The Apostles' Creed

(Traditional Version)
UMH # 881

I believe in God the Father Almighty,
maker of heaven and earth;
And in Jesus Christ his only Son our Lord:
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead and buried;
he descended into hell.
the third day he rose from the dead;
he ascended into heaven,
and sitteth at the right hand of God the Father Almighty;
from thence he shall come to judge the quick and the dead.

I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins
the resurrection of the body,
and the life everlasting. Amen

The Lord's Prayer

UMH # 895

Our Father, who art in Heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom and the power and the glory,
forever. Amen.

Questions:

1) In Galatians 4 Paul pleads with the Galatians to give up their self-imposed burdens. Those burdens are trying to keep the Torah to please God. Why?
2) All throughout Galatians Paul talks about how we are relieved from our burden of sin. How does this happen?
3) What burdens do you hold that you need to give over to God? Sins? Anxieties? Pain? Know that He can bear them all even though we cannot.

Memory Verse: Galatians 4:6-7 "Because you are sons, God has sent forth the Spirit of His Son into our hearts, crying, 'Abba Father!' Therefore you are no longer a slave, but a son; and if a son, then an heir through God."

Weekly Challenge: Your challenge this week is to shed the burdens that you, your sin, and others have imposed upon you. Give them over to the Lord and be free.

Sermon Notes: