. Wherever our journey goes, God is with us. Yes, we are seeking God's healing touch and hope. We are being sent forth to know your will!**

One: Today, we are asking God to send us into this world two by two to witness holy boldness. With these hands and feet, God is healing hearts, transforming lives, renewing souls, raising us from death, and granting this new day!

**Many: Yes, we are seeking God's healing touch! You are known as the healer to all the world!**

One: What is our call today? We will worship an awesome God who sends forth healing to a dark world.

**All: Let us worship God this day as new life comes forth in the name of Jesus Christ!**

## **MUSIC NOTES**

Often, the selections are congregational songs chosen from the week's Hymn Suggestions, with notes on key, tempo, and instrumentation, along with some practical and creative considerations in singing. However, this week's selections are pointed more toward the specific passage from Mark 6:13-16, and thus are not found in the "Hymn Suggestions" for the week.

### **Healer of Our Every Ill**

Source: *The Faith We Sing*, 2213  
Recommended Key: D  
Tempo: 84-92 bpm  
Instrumentation: Piano, organ, or guitar  
Notes: We recommend the use of this hymn as a theme throughout the entire "Healing Hands" series. Marty Haugen has created a hymn in which the text and tune are both comforting. For the first four weeks, sing the refrain, one stanza each week, and the refrain. On the final week, sing the entire hymn. This will teach the hymn to the congregation over time and closely tie it to the theme of the series.

### **There Is Power**

Source: CCLI, 7026322 (<https://songselect.ccli.com/Songs/7026322>)  
Recommended Key: Bb  
Tempo: 80 bpm  
Instrumentation: Piano, guitar, or full band  
Notes: If you are in a setting with a band or modern worship music style, we recommend the use of this hymn as a theme throughout the entire "Healing Hands" series. Singing this every week will help the congregation learn and sing with vigor by the last week. The recommended key is a bit lower than the original setting to accommodate for congregational singing.

### **Famous One**

Source: CCLI, 3599431 (<https://songselect.ccli.com/Songs/3599431>)  
Recommended Key: Eb–F  
Tempo: 56-64 bpm (dotted half note)  
Instrumentation: Full band, guitar, or piano  
Notes: This short song by Chris Tomlin offers the idea of Jesus' fame in a song form. The message this week is about Jesus having "become known" by rulers in power. As we prepare to offer ourselves to become known as a people marked by love, we first encounter Jesus as the one known for his healing and mercy.

### **Jesus, Name Above All Names**

Source: *The Faith We Sing*, 2071  
Recommended Key: F  
Tempo: 54-60 bpm  
Instrumentation: Organ, piano, and/or guitar or full band  
Notes: This simple chorus focuses on the name of Jesus and offers other names for Jesus as well: "Beautiful Savior," "glorious Lord," "Emmanuel," "God is with us," "blessed Redeemer," "living Word." Because of this, the song could easily be used as a short cyclic song that can support meditative worship settings well.

### **They'll Know We Are Christians by Our Love**

Source: *The Faith We Sing*, 2223  
Recommended Key: Em–Fm  
Tempo: 92-136 bpm (quarter note)  
Instrumentation: Organ, piano, solo guitar, strings, or any band ensemble (rock, jazz, etc.)  
Notes: I would wager this is one of the most widely sung works across worship styles throughout the church. The unity expressed in the text and the immediately recognizable tune make this a congregational favorite, even across generational lines. As indicated in the tempo suggestion above, it is possible to sing this in a variety of ways, whether slow or fast, and across genres. Experiment with the accompaniment, and be encouraged to sing boldly!

## **We Are God's People**

Source: *The Faith We Sing*, 2220  
Recommended Key: F  
Tempo: 94-100 bpm  
Instrumentation: Organ or piano  
Notes: Set to a tune from Johannes Brahms' *Symphony No. 1 in C minor*, this bold text proclaims our identity as people of God. When we stand with one another, we can become known and God can work through us to bring transformation to the world. The first three phrases are easily singable, but the closing two phrases are more difficult. It is easy to choose a tempo based upon the opening phrases, but be sure to instead choose a tempo that helps the congregation navigate the melodic contour of the last two phrases.

Resources: [History of Hymns](#)

## **Glorious Is the Name of Jesus**

Source: *Zion Still Sings*, 25  
Recommended Key: F  
Tempo: 80 bpm (eighth note)  
Instrumentation: Organ, piano, or rhythm section  
Notes: A great selection for choir and congregation, this song offers praise to Jesus' name. The tempo should be quite slow, and the accompaniment can be enlivened by a pianist familiar with improvisation and the addition of additional harmonies to support the choral singing.

Resources: [YouTube video](#)

## **Mighty to Save**

Source: *Worship & Song*, 3038  
Recommended Key: F  
Tempo: 64-72 bpm  
Instrumentation: Full band, piano, or guitar  
Notes: This work from the Hillsong catalog is easily singable and widely known. When leading congregational singing, be sure to make eye contact with the congregation! The rhythm and contour of the verses can sometimes make this feel like a solo, but the congregation needs to be engaged by the worship leader. The refrain is powerful as a statement of praise to Jesus, the Lord of all creation.

Resources:

### **Go to the World**

Source: *Worship & Song*, 3158

Recommended Key: G

Tempo: 96-104 bpm

Instrumentation: Organ, brass

Notes: Each phrase of this hymn of sending begins with the words, "Go to the world!", which means it should be sung with confidence and a spirit of hope. We are a sent people who are called to "preach the cross where Christ's renews life's worth." The SINE NOMINE tune is a bold choice to support this hymn. Additional harmonizations, a lower key, and descants (vocal/instrumental) are included in the *Music Supplement to The United Methodist Hymnal*.

## **PREACHING NOTES**

### **Become Known (Mark 6:13-16)**

**Keywords: Real Identity. Known to Others. Impact.**

Who is John the Baptist? What are the rumors about Jesus, John, and their ministries? How did King Herod respond to the word on the street? How are you and your congregation known in your city, community, and regional area? What impact are you making as followers of Jesus Christ?

Thematically, these words jump out:

- Truth
- Envy
- Power

How was Jesus known to the people? What is the truth about his birth, life, and future? Stories of healing followed Jesus. John the Baptist declared to all the importance of repentance: change now! John and Jesus offered the world new hope that was different than what King Herod offered.

How did being known impact Jesus and John the Baptist? What power did King Herod exhibit by killing John? Did King Herod believe that beheading John could diminish the authority of Jesus and his disciples?

Sometimes the challenge in Scripture is connecting the passage with current realities. Are there places in your community where you see envy, power, and truth being redirected to create discord? Is “being known” a human condition that leaders are responding to in both positive and negative ways?

This Scripture invited me to ask various questions:

- What do I do when the sins of envy, hatred, and jealousy are seeking to take control?
- How am I known? What does it mean to be known as a follower of Jesus Christ?
- How does repentance look in my daily faith journey?
- Are there blind spots that cause me to operate as if I were King Herod?
- See John the Baptist and Jesus as a team. Who is your teammate on this faith journey?

Consider reflecting upon these ideas:

- Praying about your identity and reputation. What are you known for in your community? How are you sustaining and growing your faith?
- What is repentance? How is discipleship lived in your congregation? What does sending forth disciples two by two look like in your congregation now?

**HEALING HANDS**  
**Week 4: DRAW CROWDS**  
**Ninth Sunday after Pentecost, Year B**  
**July 22, 2018**

**PLANNING NOTES**

*(BOW=United Methodist Book of Worship)*

**PLANNING FOR THIS WEEK'S SERVICE**

Today's service focuses on the crowds that flocked to Jesus wherever he went. They sought healing from him, just by being in his presence or touching the hem of his robe. This movement of crowds following Jesus from place to place inspired this week's ritual action. We suggest a "movement song" (a congregational song that both encourages us and enables us to move as we sing) that can be sung as a response in the midst of ritual, or even as a song that is sung in the midst of the sending as people go into the world.

This season, we will be giving worship pieces in this space rather than an order of worship. This is to allow churches to use these resources in the order of worship that their context is used to. We suggest that you consider including a ritual action each week in worship that connects to the Scripture and allows your congregation to embody their response to the Word.

Week 1 - Service of Healing (BOW 615). If you are welcoming a new pastor today, consider including a Service for the Celebration of an Appointment (BOW 595).

Week 2 - Blessing of Hands

Week 3 - Reaffirmation of the Baptismal Covenant (BOW 111)

Week 4 - Movement Hymn (see Music Notes)

Week 5 - Communion or gathering for a meal immediately following worship.

Worship pieces that you may consider for this week:

**CALL TO PRAISE AND PRAYER**

One: How do we know our God? Lord, what are you calling us to do that draws crowds to you?

**Many: Our world needs God's healing touch and restoration. Wherever our journey goes, God is with us. Yes, we are seeking God's healing touch and hope. We are being sent forth to live your will!**

One: Today, we are asking God to send us into this world two by two to witness holy boldness. With these hands and feet, God is healing hearts, transforming lives, renewing souls, raising us from death, and granting this new day!

**Many: Yes, we are seeking God’s healing touch! You are known as the one who draws crowds throughout the world!**

One: What is our call today? We will worship an awesome God who sends forth healing to a dark world.

**All: Let us worship God this day as new life comes forth in the name of Jesus Christ!**

## MUSIC NOTES

The following selections are congregational songs chosen from this week’s Hymn Suggestions, with notes on key, tempo, and instrumentation, along with some practical and creative considerations in singing.

### Healer of Our Every Ill

Source: *The Faith We Sing*, 2213  
Recommended Key: D  
Tempo: 84-92 bpm  
Instrumentation: Piano, organ, or guitar  
Notes: We recommend the use of this hymn as a theme throughout the entire “Healing Hands” series. Marty Haugen has created a hymn in which the text and tune are both comforting. For the first four weeks, sing the refrain, one stanza each week, and the refrain. On the final week, sing the entire hymn. This will teach the hymn to the congregation over time and closely tie it to the theme of the series.

### There Is Power

Source: CCLI, 7026322 (<https://songselect.ccli.com/Songs/7026322>)  
Recommended Key: Bb  
Tempo: 80 bpm  
Instrumentation: Piano, guitar, or full band  
Notes: If you are in a setting with a band or modern worship music style, we recommend the use of this hymn as a theme throughout the entire “Healing Hands” series. Singing this every week will help the congregation learn and sing with

vigor by the last week. The recommended key is a bit lower than the original setting to accommodate for congregational singing.

### **Kum Ba Yah (Come By Here)**

- Source: *The United Methodist Hymnal*, 494; *Songs of Zion*, 139; *Come, Let Us Worship*, 332
- Recommended Key: C
- Tempo: 80–126 bpm (eighth note)
- Instrumentation: A cappella (preferred); could also sing with light piano, guitar, or percussion
- Notes: This song has been featured in the press recently as having been formally recognized as a song from the Gullah Geechee culture on the southeastern coast of the United States (and, more specifically, coastal Georgia). Even back as far as *Songs of Zion* and *The United Methodist Hymnal*, Methodist musicologists have recognized the song as such. Included in the resources are links to a recent article on the recognition and the original recording from 1926. As you will hear, the singing in the recording may be more vivacious than the work is often sung. For this reason, a large span in the recommended tempo is included. However, the song can also be used as a prayer directed toward invocation, preparation, or illumination.
- Resources: [The New York Times article](#)  
[Library of Congress recording](#)

### **People Need the Lord**

- Source: *The Faith We Sing*, 2244; CCLI 18084  
(<https://songselect.ccli.com/Songs/18084>)
- Recommended Key: C
- Tempo: 76 bpm
- Instrumentation: Piano or band
- Notes: This classic contemporary Christian song has taken many forms since its creation, from a light ballad with a praise band, to a choral anthem or handbell work. *The Faith We Sing* includes only the refrain, so if the verses are desired, simply visit CCLI SongSelect to access them. Even though the song doesn't explicitly speak of healing, the brokenness

mentioned in the song can easily be connected to our need of healing found in the touch of Jesus.

### **We Cannot Measure How You Heal**

Source: *Worship & Song*, 3139  
Recommended Key: F  
Tempo: 124 bpm (4-measure phrases) or 136 bpm (8-measure phrases)  
Instrumentation: Organ, piano, or guitar  
Notes: This poignant text from John Bell of The Iona Community focuses on the healing hands of Jesus. Its connection with the “drawing crowds” theme of this week comes in the final stanza, which begins with the statement, “So some have come”—for healing and wholeness.  
Resources: [History of Hymns](#)

### **You’ve Got to Move**

Source: *The Africana Hymnal*, 4077  
Recommended Key: Bbm–Dm  
Tempo: 84-92 bpm  
Instrumentation: a cappella with hand claps  
Notes: This short, rhythmic song is an example of a “ring shout,” which is an African American tradition of singing that involved music, dancing, and shouting, all while standing in a ring. The melody of a song would be sung and improvised upon while drums were played, hands clapped, and feet shuffled to embody the ecstatic nature of the song. If you have the opportunity to consult the recording that comes with *The Africana Hymnal*, it will be helpful because it helps teach the performance practice of the singing and clapping together. If the clapping as written on the score is too difficult for your congregation, it is also possible to proceed with other options:

Clap in a half-note pattern (the slower pattern on the recording) throughout on beats 1 and 3. OR  
Have the congregation clap in a half-note pattern on beats 1 and 3 while the choir or a selected group claps the more syncopated pattern from the score.

For more information on a ring shout, be sure to watch the video, *Reflect, Reclaim, Rejoice: Preserving the Gift of Black Sacred Music* or read the small-group study of the same title.

Resources: [Reflect, Reclaim, Rejoice video](#)

### **Amazing Grace (My Chains Are Gone)**

Source: *Worship & Song*, 3104

Recommended Key: D–Eb

Tempo: 56-60 bpm

Instrumentation: Full band, piano, or solo guitar

Notes: Many congregations have embraced this song as a modern expression of one of the most beloved hymns in our congregational repertoire. The refrain hearkens to Charles Wesley’s own “And Can It Be that I Should Gain,” where Wesley writes, “my chains fell off, my heart was free, I rose, went forth, and followed thee.” This song is often accompanied by a band and vocal praise team, but it can also be accompanied by solo piano, guitar, or even organ. Note that the melody notes included in *Worship & Song* are an ornamental representation of the way Chris Tomlin sings the song, and your congregation may instead sing this as it is used to, which is perfectly acceptable!

Resources: [Hymn Study](#)

### **I Love to Tell the Story**

Source: *The United Methodist Hymnal*, 156

Recommended Key: Ab

Tempo: 102-108 bpm

Instrumentation: Organ or piano

Notes: This classic, nineteenth-century gospel hymn speaks to the call to evangelism and telling the “old, old story of Jesus and his love.” The ascending phrases in the refrain bring heightened energy with every phrase, which can be interpreted as inspiring and bringing confidence to those departing a worship service and sharing the “message of salvation.” Keep the tempo moving forward!

Resources: [History of Hymns](#)

### **Heal Our Land**

Source: CCLI 7070516 (<https://songselect.ccli.com/Songs/7070516>)

Recommended Key: D–F  
Tempo: 70-73 bpm  
Instrumentation: Full band, piano, or solo guitar  
Notes: This is a song of unity that calls the church together and offers the prayer that “in every nation, Christ be known.” This is a very catchy tune and is easily singable, with a comfortable range in the keys listed above.  
Resources: [YouTube video](#)

## PREACHING NOTES

### **Draw Crowds (Mark 6:53-56)**

**Keywords: Anchored. Touch. Healing. Crowds.**

Crossing over the water after experiencing Jesus walking on water must have been an awakening for the disciples. It is hard to put all the emotions into words. Can you believe what you have seen? Walking on the water is a visual miracle that stretches our minds, beliefs, understanding, and faith. When I think about what it means to see a water-walking Jesus, I am shaken because the action exceeds my imagination. Only God could bring the disciples beyond their fear into a state of great peace. What does your fear attempt to block you from? How is the presence of Jesus Christ changing your state of being from fear to peace and from peace to action?

The Scripture connects humanity with a description of what it means to experience being grounded, landing on the shore, and anchored from the storming seas. They arrived to safe ground, and their boat is secured. When life has been like rough waters, safety and peace are appreciated. Sometimes it takes time for peace to be restored. The disciples wanted to rest. What does your Sabbath rest look like with Jesus? Is your spiritual rest a consistent practice or irregular in nature? How does fear impact your rest with the Lord? As a faith community, how does your congregation practice spiritual rest following ministry seasons? Grounding includes making adjustments. What does this look like in ordinary time compared with Advent and Lent?

As soon as the disciples landed on dry ground, word spread quickly about Jesus being in town. Did Jesus have rock star appeal? Word of mouth was the technology of the day, and information sharing made the marketplace busier than normal. What was Jesus bringing to the people? Healing, wholeness, renewal, and restoration. The people in the crowds wanted to be changed. They wanted a touch from the one who gave them hope. That need still exists today. What are the unmet needs in the world that God is calling everyday disciples to provide hope today?

Jesus *is* hope for healing to the disciples and the world. No matter where they traveled, Jesus drew crowds who were seeking healing. How does the world need healing today? Are your ministries offering healing and hope?

Since Jesus continues to draw crowds today, do people know your location?

Consider reflecting upon these ideas:

- How does your faith anchor your journey? Is your congregation a place of peace and security for the community? How are you making room for Sabbath rest?
- Are the crowds still seeking healing? How are healing prayers shared in your congregation? What draws crowds in your congregation now?

**HEALING HANDS**  
**Week 5: FEED THE WORLD**  
**Tenth Sunday after Pentecost, Year B**  
**July 29, 2018**

**PLANNING NOTES**

**(BOW=United Methodist Book of Worship)**

**PLANNING FOR THIS WEEK'S SERVICE**

This is the last week in this series. The feeding of the five thousand as read from John drives home the fact that Jesus truly feeds the world, physically and spiritually. This week, we invite you to consider celebrating the end of the series with a community meal. Organize it in the way that your community does best, perhaps catered by the church or potluck style. Advertise it throughout the four weeks leading up to this last one, and be sure to invite your community — whatever that means to you!

This season, we will be giving worship pieces in this space rather than an order of worship. This is to allow churches to use these resources in the order of worship that their context is used to. We suggest that you consider including a ritual action each week in worship that connects to the Scripture and allows your congregation to embody their response to the Word.

Week 1 - Service of Healing (BOW 615). If you are welcoming a new pastor today, consider including a Service for the Celebration of an Appointment (BOW 595).

Week 2 - Blessing of Hands

Week 3 - Reaffirmation of the Baptismal Covenant (BOW 111)

Week 4 - Movement Hymn (see Music Notes)

Week 5 - Communion or gathering for a meal immediately following worship.

Worship pieces that you may consider for this week:

**CALL TO PRAISE AND PRAYER**

One: We are your people! Lord, what are you calling us to do to feed the world?

**Many: Our world needs God's healing touch and restoration. Wherever our journey goes, God is with us. Yes, we are seeking God's healing touch and hope. We are being sent forth to live your will!**

One: Today, we are asking God to send us into this world two by two to witness holy boldness. With these hands and feet, God is healing hearts, transforming lives, renewing souls, raising us from death, and granting this new day!

**Many: Yes, we are seeking God’s healing touch! You are known as the one who draws crowds and feeds the hungry around the world!**

One: What is our call today? We will worship an awesome God who sends forth healing to a dark world.

**All: Let us worship God this day as new life comes forth in the name of Jesus Christ!**

**We recommend a community meal this week, perhaps a dinner on the ground. The response flows out of the worship service.**

## **MUSIC NOTES**

The following selections are congregational songs chosen from this week’s Hymn Suggestions, with notes on key, tempo, and instrumentation, along with some practical and creative considerations in singing.

### **Healer of Our Every Ill**

Source: *The Faith We Sing*, 2213

Recommended Key: D

Tempo: 84-92 bpm

Instrumentation: Piano, organ, or guitar

Notes: We recommend the use of this hymn as a theme throughout the entire “Healing Hands” series. Marty Haugen has created a hymn in which the text and tune are both comforting. For the first four weeks, sing the refrain, one stanza each week, and the refrain. On the final week, sing the entire hymn. This will teach the hymn to the congregation over time and closely tie it to the theme of the series.

### **There Is Power**

Source: CCLI, 7026322 (<https://songselect.ccli.com/Songs/7026322>)

Recommended Key: Bb

Tempo: 80 bpm

Instrumentation: Piano, guitar, or full band

Notes: If you are in a setting with a band or modern worship music style, we recommend the use of this hymn as a theme throughout the entire “Healing Hands” series. Singing this every week will help the congregation learn and sing with vigor by the last week. The recommended key is a bit lower

than the original setting to accommodate for congregational singing.

### **Break Thou the Bread of Life**

Source: *The United Methodist Hymnal*, 599  
Recommended Key: Eb  
Tempo: 100-108 bpm  
Instrumentation: Organ, piano, or solo guitar  
Notes: This hymn provides the connection point between the Scripture as the bread of life, which finds its metaphor in the story of Jesus blessing the bread and feeding the thousands by the Sea of Galilee. This hymn style yearns to be sung deliberately—whether slowly and sustained (as with an a cappella choir) or quickly enough to sustain the phrases for congregational singing. Either way, if the tempo is slower than what is indicated above, be sure to provide significant direction in its singing. It is also possible to accompany with a gentle, arpeggiated accompaniment from a guitar, either in Eb or played in the key of D (for a more guitar-friendly option).  
Resources: [History of Hymns](#)

### **Eat This Bread**

Source: *The United Methodist Hymnal*, 628  
Recommended Key: G  
Tempo: 56-60 bpm  
Instrumentation: Organ, piano, guitar, or a cappella  
Notes: This short, cyclic song is from the Taizé Community in France. Like so many other songs from their repertoire, this chorus is intended to be sung repetitively as a prayer. Accompaniment can vary, and the musical parts for other instruments can be found in some Taizé collections.

### **Fill My Cup, Lord**

Source: *The United Methodist Hymnal*, 641 (refrain only); *Worship & Song*, 3093 (entire song)  
Recommended Key: Ab–Bb  
Tempo: 54-60 bpm  
Instrumentation: Organ or piano  
Notes: The refrain of this well-known song by Richard Blanchard

is included in the UMH, but the verses were also included in *Worship & Song* because of a demand for the whole song to be featured in United Methodist collections. Even though it is specifically directed toward Jesus' experience with the woman at the well from John 4:1-42, it also references the bread of heaven and the plea for Jesus to feed us, which can be a lived experience this week in the singing of this song, particularly if the Eucharist is celebrated.

Resources:

[History of Hymns](#)  
[Hymn Study](#)

### **Jesus, Savior, Pilot Me**

Source: *The United Methodist Hymnal*, 509; *Songs of Zion*, 49  
Recommended Key: Bb  
Tempo: 72 bpm (UMH); 104-112 bpm (SOZ)  
Instrumentation: Organ or piano  
Notes: If you are looking to vary the traditional accompaniment of this gospel-era hymn, consider the setting by Verolga Nix in *Songs of Zion*. Either setting provides the opportunity for the congregation to pray for Jesus' guidance, especially in the midst of trying circumstances.

Resources:

### **Feed Us, Lord**

Source: *Worship & Song*, 3167  
Recommended Key: D  
Tempo: 60-64 bpm  
Instrumentation: Piano, guitar, band, or organ  
Notes: The preferred accompaniment with this congregational song would be a simple setting of guitar and accompanying instruments. Light percussion, bass, keyboards, and other wind or string instruments would be welcomed. The imperatives in the stanzas are brief but powerful—"Feed us," "Quench us," "Fill us," and "Lead us."

## **PREACHING NOTES**

### **Feed the World (John 6:1-14 (15-21))**

**Keywords: Signs of healing. Test. Proof. Miracle.**

The world is hungry for food, shelter, love, and healing. How can a little bit of food feed thousands of people? What else is the world hungry for? This passage invites humanity to imagine how Jesus can meet the needs of the world and have extra left over. It encourages us to believe that small sacrifices can yield large outcomes.

Recently, I was making a gratitude list prior to visiting with my grandchildren. I wondered what they would include on their list that was on my list. Since they are both “foodies” who love to eat food from different cultures, I believed that they would be grateful that their parents loved to cook and bake great items. I have been with them when food was limited. Although they have a heart to share with one another, I wondered if they would give their lunch to feed others who were hungry. The sacrifice from a small child changed the world because the gift fed the world. Hunger is real!

Having a heart to give all that you have for the sake of others is powerful. That’s a part that could be missed in this passage of Scripture. The demand was high. Time was tight. The crowds were growing. The unmet needs were greater than the resources that were seen at the surface. The disciples worried about the limited amount of food and how it could reach a growing crowd. Jesus called the believers to trust that their physical and spiritual needs would be fulfilled beyond their greatest expectations. What happens when our hearts are transformed? We move from believing that we can only help a few to embracing five thousand. What must we do to embrace our miracles?

Questions from the Scripture:

- How much will it cost to feed all these people? Is proof needed to determine that people need our help?
- Is it our job to make room here for people who have great needs? Trusting God for big things is huge!
- What test is this from Jesus? How are you feeling God’s presence?

The questions are unlimited, but our answers need to indicate our willingness to follow Jesus. Feeding people and meeting unmet needs continues to impact our faith journeys.

Consider reflecting upon these ideas:

- How creative are you in feeding your community? Is your congregation a place of peace and security for the community?
- Are the crowds still seeking healing and food? How are healing prayers shared in your congregation? How is God calling you to believe in miracles?