Sixth Avenue Global Methodist Church

(Seventh Sunday after Pentecost)

July 7, 2024 10:30 a.m.

"What do you mean, 'If I can? Jesus asked. "Anything is possible if a person believes. The father instantly cried out, "I do believe, help me overcome my unbelief!"

[Mark 9:23-24]

†

PRELUDE

WELCOME Liturgist

ANNOUNCEMENTS

Liturgist

*CALL TO WORSHIP

L: In a raging storm, Peter boldly stepped out of the boat at the invitation of Jesus.

P: Lord, in the storms of life, grant us courage like Peter to step out of our comfort zone in faith.

L: Jesus said, "Come to me, all you that are weary and are carrying heavy burdens and find rest."

P: No matter the storms, we can always find strength in Jesus the pioneer and perfecter of faith.

*ENTRANCE TO THE LIGHT OF CHRIST

*OPENING HYMN

(On Screen)

881

"Begone Unbelief" (Tune: Lyons)

*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 Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; he descended into hell, the third day he arose 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.

*Gloria Patri

Hymn # 70

Glory be to the Father and to the Son and to the Holy Ghost. As it was in the beginning, is now, and ever shall be, World without end. Amen. Amen.

SCRIPTURE READING

2 Corinthians 12:2-10

CHILDREN'S MOMENTS

Pastor 'Debo

HYMN

"Tis So Sweet to Trust in Jesus"

462

OUR TIME OF PRAYER

BREAKTHROUGH PRAYER (in unison)

Amazing God, we pray that through the Holy Spirit your preferred future for Sixth Avenue Global Methodist Church will be made known to us. We ask that you use us to bring the Good News of Jesus Christ to our friends, family, and community. Give us the courage to follow the leading of your Holy Spirit wherever that may take us. Open our eyes so that we may see the new things you are already doing among us. AMEN.

~Joys and Concerns

~The Lord's Prayer (in unison)

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, the power and the glory, forever. Amen.

OUR TITHES AND OFFERINGS (We encourage you to share beyond your regular offering. The loose offering received today will go to <u>Veteran's Burial Squad Fund.</u>

OFFERTORY

*Doxology "Praise God From Whom All Blessings Flow" # 95

"Praise God, from whom all blessings flow; praise Him, all creatures here below; praise Him above, ye heavenly host; praise Father, Son, and Holy Ghost. Amen."

PRAYER OF DEDICATION

Accept our tithes and offerings, O Lord, together with our lives, to be used by the inspiration of your Holy Spirit, for the expansion of your kingdom, in our local Community, and around the face of the earth, that many shall come to know your Son, Jesus Christ as Savior and Lord, Amen.

SPECIAL MUSIC

SCRIPTURE READING

Mark 5:21-43

MESSAGE

Rev. Dr. 'Debo Onabanjo

"In The Eye of the Storm - Step Out in Faith!"

HOLY COMMUNION (see bulletin insert or on screen)

Prayer after Communion: Heavenly Father, thank you for this holy mystery in which you have fed us with the spiritual food of the body and blood of Jesus Christ. Send us out to do the work you have given us to do, to love and serve you as faithful witnesses in the world. In the name of Christ we pray. Amen.

*CLOSING HYMN

529

"How Firm a Foundation"

*SENDING FORTH/BENEDICTION

POSTLUDE

*For those who are able, please stand.

MINISTRY STAFF

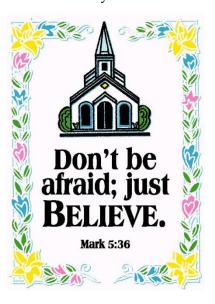
Ministers: The People of This Congregation Media Team: Phyllis Flowers & Paul Jassogne Media Team (Live Streaming): Lee Ann Whitmer Church Secretary: Lee Ann Whitmer

Custodian: Jeff Byerly
Pianist: Jackie Howard
Liturgist: Greg Howard
Pastor: Rev. Dr. 'Debo Onabanjo



Sixth Avenue Global Methodist Church 1004 West Sixth Avenue Lancaster, OH 43130

July 7, 2024 (Seventh Sunday after Pentecost)



Worship Service starts at 10:30 a.m. every Sunday. Children's Church (ages 5-13) starts at 10:45 a.m. Church Office Hours: 8:30 a.m. – 1:30 p.m. Monday through Friday

Pastor: Rev. Dr. 'Debo Onabanjo Pastor's cell: 614-296-1081 Pastor's email: aaonabanjo@yahoo.com Office email: <u>sixthgmc_email@yahoo.com</u>

> Church: (740) 653-1196 Fax: (740) 653-6780 Website: 6thavegmc.org

Sunday, July 7, 2024

10:30 a.m. Sunday Worship

Tuesday, **July 9**, **2024**

5:30 p.m. Finance Committee Meeting

Wednesday, July 10, 2024

10:00 a.m. Bible Study (Chapel)

Saturday, July 13, 2024

7:00 a.m. Weekly Prayer Huddle (see details in announcements)

Sunday, July 14, 2024

10:30 a.m. Sunday Worship

FOR THE MONTH OF JULY 2024

Anniversaries

10 Mike & Judy North

22 Chuck & Judy Wheatley

Birthdays

10 Elaine Hill

11 Ed Gurile, Jr.

- 12 Marilyn Lawson
- 13 Kelton Whitmer-Beatty
- 22 Larry Kilbarger
- 23 Emily Johnson
- 27 Jerry Peters
- 30 Lee Ann Whitmer
- 31 Betsy Dickson







Bennington Glen: Jane Patterson

Edgewood Manor (Lucasville): Alan Fick, C3

LanFair: Mary Chilcote, 313

<u>Luxe:</u> Elaine Hill, Sheridan Wing, 108 Jim Robertson (Billie's brother), Sheridan Hall, 306 Jim Funkhouser, Eckert Wing, 207A

Main Street Terrace: Marilyn Lawson, 36

Primrose: Bill & Doris Shauger, 121

The Ridge: Fred Beougher, 140

Barb Cook, 103

Continued prayers are requested for:

Amanda Baker, Dave Bash, Sharon Byerly, Barbara Cook, John Cook, Ken Cook, Tommy Eblin, Walt Fawcett, Sharon Funkhouser, Ed Gurile, Clara Herrick, Cindy, Lloyd & Diann Helber, Mykel Henderly, Dixie Hoskinson, Joan Irwin, Billy Jeffery, Elizabeth Jones, Jill Jubach, Eleanor & Bob Kane, Marilyn Lawson, Carl & Sharon Mathias, Jingur Nichols, Vicki Oatney, Beth Patton, Mark & Donna Shouldis, Rod Shouldis, Kathy Starner, Don Taylor, Kara Whitmer-Beatty, Greg & Sandie White.

If you have a prayer concern or praise to share, please fill out a green prayer card found in the pew and give it to an usher before the worship service begins. Thank you for allowing us to pray for and with you!

Pastor's Bible Study: This holds on Wednesdays at 10:00 a.m. in the Chapel. We will continue our study of the Letter to the Hebrews this week with Chapters 8-10. This Letter whose author is unknown was written about AD 68 with its main audience the Jewish Christians in the Diaspora. The important message of this letter about the supremacy of Jesus and the sufficiency of His atoning sacrifice will be encouraging to us as we journey together. Please read the chapters for this week in advance. The Bible Study is open to all members of the community. In addition to the joy of worship and fellowship on Sundays, our time together during Bible Study is always a blessing. We also spend some time to pray at the end of the Bible Study for personal and general prayer requests. Please invite a neighbor or friend and thanks for making time to attend.

Engagement of Pastoral Coach – Invitation: As was shared by the leadership at our Congregational Meeting held on Sunday May 19, 2024, as part our ongoing discernment of the preferred future that we believe God has been preparing our community of faith for, we have invited **Rev. Doug Lynn**, a Certified Pastoral Church Coach and Counselor to walk alongside us for a short season as a Church Coach. Rev. Lynn was our Guest Preacher on Sunday May 5. The next steps as he carries out this important assignment is for him to meet with members of the congregation. Depending on the preference of the member, Rev. Lynn can be invited as a guest to your home or you can ask to meet with him at any of the Coffee Shops in Lancaster. You can also ask to meet with Rev. Lynn at the Church. The available days to meet with Rev. Lynn would be either Tuesday, Wednesday, or Thursday. This process involves both churches of the Lancaster Charge – Mt. Zion GMC and Sixth Avenue GMC. These meetings would be an opportunity for Rev. Lynn to "Listen, Inquire, and Make Observations" about the life of our particular community of faith. Rev. Lynn wants to "hear from those that are concerned about the life of their respective congregations before making any specific recommendations." It is anticipated that this process would be completed no later than July 2024 depending on when the requested meetings with members are finalized. Please contact Lee Ann at the Sixth Avenue Church Office to ask about when you can meet with Rev. Lynn. The meetings will be scheduled on a first come, first served basis. We strongly urge our members to take advantage of this opportunity to share their thoughts with Rev. Lynn. Please refer to the circular letter to members from the church leadership for more details. Thanks!

Church Anniversary as GMC Congregation – We thank God for the grace that has sustained us for the first twelve months as a member congregation of the Global Methodist Church (GMC). We know that the good Lord despite all odds made it possible for us to overcome the hurdles and difficult conditions to disaffiliate from the United Methodist Church effective June 30, 2023. In demonstration of our commitment to becoming the Church that God has positioned us to be for such a time as this, we would like to invite our members and friends to be in prayer for the leading of the Holy Spirit for our congregation. We congratulate our appointed Pastor, Rev. Dr. 'Debo Onabanjo as he started his 4th appointive year as the Pastor for our Congregation effective July 1, 2024. May God continue to bless him and his family and their labor amongst us as we boldly launch out into our community as the hands and feet of Jesus.

Weekly Online Prayer Gathering: Please join our weekly online prayer gathering on Saturday mornings from 7:00-7:30am. During the prayer huddle, we pray together for our church, local community, our nation, worldwide and personal concerns. Simply dial the Free Conference Call # 425-436-6200 from your phone and when prompted, enter the access code 603577 followed by the # key and you will be able to participate in this special time of prayer. The gathering is open to members of Mt. Zion GMC and Sixth Avenue GMC and members of the public. Text prayer requests to Pastor 'Debo at 614-296-1081 ahead of the prayer time. Come and unite in prayer for a great move of God in our community of faith.

Strategic Planning Team – Request for Prayers: As part of measures to help our community of faith discern the preferred future that God has for us, a Strategic Planning Team has been set up and is headed by our Lay Leader, Dr. Gregg Witham. One of the plans we have is to hire a Church Coach to walk alongside our Church and Mt. Zion GMC to discern God's direction. Please keep this team and our church leadership in your prayers and be on the lookout for updates on ways to support this important work. Contact Dr. Gregg Witham or Pastor 'Debo with any questions.

Pastor's Corner:

To Walk On Water, You Must Get Out of the Boat! (Matthew 14:27-31, NIV)

"But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

After the miraculous feeding of the 5,000 men, not counting the women and children (see Matthew 14:13-21), Jesus insisted that the disciples should cross to the other side of the lake while He sent the crowd home. **Then He went up the hills to pray.** The disciples were experiencing trouble during the lake crossing for a strong wind was against them. As they navigated their difficult journey without their Master, Jesus suddenly came walking on the water towards His disciples around the fourth watch of the night, about three o'clock in the morning. The disciples were bewildered at what they saw and they cried out, "It's a ghost!"

Thankfully, Jesus spoke these soothing words to them: "Don't be afraid, he said. "Take courage. I am here!" Jesus who is Immanuel (meaning God with us) reassured His frightened disciples that the great I AM, the omnipotent God was with them. We can also be confident that this same Jesus who is the visible image of the invisible God is with us always (see Matthew 28:20).

I want to believe that even though Jesus spoke reassuringly to them, the disciples were still afraid because of the boisterous waves. Then in a bold move, Peter said to Jesus, "Lord, if it's really you, tell me to come to you walking on the water." "Yes, come," Jesus said." In a daring move of faith, Peter climbed over the side of the boat and walked on the water toward Jesus. It is easy to assume that because Peter got out of the boat and started walking towards Jesus, his fear had disappeared. He was definitely still afraid but temporarily overcame his fear because he trusted in Jesus.

Peter through his action demonstrates for us that even when afraid, we can still take a step of faith. Despite his fear, Peter did what no one else on the boat was willing to do – he stepped out into uncharted waters. He left the comfort zone of the boat to walk on the water towards Jesus. However, something strange happened when Peter shifted his focus from Jesus. "But when he saw the strong wind and the waves, he was terrified and began to sink. "Save me, Lord!" he shouted." According to Matthew, "Jesus immediately reached out and grabbed him. "You have so little faith," Jesus said. "Why did you doubt me?" Have you ever doubted the Lord? Are you doubting Jesus right now?

There are a lot of things that can make us fearful or afraid if we are not fully grounded in God's rich promises to us. We can become afraid and paralyzed with fear over many things - losing our jobs, financial difficulties, poor health, difficult marriage, our rocky human relationships, our children, dwindling membership and poor church finances and a host of other things including dying. Worry ultimately turns to fear and when we worry, we are actually sinning and disobeying the instruction of Jesus not to worry. That is why the writer of Hebrews reminds all of us of the importance of keeping our focus on Jesus, "the champion who initiates and perfects our faith."

When Jesus and Peter climbed back into the boat, the wind stopped. The awe-stricken disciples worshiped Jesus and declared, "You really are the Son of God!" What would walking on water look like for you? What would happen if instead of staying stuck in the boat, paralyzed with fear, we summon courage like Peter and step out of whatever boat we are in right now? You have perhaps heard the saying that "to walk on water, you need to step out of the boat."

To truly be the salt and light that Jesus called His disciples in **Matthew 5:13-16**, His hands and feet to a world that is broken and desperate for only what Jesus can provide, we must overcome our fear and take a step of faith outside the boat while trusting that Jesus is waiting for us in the water or in unfamiliar territory. Will you take Jesus at His words today? Then perhaps it is time to step out of the boat and walk on water.

Pastor 'Debo

THE GREAT THANKSGIVING FOR THE SEASON AFTER PENTECOST (ORDINARY TIME OR KINGDOMTIDE)

The pastor stands behind the Lord's table.

The Lord be with you.

And also with you.

Lift up your hearts. *The pastor may lift hands and keep them raised.*

We lift them up to the Lord.

Let us give thanks to the Lord our God. It is right to give our thanks and praise.

It is right, and a good and joyful thing, always and everywhere to give thanks to you, Father Almighty (almighty God), creator of heaven and earth.

You formed us in your image and breathed into us the breath of life.

When we turned away, and our love failed, your love remained steadfast.

You delivered us from captivity, made covenant to be our sovereign God,

and spoke to us through your prophets, who looked for that day

when justice shall roll down like waters and righteousness like an ever-flowing stream, when nation shall not lift up sword against nation, neither shall they learn war anymore.

And so, with your people on earth and all the company of heaven

we praise your name and join their unending hymn:

The pastor may lower hands.

Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.

Blessed is he who comes in the name of the Lord. Hosanna in the highest.

The pastor may raise hands.

Holy are you, and blessed is your Son Jesus Christ. Your Spirit anointed him to preach good news to the poor, to proclaim release to the captives and recovering of sight to the blind,

to set at liberty those who are oppressed, and to announce that the time had come when you would save your people.

He healed the sick, fed the hungry, and ate with sinners. By the baptism of his suffering, death, and resurrection

you gave birth to your Church,

delivered us from slavery to sin and death, and made with us a new covenant by water and the Spirit. At his ascension you exalted him to sit and reign with you at your right hand.

The pastor may hold hands, palms down, over the bread, or touch the bread, or lift the bread.

On the night in which he gave himself up for us, he took bread.

gave thanks to you, broke the bread, gave it to his disciples, and said:

"Take, eat; this is my body which is given for you. Do this in remembrance of me."

The pastor may hold hands, palms down, over the cup, or touch the cup, or lift the cup.

When the supper was over he took the cup, gave thanks to you, gave it to his disciples, and said: "Drink from this, all of you; this is my blood of the new covenant, poured out for you and for many for the forgiveness of sins.

Do this, as often as you drink it, in remembrance of me."

The pastor may raise hands.

And so, in remembrance of these your mighty acts in Jesus Christ,

we offer ourselves in praise and thanksgiving as a holy and living sacrifice, in union with Christ's offering for us,

as we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

The pastor may hold hands, palms down, over the bread and cup.

Pour out your Holy Spirit on us gathered here, and on these gifts of bread and wine. Make them be for us the body and blood of Christ,

that we may be for the world the body of Christ, redeemed by his blood.

The pastor may raise hands.

By your Spirit make us one with Christ, one with each other, and one in ministry to all the world,

until Christ comes in final victory, and we feast at his heavenly banquet.

Through your Son Jesus Christ, with the Holy Spirit in your holy Church,

all honor and glory is yours, almighty Father (God), now and for ever.

Amen.

WEEKLY SCRIPTURE READINGS (July 7, 2024 – July 13, 2024):

(Scripture passages are from the New International Version (NIV) Bible unless otherwise indicated)

Sunday July 7

Scripture Reading Genesis 15:1-16; Reflection Verses: Genesis 15:6-7

"Abram believed the Lord, and he credited it to him as righteousness. He also said to him, "I am the Lord, who brought you out of Ur of the Chaldeans to give you this land to take possession of it."

Reflection Question/Action for the Day: Where are you standing on the unwavering promises of God? What can we learn from the example of Abraham?

Monday July 8

Scripture Reading: Genesis 18:1-18; Reflection Verses: Genesis 18:16-17

"Where is your wife Sarah?" they asked him. "There, in the tent," he said. Then one of them said, "I will surely return to you about this time next year, and Sarah your wife will have a son."

Reflection Question/Action for the Day: Can you remember a time when God did a miracle in your life? Who can you share your testimony with? How can hospitality open the door to a blessing? (see Hebrews 13:2)

Tuesday July 9

Scripture Reading: Exodus 14:1-18; Reflection Verses: Exodus 14:13-14

"Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still."

Reflection Question/Action for the Day: Where do you need to stand firm and trust the Lord to fight your battles?

Wednesday July 10

Scripture Reading: Exodus 14:19-31; Reflection Verse: Exodus 14:31

"And when the Israelites saw the mighty hand of the Lord displayed against the Egyptians, the people feared the Lord and put their trust in him and in Moses his servant."

Reflection Question/Action for the Day: I will fear the Lord and place my trust firmly in Him and His faithful servants.

Thursday July 11

Scripture Reading: Mark 5:21-43; Reflection Verses: Mark 5:35-36

"While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. "Your daughter is dead," they said. "Why bother the teacher anymore?" Overhearing what they said, Jesus told him, "Don't be afraid; just believe."

Reflection Question/Action for the Day: How are you encouraged to continue to trust Jesus in your situation?

Friday July 12

Scripture Reading: Joshua 3:1-17; Reflection Verses: Joshua 3:15-16a

"Now the Jordan is at flood stage all during harvest. Yet as soon as the priests who carried the ark reached the Jordan and their feet touched the water's edge, the water from upstream stopped flowing."

Reflection Question/Action for the Day: I will step out in faith and trust God to make way where there seems to be no way.

Saturday July 13

Scripture Reading: 2 Corinthians 12:2-10; Reflection Verse: 2 Corinthians 12:9a

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

Reflection Question/Action for the Day: Like Paul, I will trust God's grace as sufficient for me even when I am weak.

2 Corinthians 12:2-10

New International Version

²I know a man in Christ who fourteen years ago was caught up to the third heaven. Whether it was in the body or out of the body I do not know—God knows. 3 And I know that this man—whether in the body or apart from the body I do not know, but God knows— 4 was caught up to paradise and heard inexpressible things, things that no one is permitted to tell. ⁵ I will boast about a man like that, but I will not boast about myself, except about my weaknesses. ⁶ Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, ⁷ or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. ⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Mark 5:21-43

New International Version

Jesus Raises a Dead Girl and Heals a Sick Woman

²¹ When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. ²² Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. ²³ He pleaded earnestly with him, "My little daughter is

dying. Please come and put your hands on her so that she will be healed and live." ²⁴ So Jesus went with him.

A large crowd followed and pressed around him. ²⁵ And a woman was there who had been subject to bleeding for twelve years. ²⁶ She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. ²⁷ When she heard about Jesus, she came up behind him in the crowd and touched his cloak, ²⁸ because she thought, "If I just touch his clothes, I will be healed." ²⁹ Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

- ³⁰ At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"
- ³¹ "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?' "
- ³² But Jesus kept looking around to see who had done it. ³³ Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. ³⁴ He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."
- ³⁵ While Jesus was still speaking, some people came from the house of Jairus, the synagogue leader. "Your daughter is dead," they said. "Why bother the teacher anymore?"
- ³⁶ Overhearing^[a] what they said, Jesus told him, "Don't be afraid; just believe."
- ³⁷ He did not let anyone follow him except Peter, James and John the brother of James. ³⁸ When they came to the home of the synagogue leader, Jesus saw a commotion, with people crying and wailing loudly. ³⁹ He

went in and said to them, "Why all this commotion and wailing? The child is not dead but asleep." ⁴⁰ But they laughed at him.

After he put them all out, he took the child's father and mother and the disciples who were with him, and went in where the child was. ⁴¹ He took her by the hand and said to her, "Talitha koum!" (which means "Little girl, I say to you, get up!"). ⁴² Immediately the girl stood up and began to walk around (she was twelve years old). At this they were completely astonished. ⁴³ He gave strict orders not to let anyone know about this, and told them to give her something to eat.

- Begone, unbelief, My Savior is near, And for my relief Will surely appear; By prayer let me wrestle, And He will perform; With Christ in the vessel, I smile at the storm.
- 2 Though dark be my way,
 Since He is my Guide,
 'Tis mine to obey,
 'Tis His to provide;
 Though cisterns be broken,
 And creatures all fail,
 The word He hath spoken
 Shall surely prevail.
- 3 His love, in time past,
 Forbids me to think
 He'll leave me at last
 In trouble to sink:
 Each sweet Ebenezer
 I have in review
 Confirms His good pleasure
 To help me quite through.
- 4 Why should I complain
 Of want or distress,
 Temptation or pain?
 He told me no less;
 The heirs of salvation,
 I know from His Word,
 Through much tribulation
 Must follow their Lord.
- Since all that I meet
 Shall work for my good,
 The bitter is sweet,
 The medicine, food;
 Though painful at present,
 'Twill cease before long,
 And then, oh, how pleasant
 The conqueror's song!