



**The Sixth Sunday after Pentecost**  
**July 20, 2025**  
11 a.m. worship, Sanctuary

**First Presbyterian Church of Tulsa**

Called to make fully-devoted followers of Christ, inwardly strong and outwardly focused.



# Fasting

## Sixth Sunday after Pentecost, JULY 20, 2025

### The Words of Preparation

"Fasting gives birth to prophets, she strengthens the powerful; fasting makes lawgivers wise. She is a safeguard for the soul, a steadfast companion for the body, a weapon for the brave, and a discipline for champions. Fasting repels temptations, anoints for godliness. She is a companion for sobriety, the crafter of a sound mind. In wars she fights bravely, in peace she teaches tranquility." -St Basil the Great, 4th c

### THE WELCOME

Rev. Julia Metcalf

*Please sign, pass, and return the blue friendship register. Visitors, please fill out a welcome guest card from the pew back and drop it in the offering plate to receive our E-News updates, and fellowship opportunities.*

### THE INTROIT

#### Shelter Me, O God

Bob Hurd

Jaclyn Metcalf, soloist

*Shelter me, O God; hide me in the shadow of your wings; You alone are my hope. When my foes surround me, set me high above their reach. Hear me when I call your name. Refrain. As a mother gathers her young beneath her care, gather me into your arms. Refrain. Though I walk in darkness, through the needle's eye of death, you will never leave my side. Refrain.*

*Psalms 16; Psalm 61; Luke 13:34*

### THE CALL TO WORSHIP

Come, bless the Lord,  
in whom we find our refuge and safety.

**You are our God;  
all the good things come from You alone.**

Come, bless the Lord,  
who gives us a rich inheritance,  
and surrounds us with abundance.

**You are our God;  
our lives are in your hands.**

Come, bless the Lord,  
who guides us on the path to eternal life,  
whose presence strengthens and sustains us.

**You are our God;  
we will not be shaken.**

Let us stand together,  
**And let us worship God!**

- ◆ **THE OPENING HYMN** 191      **God Is Our Refuge and Our Strength**      WINCHESTER OLD
- ◆ **THE PRAYER OF ADORATION**      Lauren Crane

**THE FIRST READING**      **Romans 12:1-2**

**THE PRAYER OF CONFESSION**

Merciful God, we confess that we have not always presented our lives as a living sacrifice, holy and acceptable to You. We have often conformed to the patterns of this world, rather than being transformed by the renewing of our minds. We have sought our own desires and ambitions rather than Your perfect will. Forgive us for our self-centeredness and lack of devotion. Fill us with Your Holy Spirit, that we may be renewed in mind and spirit, and that we may discern and live out Your good, pleasing, and perfect will. In Jesus' name, we pray...  
(in silence)

**THE ASSURANCE OF PARDON**

Friends, hear and believe the good news of the gospel that in Jesus Christ, there is indeed forgiveness for everyone who calls upon His name. **Alleluia! Amen!**

◆ **THE PASSING OF THE PEACE**

The peace of Christ be with you! **And also with you!**

- ◆ **THE RESPONSE OF GRATITUDE** 383      **My Faith Looks Up To Thee**      OLIVET

◆ **THE AFFIRMATION OF FAITH**      **The Apostles' Creed**

**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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven, and sitteth on 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 Ghost; the holy catholic church; the communion of saints; the forgiveness of sins; the resurrection of the body; and the life everlasting. Amen.**

**THE BLESSING OF THE YOUNG DISCIPLES**

- THE HYMN OF PREPARATION** 322      **Spirit of the Living God**      LIVING GOD

**THE SECOND READING**      **Esther 4:16, Matthew 6:16-18**

- THE SERMON**      **Fasting**      Rev. Julia Metcalf

- THE OFFERING**      **Create in Me a Clean Heart**      Jeff Reeves

Create in me a clean heart, make my spirit right and true. Guide me with your wisdom, Lord, as I seek to follow you. *God of creation and Lord of my life, show me how I can be more like you in all that I do, in word and thought and deed.* Create in me a clean heart, give me strength to trust and obey. Call me with your voice of love to the light of your perfect way. *Refrain.* Restore in me your joy, the gift of life anew; and then shall my mouth sing songs of praise, for all that comes from you. *Refrain.*

Psalm 51:10-12

**MINUTE FOR MISSION**

Camp Sunshine

**THE PRAYERS OF THE PEOPLE AND THE LORD'S PRAYER**◆ **THE CLOSING HYMN 172**

My Shepherd Will Supply My Need

RESIGNATION

◆ **THE CHARGE AND THE BENEDICTION****THE POSTLUDE**

If Thou But Suffer God to Guide Thee

Johann Sebastian Bach

We welcome and thank guest organist Dr. Michael Bedford for his musical leadership today.

◆ *Please stand*

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**Greetings in Christ!**

We are glad to welcome you to worship! We are a community that seeks to lift high the name of Jesus and to serve the common good. If you are here for the first time, we pray that you will sense the presence of Christ and the warmth of this congregation. If you do not have a church home, we would love to welcome you; if this is your first time worshipping with us, please fill out a *Welcome Guest Card*, or contact Emma Myatt at 918-857-5652 or [emyatt@firstchurchtulsa.org](mailto:emyatt@firstchurchtulsa.org).

**Summer sermon series: Life in the Spirit**

This summer, we're exploring what it means to truly live Life in the Spirit. We'll walk through the power, presence, and purpose of the Holy Spirit—and learn how everyday practices known as spiritual disciplines can help us grow as disciples of Jesus. Each week highlights a different practice: Study and Meditation, Prayer, Silence and Solitude, Fasting, Worship, Submission and Service, Confession, Simplicity, Stewardship, and Celebration. Join us on Sundays for teaching, practice the disciplines personally through weekly videos, gather on Wednesdays at noon in Kerr Chapel for Midweek Meetups, and connect in prayer on Zoom Mondays at 8 a.m. or Thursdays at 8 p.m. Watch for details in E-News and on our Facebook page.

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**PARISH REGISTER**

**Prayers for Healing:** Lisa Angleton, Jane Azlin, Joy Brewer, Steve Brill, Nelda Brown, Pat Brown, Roy Cail, Beth Campbell, Gary Casteel, Randy Corelli, Teresa Corelli, B. J. Dollahon, Debi Foster, Jim Goodwin, Gaye Graeler, Rita Graeler, Cynthia Hill-Meriwether, Don Johnson, Joyce Kunkel, Amy Lesh, Barbara Mace, Margaret Martinson, Ann McKellar, Jon Mercer, David Osterholt, David Perkins, Penny Steinkuehler-Perkins, Carolyn Perryman, Mary Ruddle, Kathy Sengel, Bob Shipman, Alex Smith, Andrea Smith, Jane Sneed, Cissy Ssettimba, Sally Stewart, Ginny Talley, Marcia Tromp, Ralph Veatch, Gretchen Wagner, Susan Waldie, Norma Wallace, Barbara Wiedenmann, and Sarah Wright.

**The Sacrament of Baptism:** Kayson James Crowe, son of Paige and J.J. Crowe, was baptized on July 13.

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**WORSHIP NOTES**

**Services are broadcast** on Cox channel 3 (each Sunday) at 11:00 a.m., 5:00 and 10:00 p.m., on the FPC Facebook page, or [FirstChurchTulsa.org/YouTube](http://FirstChurchTulsa.org/YouTube).

**For those who need hearing assistance** in the Sanctuary or Stephenson Hall, audio headsets are available from the ushers. Also available are large-print hymnals and Bibles.

**Our Letters of Blessing** today go to Penny Steinkuehler-Perkins

**The flowers that adorn the Sanctuary** today are given to the glory of God and in memory of Lila and her love for Christ and the children of the world.

**Please notify the church** if you have a pastoral need, change of address, phone number or other important family news. Contact Kathy Wilson at 918-301-1029 or [kwilson@firstchurchtulsa.org](mailto:kwilson@firstchurchtulsa.org).

**Thank you for your faithful support:** Weekly tithes and offerings to the Lord may be given electronically at [firstchurchtulsa.org](http://firstchurchtulsa.org), text 405-276-4141 or by using the QR code.




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## FIRST CHURCH UPDATES

**Pastoral Prayer:** Join us as we pray for the pastoral transition. To receive a weekly prayer prompt, please text @pastorfpc to "81010".

**Prayer in the Chapel:** Join together from 10:40 - 10:55 a.m. on the second Sunday of each month for prayer during this time of pastoral transition.

**Young Adults:** First Church is committed to cultivating faith within the next generation, providing a place for young adults to connect with one another and with the larger church. Find us on Instagram at @fpcyoungadults or contact Rev. Julia Metcalf at 918-301-1030.

**Need a Pastoral Visit?** If you or someone whom you know is in the hospital or in need of a pastoral visit, please contact Kathy Wilson at [kwilson@firstchurchtulsa.org](mailto:kwilson@firstchurchtulsa.org) or 918-201-1029. We no longer receive information from hospitals, so we rely on you to let us know.

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## HAPPENING TODAY

**First Friends in the Pews:** Meet at the Atrium coffee bar 15 minutes before each worship service.

**Faith in Film and The Chosen Series:** An All-Church, summer Sunday School class will explore how faith intersects culture on the silver screen. Today: *The Princess Bride*; July 27: *A Collage of Biblical Themes Through Cinema*. Then in August, we will dive into Season 3 of *The Chosen* and review how scripture is messaged and depicted through this series. Pastors and lay teachers will lead our conversations at 9:30 a.m. in the Miller Library.

**First Family Summer Swim** Sunday through summer from 1:30 – 5:00 p.m. at Camp Loughridge. Children must always be accompanied by parents.

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## EVENTS THIS WEEK

**UKirk Summer Bible Study** for all college students every Tuesday from 6:00 - 7:00 p.m. at the Thompson Home. Please reach out to [jmetcalf@firstchurchtulsa.org](mailto:jmetcalf@firstchurchtulsa.org) for more details.

**Young Adults** are invited to join us for Trivia every Wednesday night at Welltown Brewery throughout the Summer at 7:00 p.m.

**Life in the Spirit:** *Midweek Meetup* meets Wednesdays through August 31 at noon in the Kerr Chapel. Come for a midweek meetup as pastors and various lay leaders lead group practices of spiritual disciplines. All ages are welcome and invited to bring their own lunch and gather on the playground afterwards.

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## UPCOMING EVENTS

**Camp Sunshine:** Our annual event, which is sponsored by the Board of Deacons, offers a day camp experience to children living with special needs and battling illnesses. The camp is from 11:00 a.m. – 4:00 p.m. on Saturday, August 2 at Camp Loughridge. If you are interested in volunteering, please scan the QR code.



**Annual Ping Pong Tournament:** Mark your calendars and start practicing for the Annual Ping Pong Tournament which will be on August 24.

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## USE YOUR TALENTS

**Join our TV Ministry Team:** Gain valuable video and broadcast experience while helping us reach thousands of TV and internet viewers each week. We're looking for students and adults to volunteer in this ministry. For more information, contact Alex Pennell, TV/Video Manager, at 314-607-1032.

**Greeters:** Do you have the gift of hospitality, or enjoy meeting new people? Whether you are able to dedicate one Sunday per month, or every Sunday, we need you. Sign up to be a Greeter at First Church, via the QR code.



**The Summer Choir Welcomes You!** You are invited to add your voice to the Summer Choir for the 11:00 a.m. Sanctuary service during the summer months. The only time requirement is a brief rehearsal on Sundays at 10:15 a.m. in the Choir Room. For more information, please contact Gretchen Bashforth at 918-301-1012 or [gbashforth@firstchurchtulsa.org](mailto:gbashforth@firstchurchtulsa.org).

**Update on the Valladolid Medical Clinic Fundraiser:** The Sojourners Sunday School Class continues to collect gifts for one of First Presbyterian Church's longest-standing mission partnerships- the expansion medical clinic in Valladolid, Yucatán. So far, over \$350,000 has been secured, some coming from other participating churches in the Midwest, to match the \$1 million challenge grant. The project cost is \$2.4 million and will allow the clinic to upgrade to hospital certification by adding a blood lab, CT scan and x-ray room. To learn more, contact John Harper, Mission Committee Chair at [johndharperjr@att.net](mailto:johndharperjr@att.net) or (918) 497-6956, or contact Valladolid Project Co-Chairs Margaret Holdridge (918) 813-3781 or Jim Hawkins (918) 747-0897. To give now, contact the church business office.

**Texas Flood Disaster Relief:** If you would like to donate funds to help Camp Mystic and the flood victims in Kerr County Texas you can donate to The American Red Cross ([RedCross.org/donate](https://www.redcross.org/donate)) or The Salvation Army ([HelpSalvationArmy.org](https://www.helpsalvationarmy.org)). Please continue praying for all affected by this tragedy.

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## SERMON NOTES

## Come, Grow Your Faith!

### TODAY 7/20

8:00 a.m.	Worship: Kerr Chapel
8:30 a.m.	Worship: Stephenson Hall
9:30 a.m.	Sunday School Classes
11:00 a.m.	Worship: Sanctuary and Great Hall
1:30 p.m.	First Family Swim, Camp Loughridge

### Tuesday 7/22

9:30 a.m.	Precept Summer Bible Study, E100
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### Wednesday 7/23

12:00 p.m.	Life in the Spirit: Midweek Meetup, Kerr Chapel
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### Saturday 7/26

8:30 a.m.	Before the Rooster Crows, E103
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## Adult Sunday School Classes at 9:30 a.m., July 27

<i>Covenanters</i>	Faith and Film	Miller Library
<i>Faith and Family</i>	Book of John	E206
<i>Forum</i>	Jesus' Words in the Gospel of Matthew	E200
<i>Foundations</i>	Faith in Film	Miller Library
<i>Morning Glory</i>	Prayer and Sermon Texts	B318
<i>Reflections</i>	Spiritual Formation Essays	E103
<i>Shepherds</i>	Faith in Film	Miller Library
<i>Sojourners</i>	Apostles	E204
<i>The Vine</i>	Gospel of Mark	E100
<i>Westminster</i>	Jesus' Words in the Gospel of Matthew	E200
<i>Young Adults/Ukirk</i>	Faith in Film	Miller Library



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