



**St. Paul's**

LUTHERAN CHURCH

***Reaching, Serving, and Growing Disciples***

with man  
THIS IS impossible,  
but WITH GOD  
all things are  
possible  
MATTHEW 19:26

**Church, School and  
Early Childhood Center**

210 E. Pleasant St.  
Oconomowoc, WI 53066  
[www.splco.org](http://www.splco.org)  
262-567-5001

**Worship Schedule**

Saturday: 5pm traditional  
Sunday: 8am traditional  
Sunday: 10:30am contemporary

Advent, Lent, Summer special services

February 3<sup>rd</sup> & 4<sup>th</sup>, 2018

Rev. Lance Armstrong O'Donnell, Senior Pastor  
Rev. Steven Scharnell, Associate Pastor  
Rev. Paul Borgman, Pastor Emeritus  
Jill George, Principal  
Volume 24

Adam Tanney, Youth Director  
Diane Bleke, Organist/Choir Director  
Christine Flores, Early Childhood Center (ECC) Director

Office Hours - 7:00 am - 4:00 pm

Number 5

WELCOME to everyone, especially our guests.  
Your presence is important to us.

St. Paul's is an evangelical Christian congregation, embracing historic Christian teaching on all doctrines, centered on Jesus Christ. Our desire is to bring the Gospel both to those who are searching for answers to the meaning of life and to those who desire a closer relationship with God. We here at St. Paul's have chosen to align ourselves with the teachings of the Lutheran Reformation, due to the clarity with which these help us to see the true meaning of God's Word. Specifically, St. Paul's is a ministry of the Lutheran Church -- Missouri Synod, one of America's truly biblical churches!

- **Members and guests:** please fill out an attendance card and place it in the offering plate to indicate your presence today. For Holy Communion, please read our confession and indicate your agreement with our beliefs by checking the box next to the names of those communing.
- Those sharing our beliefs, especially from parishes in fellowship with us, are welcome to receive.
- If you desire Holy Communion but hold a confession differing from that of this congregation, please speak with a Pastor or an Elder.
- Non-communing, baptized children are welcome to come to the table for a blessing.

**Please note:** Half the inner circle of individual glasses in each tray contains water with **one drop** of communion wine for those hesitant to drink larger amounts of wine. Those glasses with wine are rose in color.

## THE 5<sup>th</sup> SUNDAY AFTER EPIPHANY

**Come to worship.** As the prelude begins, worshippers are encouraged to conclude conversation and quietly prepare to enter into the experience of worship.

**Pastor:** Steve Scharnell

**Theme:** *Just Like You*

Traditional Worship

**Lutheran Service Book, Divine Service 3, pg. 184**

Contemporary Worship

**Special Order**

## **BIBLE STUDIES**

**Adult Bible Study**

**567-5001 Sun. - 9:15 a.m. Fellowship Hall  
Salvation**

**567-8195 Tues. - 7:00 p.m. Muecke's Home  
Women's Bible Study**

**490-2879 Sat. (1<sup>st</sup> & 3<sup>rd</sup>) - 8:00 a.m. Whelan's**

The **radio broadcast** is sponsored by a member in praise to God for blessings received. St. Paul's 8:00 am church service can be heard Sunday over WTKM (104.9 FM) and worldwide at wtkm.com.

# REACHING DISCIPLES

## LWML

LWML meets Tuesday, February 6<sup>th</sup>, at 7:00 pm in the Fellowship Hall. Remember your mites and Quarterly subscription(\$5).

Zone 17 **Prayer Service** will be held on Tuesday, **February 13<sup>th</sup>**, at St. John's, Ashippun at 1:30 pm. Fellowship and refreshments to follow. Everyone is invited to attend as we prepare our hearts for Lent. Men are welcome too! If you are interested in carpooling contact Kathy Mueller at 262-468-6926.

## FAMILY PROMISE VOLUNTEER SIGN-UP FEBRUARY 25<sup>th</sup>-MARCH 4<sup>th</sup>, 2018

Our Savior's and St. Paul's volunteers will be welcoming families without shelter to stay for food, fellowship and overnight shelter at Our Savior's on February 25<sup>th</sup> through March 4<sup>th</sup>, 2018. Help us welcome guests and live out our faith in service to our neighbors in need. There are currently 4 families in the program-5 adults and 3 children (10 and two 2 year-olds) and one of the moms is pregnant. Please go to our website to sign up [www.splco.org](http://www.splco.org) or directly to the Family Promise sign-up genius <http://www.signupgenius.com/go/30e0544a9ad2ba13-family12> or contact Mary Hickenbottom with any questions at 414.333.3421 or [mary@splco.org](mailto:mary@splco.org). *Thank you for your continued prayers and support of this needed outreach ministry in our community!*

# GROWING DISCIPLES

## LCLHS THUNDER FOOTBALL

Registration for Thunder Tackle Football, grades 5-8, sponsored by Lake Country Lutheran High School will be occurring throughout the months of January and February. Registration forms can be found online at the LCLHS website: [www.lakecountryhs.org](http://www.lakecountryhs.org) under the Athletics tab, then go to Lightning Athletics, Youth Programs, and then Thunder Football. For those that have questions or are seeking more information, there is also a document on the website with general Thunder Football Information for those frequently asked questions. You may also contact the Thunder Football director directly: David Bahr, [dbahr@lakecountryhs.org](mailto:dbahr@lakecountryhs.org) or by phone at 262-367-8600 ext. 215.



**1 Corinthians 9:25** "Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever." Self control is a fruit of the Spirit – for the desires of the flesh are at war with the desires of the Spirit. Having received the new life in Christ by His grace, He now calls us to follow Him deliberately, with self-control, with intention.

# WINTER WARM-UP

February 13 | 5:00 - 7:00 pm



## Come in from the cold and warm up with a fun night at St. Paul's Lutheran School's "Step-up & Open House!"

All current and prospective students, along with their families, are invited to check out their classroom for next year and meet with their new teachers.

Activities include:

- Math-focused activities in each classroom
- Current students - "step up" to your next year's homeroom
- Anticipated students - come meet your prospective teacher
- Art project
- Tours of the Early Childhood Center from 6:00 - 7:00 pm
- Light dinner of walking tacos
- Photo booth
- Current families bringing a guest qualify for a prize

St. Paul's is a school that shows genuine love and care for children in an environment that focuses on excellence. We invite you to attend this open house and learn how St. Paul's can become your family, too.

God has great plans for your child! St. Paul's Lutheran School can help your child discover and prepare to reach the potential for which God has planned.

210 E. Pleasant St., Oconomowoc  
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**St. Paul's**

LUTHERAN SCHOOL &  
EARLY CHILDHOOD CENTER

A Christian Education from Infancy to 8th Grade

**School  
Choice**  
WISCONSIN

# The Congregation at Prayer

*A Guide for Daily Meditation and Prayer  
The Fifth Sunday after Epiphany: Just Like You  
January 28—February 4, 2018*

## **Just Like You (Pastor Scharnell)**

The Lord alone “is the everlasting God, the Creator of the ends of the earth” (Is. 40:28). Yet, His almighty power is demonstrated chiefly by His mercy and compassion. “He gives power to the faint, and to him who has no might He increases strength” (Is. 40:29). The only begotten Son of the Father, the very Word by whom all things were made, becomes flesh and takes all the poverty and weakness of our sin and death upon Himself, bearing it in His body to the cross. His Word continues to be shared through those whom He has sent, who are “entrusted with a stewardship” to “preach the gospel” (1 Cor. 9:16-17). Thus, we are set free by the Word of Christ, and we exercise our freedom in loving service to others.

## **The Order of Meditation and Prayer**

*Pray and confess out loud as much from the order of meditation and prayer as you are able, or as your family size and ages dictate. Learn by heart the verse, catechism, and hymn of the week.*

### **Invocation**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

### **Apostles’ Creed**

**Christ-Centered Theme:** Jesus looked at them and said, “With man this is impossible, but with God, all things are possible.”

**Verse:** Isaiah 1:18 “Come now, and let us reason together,” Says the LORD, “though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool.”

**Psalm:** Psalm 84 and/or the appointed daily psalms for General Psalms in Psalm Schedule **LSB, p. 304**

	<b>Sun.</b>	<b>Mon.</b>	<b>Tue.</b>	<b>Wed.</b>	<b>Thur.</b>	<b>Fri.</b>	<b>Sat.</b>	<b>Sun.</b>
<b>Daily Psalms</b>								
<b>Morning</b>	103	5	42	89:1-18	97	51	104	19
<b>Evening</b>	117, 139	84, 29	102, 133	1, 33	16, 62	142, 65	118, 111	81, 113

**The Catechism: Confession and Office of the Keys**

<p><i>What is Confession?</i>          Confession has two parts.          First, that we confess our sins          and second, that we receive absolution,          that is, forgiveness, from the pastor as from God Himself,          not doubting, but firmly believing that by it our sins are forgiven          before God in heaven.</p>	<p>Kindergarten +</p>
<p><i>What is the Office of the Keys?</i>          The Office of the Keys is that special authority          which Christ has given to His church on earth          to forgive the sins of repentant sinners,          but to withhold forgiveness from the unrepentant          as long as they do not repent.</p>	<p>1<sup>st</sup> grade+</p>
<p><i>Where is this written?</i>          This is what St. John the Evangelist writes in chapter twenty:  <b>The Lord Jesus breathed on His disciples and said,          "Receive the Holy Spirit.          If you forgive anyone his sins, they are forgiven;          if you do not forgive them, they are not forgiven."</b>          John 20:22-23</p>	<p>2<sup>nd</sup> grade+</p>
<p><i>What do you believe according to these words?</i>          I believe that when the called ministers of Christ deal with us          by His divine command,          in particular when they exclude openly unrepentant sinners          from the Christian congregation          and absolve those who repent of their sins and want to do better,          this is just as valid and certain, even in heaven,          as if Christ our dear Lord dealt with us Himself.</p>	<p>3<sup>rd</sup> grade+</p>

**The Fifth Sunday after Epiphany: Just Like You**

Day	Bible Stories for the Family & School	Daily prayer readings from LSB, p. 299	
Sun.	<b>The Parable of the Sower and the Seed—Luke 8:4-15</b>	Job 1:1-22	John 1:1-18
Mon.	The Miraculous Catch of Fish—Luke 5:1-11	Job 2:1-3:10	John 1:19-34
Tue.	Jesus Forgives the Paralytic— Matthew 9:1-13	Job 3:11-26	John 1:35-51
Wed.	Jesus Sends Out the Twelve— Matthew 9:35—10:20, 40	Job 4:1-21	John 2:1-12
Thur.	Holy Absolution for the Erring Brother— Matthew 18:14-22	Job 5:1-27	John 2:13-25
Fri.	The Parable of the Unforgiving Servant— Matthew 18:21-35	Job 6:1-13	John 3:1-21

**Prayers: Collects for the Week, Daily Themes for Prayer, In Our Prayers at St. Paul's**

O Lord, keep Your family the Church continually in the true faith that, relying on the hope of Your heavenly grace, we may ever be defended by Your mighty power; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. **Amen**

**Daily Themes for Prayer**

**Sunday:** *Pray for the joy of the resurrection among us; for the fruit of faith nourished by the Word and Sacraments.*

**Monday:** *Pray for faith to live in the promises of Holy Baptism; for one's calling and daily work; for the unemployed; for the salvation and well-being of our neighbors; for schools, colleges, and seminaries; for good government and for peace.*

**Tuesday:** *Pray for deliverance against temptation and evil; for the addicted and despairing, the tortured and oppressed; for those struggling with besetting sins.*

**Wednesday:** *Pray for marriage and family, that husbands and wives, parents and children live in ordered harmony according to the Word of God; for parents who must raise children alone; for our communities and neighborhoods.*

**Thursday:** *Pray for the Church and her pastors; for teachers, deacons, deaconesses, and other church workers; for missionaries and for all who serve the Church; for fruitful and salutary use of the blessed sacrament of Christ's body and blood.*

**Friday:** *Pray for the preaching of the holy cross of our Lord Jesus Christ and for the spread of His knowledge throughout the whole world; for the persecuted and oppressed; for the sick and dying.*

**Saturday:** *Pray for faithfulness to the end; for the renewal of those who are withering in the faith or have fallen away; for receptive hearts and minds to God's Word on the Lord's Day; for pastors and people as they prepare to administer and receive Christ's holy gifts.*

**In Our Prayers this Week**

**Those sick or hospitalized: MEMBERS** – Don Schmitt; Kathy Wickersham—hip replacement; Ryan Albright; Glenn Gartzke—Melanoma; Frieda Antoniak—breast cancer; Larry Hansen; Timothy John Bratz—cancer; My Ubl—healing for multiple health issues; Duane Olson—cancer; Carol Fellin—cancer; Bill & Margaret Voss; Ken Groenke; Laura Gruen—brain tumor; Louise Lang; Mabel Fredrick; Linda Hansen (Steve's wife); Marian Faltersack; Rick Ware; Ed Krelwitz; Harry & Dorothy Peterson (Shorehaven); Barb Krug; Crystal Parker

**FAMILY & FRIENDS OF MEMBERS – Those with cancer:** Beth—Lymphoma; Sue Lentini (Dina Tanner's cousin)—cancer returned; Naomi Morris; Janice (Diane Bleke's sister); Tom—stage 3 bladder cancer; Liz (Barb Allwardt's sister)—colon cancer; the sister of a member with breast cancer; Dylan Coughlin—3 year-old with brain tumor; Kevin Kloss (John Tesch's nephew)—Leukemia; Beth Etzel—stage-four pancreatic cancer; co-worker of Michelle Pagenkopf; Mike—cancer in bones; Roy Hyatt—cancer returned; Quinn—breast cancer; Julie; Kayla (7 years-old)—brain cancer; Linda F—breast cancer; Jack Anderson; Kim B.—breast cancer; Jeanie; Karen Peskie (Mike & Cheryl Reiner's sister-in-law)—Lymphoma; Lea Acord (Pat Borgman's friend); Dan (stage-four prostate cancer); Crystal Schultz; Joann Romain—kidney cancer; Ron Rafalski—throat cancer; Nancy—breast cancer

**Other:** Sharon—circulation problems; son of a friend of the Juneau family with meningitis—surgery; Cheryl (Mark Prange's mom); son of a member for healing of separated shoulder; a member's mom—quick recovery from surgery; Justin—rotator cuff surgery; Kathleen O'Donnell—knee replacement surgery; Sicily (3 year-old)—Guillain-Barre syndrome; Shirley Katusich; Merita Dinnauer; Andrew (Rick Ware's cousin)—CLL chemo complications & PML Syndrome; Vicki Kuhl—

afib; Sue Jansen (Shirley Dibble's niece); Rebecca Mills; Gail Albright; Chelsea Bunker—severe brain injury; Marlene Wille (wife of Jim, former St. Paul's members)—stage 3 colon cancer; Dan George (Jamie's brother)—liver disease; Karen Nicholson; Armin Tessmann—strength in walking; Michael Hamton; Karen Christenson—dementia & stroke; Regina Mills; Dory Schultz; Phyllis Ecklor (Shirley Dibble's sister); Shawn—vascular problems; Kristal—lung surgery; Jonathan (Marilyn Marohn's nephew)—in need of a kidney; Doug—CCL; Megan Bertram; Clem—high calcium heart; Bob—prostate problems; Linda—diabetic dementia; Barb (Dave Schlomer's mom)—severe headaches; Sharon—probiotic/kidney problems; Pat—afib; Fred (Lynda Rades's brother); Joel (Tina Gartzke's nephew); Clarence; Pam; Scott Kleist (Jim & Ann Duggan's son)—MS; Paul Fellin

**Those serving in the military-deployed:** Justin Michener; PFC Nicholas Lang; Zach Howard, Theresa; Phil Preston; Captain Chad Kelling; Casey, Phil, Andy & Steve Koth; Luke, Jacob, Brian, Randy, Kyle, Jake, Jeff, Matt, Tom, Brad, Ben, Mike & Rob

**Those serving God as missionaries:** Christie Nelson (China), Ray Wigdal (China), Dennis Denow (Thailand), Bob & Chris Prouty (Australia), Pastor Reinke (Deaf Ministry), Rev. Bud Palmer

**Those in need:** Our Shut-Ins; Matt, friend of Heather Gartzke; for David; those struggling with addiction-Bob, Andy, George, Dan, Dee; Sarah, Keri.

**Birthday:** Ryan Edwards—7<sup>th</sup>—February 1<sup>st</sup>

**Lord's Prayer and Morning or Evening Prayer from the Catechism**  
**Hymn of the Week: "Away from Us! the Demon Cried"**

**LSB 541**

**Looking forward to The Transfiguration of Our Lord**

**February 10/11, 2018**

**Hymns: 415, 413 (821, 416, 680) 578**

***Toward Gospel Wisdom (Pastor O'Donnell)***

Form: Lowry Loop

It is a hard thing for people to admit the veil of self-righteousness, but the Word of the Gospel lifts the veil ("Only through Christ is it taken away" (2 Cor. 3:14)). Thus, are we able to behold "the light of the knowledge of the glory of God in the face of Jesus Christ," who is "the image of God" (2 Cor. 4:4-6). Perhaps especially when we are disappointed, may God grant us a faithful persistence like Elisha, who was able to see the prophet Elijah being taken "by a whirlwind into heaven" and received a "double portion" of his spirit for preaching the Lord's Word (2 Kings 2:9-11). May the Holy Spirit enable us to truly "listen to" Christ; that is, to trust in "Jesus only" (Mark 9:7-8) and live in hope.

## 2<sup>nd</sup> Holy Communion Hymn: 976 Give Me Jesus



1 In the morn - ing when I rise, In the morn - ing when I rise,  
2 Dark mid - night was my cry, Dark mid - night was my cry,  
3 Just a - bout the break of day, Just a - bout the break of day,  
4 Oh, when I come to die, Oh, when I come to die,  
5 And when I want to sing, And when I want to sing,



In the morn - ing when I rise, Give me Je - sus.  
Dark mid - night was my cry, Give me Je - sus.  
Just a - bout the break of day, Give me Je - sus.  
Oh, when I come to die, Give me Je - sus.  
And when I want to sing, Give me Je - sus.

### *Refrain*



Give me Je - sus, Give me Je - sus.



You may have all the rest, Give me Je - sus.

Scan the QR code with your smartphone to be directed to St. Paul's online giving webpage.



For the most current information on St. Paul's happenings, please visit our website at [splco.org](http://splco.org).

## UPCOMING EVENTS: February 5<sup>th</sup>–11<sup>th</sup>

### ADVANCE THE MISSION

### REACHING, SERVING & GROWING DISCIPLES

MONDAY February 5 <sup>th</sup>	Lord's Cupboard Open Pantry Stephen Ministry Leaders Stephen Ministry Supervision	Hallway Room 201 Room 201	5:30 pm 6:00 pm 7:00 pm
TUESDAY February 6 <sup>th</sup>	LWML Praise Team Practice	Fellowship Hall Church	6:00 pm 7:00 pm
WEDNESDAY February 7 <sup>th</sup>	Parish Choir Life Together Bible Study Adult Choir	Balcony Room 219 Balcony	5:20 pm 6:15 pm 7:20 pm
THURSDAY February 8 <sup>th</sup>	Praise Team Practice	Church	7:00 pm
SATURDAY February 10 <sup>th</sup>	Journeyman Traditional Worship Service AA Meeting	Maxim's Church Fellowship Hall	7:30 am 5:00 pm 8:30 pm
SUNDAY February 11 <sup>th</sup>	Traditional Worship Service Public School Confirmation 5 <sup>th</sup> & 6 <sup>th</sup> Grade Bible History <i>Time to Grow</i> (Sunday School) Adult Bible Study Contemporary Worship Service Sunday Night Alive (5 <sup>th</sup> -12 <sup>th</sup> grades)	Church Room 219 Room 204 Meet in Gym Fellowship Hall Church Room 138	8:00 am 9:15 am 9:15 am 9:15 am 9:15 am 10:30 am 6:00 pm

# ATTENDANCE

January 27/28

## Church Attendance:

5:00 pm—120

8:00 am—128

10:30 am—139

387 Total; 26 visitors; 361 members

**ST. PAUL'S FEBRUARY EPISTLE IS  
AVAILABLE ON OUR WEBSITE AT  
SPLCO.ORG.**

**FAMILIES WITH SMALL CHILDREN**

We rejoice to have families with small children participating in our worship services. There are baskets available with items that might be helpful for your children behind the back pews.

### THIS WEEKEND      5:00 PM                                      8:00 AM                                      10:30 AM

<b>Music Leaders</b>	Diane Bleke	Diane Bleke	In His Light
<b>Special Music</b>	Elsi Scheuer	Adult Choir/Elsi Scheuer	
<b>Acolytes</b>	TBD	Mason & Makenna Paar	TBD
<b>Altar Guild</b>	Margie Hertneky	Dorothy Duchow	Brenda Jacobosky
<b>Elders</b>	Rick Zastrow	Todd Leonhardt	Josh Oddsen
<b>Greeters</b>	Rick Zastrow	Jim & Marlene Steinberg (church) Jim & Judy Braatz (school)	Wayne & Diane Gartzke
<b>Lectors</b>	Rick Zastrow	Cheryl Tesch	
<b>Power Point</b>	N/A	N/A	Gary Pribnow
<b>Radio</b>	N/A	Jim Steinberg	N/A
<b>Ushers</b>	Rick Zastrow	Todd Leonhardt	Truman Seifert

### NEXT WEEKEND      5:00 PM                                      8:00 AM                                      10:30 AM

<b>Readings</b>	2 Kings 2:1–12	2 Corinthians 3:12–13; 4:1–6	Mark 9:2–9
<b>Acolytes</b>	TBD	TBD	TBD
<b>Altar Guild</b>	Mary Ann Ashworth	Barb Hentz	Audrey Martens & Gerri Zwieg
<b>Elders</b>	Bruce Bain	Arno Kirchenwtiz	Erik Benes
<b>Greeters</b>	John Melvin	Ralph & Donna Andrus (church) Don & Harriet Groose (school)	Darlene Adams
<b>Lectors</b>	John Kelling	Jim Steinberg	
<b>Power Point</b>	N/A	N/A	Cheryl Oelsner
<b>Radio</b>	N/A	Cheryl Tesch	N/A
<b>Ushers</b>	Gary Flanagan	Bob Bratz	Scott Kalien

# THE FIFTH SUNDAY AFTER EPIPHANY

## **Isaiah 40:21–31 ~ ESV**

*Pew Bible pg. 763*

Do you not know? Do you not hear? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to dwell in; who brings princes to nothing, and makes the rulers of the earth as emptiness. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows on them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, that I should be like him? says the Holy One. Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name, by the greatness of his might, and because he is strong in power not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

## **1 Corinthians 9:16–27 ~ ESV**

*Pew Bible pg. 1217*

For if I preach the gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the gospel! For if I do this of my own will, I have a reward, but not of my own will, I am still entrusted with a stewardship. What then is my reward? That in my preaching I may present the gospel free of charge, so as not to make full use of my right in the gospel. For though I am free from all, I have made myself a servant to all, that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though not being myself under the law) that I might win those under the law. To those outside the law I became as one outside the law (not being outside the law of God but under the law of Christ) that I might win those outside the law. To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. I do it all for the sake of the gospel, that I may share with them in its blessings. Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

## **St. Mark 1:29–39 ~ ESV**

*Pew Bible pg. 1064*

And immediately [Jesus] left the synagogue and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them. That evening at sundown they brought to him all who were sick or oppressed by demons. And the whole city was gathered together at the door. And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. And Simon and those who were with him searched for him, and they found him and said to him, "Everyone is looking for you." And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." And he went throughout all Galilee, preaching in their synagogues and casting out demons.