

Zoar Evangelical Lutheran Church

"Responding in Service to God's Love"



Eleventh Sunday after Pentecost, August 24, 2025

Welcome to Zoar Lutheran Church!

We're glad you're here to worship with us and pray that your spirit will be refreshed and transformed by the abundant grace of our God.

Zoar seeks to follow Jesus's example of inclusion by welcoming and affirming all, including all whom the world attempts to separate, divide, or isolate. We are committed to fostering social justice and racial equality.

The Zoar community is committed to the ongoing work of welcoming all ages, races and ethnicities, physical and mental abilities, marital, economic, and legal statuses, sexual orientations, gender identities and gender expressions, as well as all theological perspectives.

We celebrate Holy Communion in worship each week, and all who desire a deeper relationship with the God revealed in Jesus Christ are welcome to partake. This is Christ's table – not our table – and so, we follow Jesus in welcoming all people to the table.

The "Creative Corner" and children's worship bulletins are available for our younger friends. We also offer Children's Time during worship.

If you have a special prayer request or would like to speak with our Pastor in private later this week, forms are available from an usher.

Hearing devices are available at the AV booth at the back of the sanctuary. Feel free to stand at the rail for Holy Communion if kneeling is uncomfortable, or let an usher know and we can bring Communion to you.

We invite you to join us in worship, community, fellowship, and ministry – all aspects of congregational life and leadership. Please join us after the worship service for fellowship.

May you find Zoar* to be your "little place of refuge." *You are welcome here.*

(* The name "Zoar" is found in Genesis 19. Zoar is the small town where Lot and his family take refuge when Sodom and Gomorrah are about to be destroyed. "Zoar" means "small" in Hebrew, and since Zoar was a place of refuge, our congregation aspires to be a "little place of refuge.")

Welcome / Announcements

Ring of the Bell

Prelude

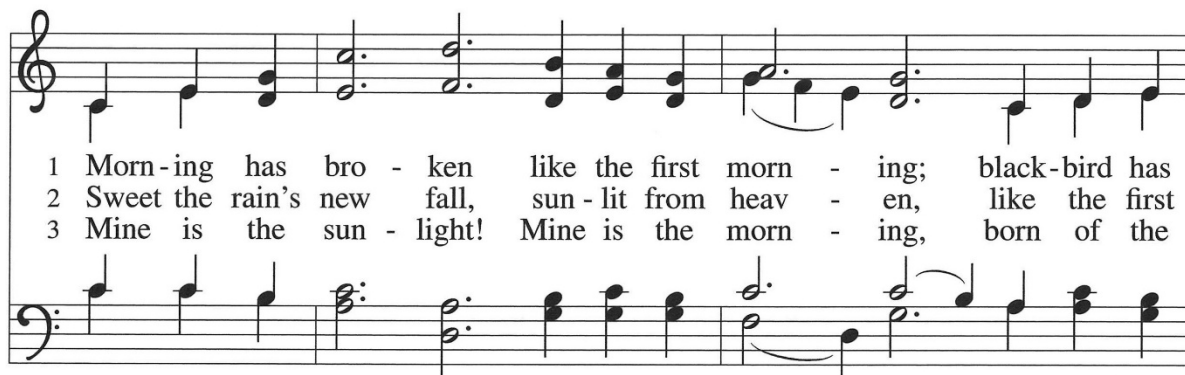


Please stand, as you are able.

Gathering Hymn

Morning Has Broken

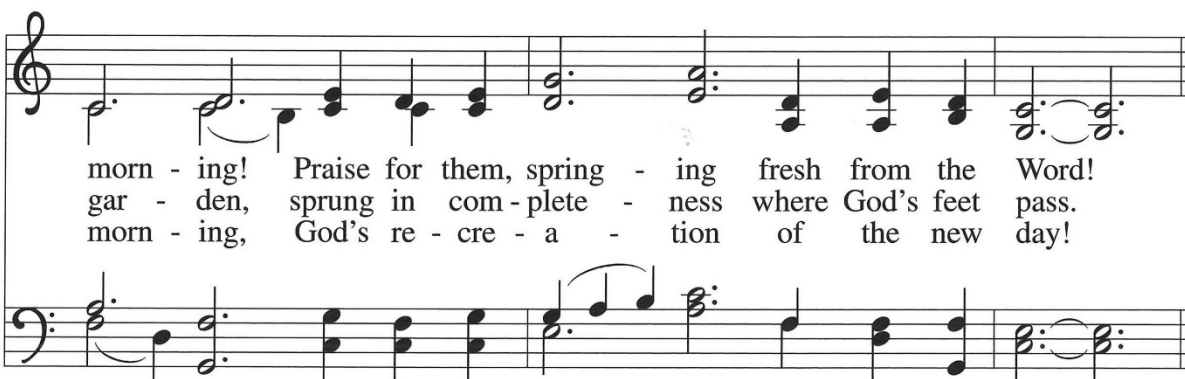
556



1 Morn - ing has bro - ken like the first morn - ing; black - bird has
2 Sweet the rain's new fall, sun - lit from heav - en, like the first
3 Mine is the sun - light! Mine is the morn - ing, born of the



spo - ken like the first bird. Praise for the sing - ing! Praise for the
dew - fall on the first grass. Praise for the sweet - ness of the wet
one light E - den saw play! Praise with e - la - tion, praise ev - 'ry



morn - ing! Praise for them, spring - ing fresh from the Word!
gar - den, sprung in com - plete - ness where God's feet pass.
morn - ing, God's re - cre - a - tion of the new day!

Text: Eleanor Farjeon, 1881–1965

Music: Gaelic tune; arr. hymnal version

Text © Miss E. Farjeon Will Trust, admin. David Higham Associates

Arr. © 2006 Augsburg Fortress

BUNESSAN

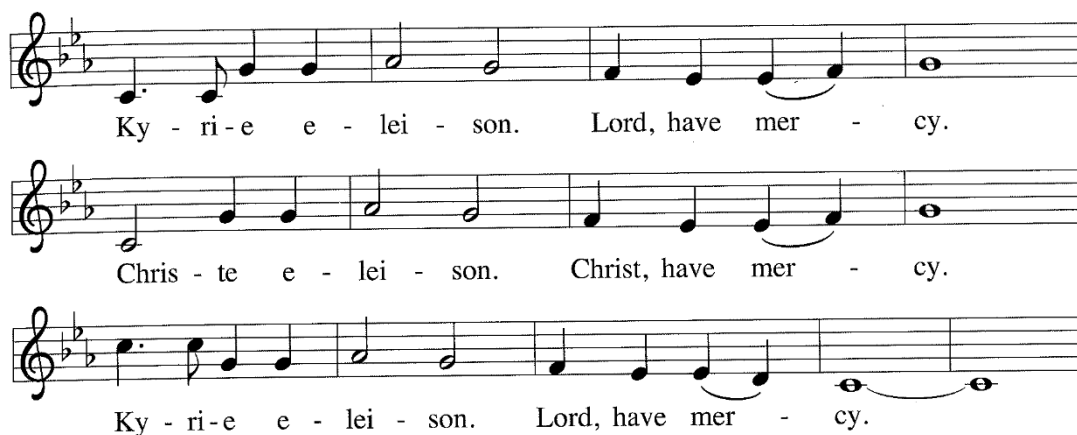
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The Greeting

P: The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

C: **And also with you.**

Kyrie



Ky - ri - e e - lei - son. Lord, have mer - cy.

Chris - te e - lei - son. Christ, have mer - cy.

Ky - ri - e e - lei - son. Lord, have mer - cy.

Gloria



1 Glo - ry to you, God, for yours is the earth;
 2 Glo - ry to you, God, for yours is the earth;
 3 Glo - ry to you, God, for yours is the earth;

yours is the prom - ise, the bless - ing, the birth.
 yours the ho - san - nas, the dy - ing, re - birth.
 yours the a - noint - ing, the ra - di - ant worth.

Ours the re - joic - ing for Word giv - en frame;
 Ours the re - joic - ing for na - ture re - claimed;
 Ours the re - joic - ing for spir - its a - flame;

ours the thanks - giv - ing to your ho - ly name.

Ours be the tell - ing of deeds great - ly done;

yours be the glo - ry, O God, yours a - lone.

Salutation

P: The Lord be with you.

C: **And also with you.**

Prayer of the Day

P: O God, mighty and immortal, you know that as fragile creatures surrounded by great dangers, we cannot by ourselves stand upright. Give us strength of mind and body, so that even when we suffer because of human sin, we may rise victorious through your Son, Jesus Christ, our Savior and Lord. *(updated)*

C: **Amen.**

Please be seated.

First Reading: Isaiah 58:9b-14

God promises those who have returned from exile that where justice and mercy prevail, the ruins will be rebuilt and light will rise in the darkness. It is a day for new beginnings.

^{9b} If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,

¹⁰ if you offer your food to the hungry
and satisfy the needs of the afflicted,
then your light shall rise in the darkness
and your gloom be like the noonday.

¹¹ The Lord will guide you continually
and satisfy your needs in parched places
and make your bones strong,
and you shall be like a watered garden,
like a spring of water
whose waters never fail.

¹² Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach,
the restorer of streets to live in.

¹³ If you refrain from trampling the Sabbath,
from pursuing your own interests on my holy day;
if you call the Sabbath a delight
and the holy day of the Lord honorable;
if you honor it, not going your own ways,
serving your own interests or pursuing your own affairs;

¹⁴ then you shall take delight in the Lord,
and I will make you ride upon the heights of the earth;
I will feed you with the heritage of your ancestor Jacob,
for the mouth of the Lord has spoken.

R: The Word of the Lord.

C: **Thanks be to God**

Psalm:

Psalm 103:1-8 (Ps. 103:4)



The LORD crowns you with mer-cy and stead-fast love.

- ¹ Bless the Lord, | O my soul,
and all that is within me, bless God's | holy name.
- ² **Bless the Lord, | O my soul,
and forget not | all God's benefits—**
- ³ who forgives | all your sins
and heals all | your diseases;
- ⁴ **who redeems your life | from the grave
and crowns you with steadfast | love and mercy; R**
- ⁵ who satisfies your desires | with good things
so that your youth is renewed | like an eagle's.
- ⁶ **O Lord, you provide | vindication
and justice for all who | are oppressed.**
- ⁷ You made known your | ways to Moses
and your works to the chil- | dren of Israel.
- ⁸ **Lord, you are full of compas- | sion and mercy,
slow to anger and abounding in | steadfast love. R**

Second Reading: Hebrews 12:18-29

Using images of Moses, the writer presents a striking vision of the new covenant of God made possible in Christ. There is no longer fear; only awe in the new promise in Christ into which we are invited.

¹⁸ You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, ¹⁹ and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. ²⁰ (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death.") ²¹ Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") ²² But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, ²³ and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, ²⁴ and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

²⁵ See that you do not refuse the one who is speaking, for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! ²⁶ At that time his voice shook the earth, but now he has promised, "Yet once more I will shake not only the earth but also the heaven." ²⁷ This phrase, "Yet once more," indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. ²⁸ Therefore, since we are receiving a kingdom

that cannot be shaken, let us show gratitude, by which we may offer to God an acceptable worship with reverence and awe, ²⁹ for indeed our God is a consuming fire.

R: The Word of the Lord.

C: **Thanks be to God**

Please stand, as you are able.

Gospel Acclamation



The Gospel Reading

P: The Holy Gospel according to Luke, the thirteenth chapter.

C: **Glory to you, O Lord.**

Gospel: Luke 13:10-17

Jesus heals a woman on the sabbath, offering her a new beginning for her life. When challenged by a narrow reading of the sabbath command, Jesus responds by expanding "sabbath work" to include setting people free from bondage.

¹⁰ Now [Jesus] was teaching in one of the synagogues on the Sabbath. ¹¹ And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. ¹² When Jesus saw her, he called her over and said, "Woman, you are set free from your ailment." ¹³ When he laid his hands on her, immediately she stood up straight and began praising God. ¹⁴ But the leader of the synagogue, indignant because Jesus had cured on the Sabbath, kept saying to the crowd, "There are six days on which work ought to be done; come on those days and be cured and not on the Sabbath day." ¹⁵ But the Lord answered him and said, "You hypocrites! Does not each of you on the Sabbath untie his ox or his donkey from the manger and lead it to water? ¹⁶ And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the Sabbath day?" ¹⁷ When he said this, all his opponents were put to shame, and the entire crowd was rejoicing at all the wonderful things being done by him.

P: The gospel of the Lord!

C: **Praise to you, O Christ.**

Please be seated.
Children's Time

The Message

Pastor Michelle Manicke


Please stand, as you are able.

Hymn of the Day


Healer of Our Every Ill

612

Refrain



Heal - er of our ev - 'ry ill, light of each to - mor - row,



give us peace be - yond our fear, and hope be - yond our sor - row.



1 You who know our fears and sad - ness, grace us with your
2 In the pain and joy be - hold - ing how your grace is
3 Give us strength to love each oth - er, ev - 'ry sis - ter,
4 You who know each thought and feel - ing, teach us all your

Refrain



peace and glad - ness; Spir - it of all com - fort, fill our hearts.
still un - fold - ing, give us all your vi - sion, God of love.
ev - 'ry broth - er; Spir - it of all kind - ness, be our guide.
way of heal - ing; Spir - it of com - pas - sion, fill each heart.

Text: Marty Haugen, b. 1950
Music: Marty Haugen
Text and music © 1987 GIA Publications, Inc.

HEALER OF OUR EVERY ILL
88 9 and refrain

The Prayers of the People

(The petitioner will say, "Hear us, O God"; the congregation will respond with "Your mercy is great.")

Sharing the Peace of Christ

P: On the count of 3, let's all say together, **"The peace of Christ be with you always!"**

Please be seated.

The Offering

Please take a moment of silent prayer to consider the many needs and to give thanks for the blessings you've received from God. Ask God to guide you in discerning how you can share some of the gifts God has entrusted to you. (Perhaps you'll feel moved to call someone, to write a card, or to make an extra donation in support of ministries making a difference in our wider community, so that they can continue to bring light and life to our neighbors in need.)

The Offertory

Please stand, as you are able.

The Offering Hymn

SACRED CREATION

(The Canticle of Brother Sun)

REFRAIN (♩ = ca. 50)

Capo 3: (D) F (G6) B♭6 (D) F (G6) B♭6 (D) F (F#m) Am

Sa - cred the land, sa - cred the wa - ter, sa - cred the sky,

(Gmaj7) B♭maj7 (A) C (Bm) Dm (F#m/A) Am/C (G) B♭ (A) C

ho - ly and true. Sa - cred all life, sa - cred each oth - er;

(Em7) Gm7 (Gadd9/A) B♭add9/C (D) F (Gadd9/D) B♭add9/F (D) F (A/C#) C/E to Verses

all re - flect God who is good. _____

Last time (D) F *poco rit.* Fine

VERSES

(G) B♭ (D) F (G) B♭ (D/F#) F/A (Em7) Gm7 (Bm7) Dm7

1. All praise be yours through Broth - er Sun, bear - ing a like - ness of
2. Broth - er Wind and Air that per-vades, var - y their moods to sus -
3. Through Broth - er Fire you bright - en the night, strong and ro - bust yet

(Gmaj9) B♭maj9 (A) C (Em7) Gm7 (D/F#) F/A (F) A♭ (Em7) Gm7 (Bm7) Dm7

1. you, Most High One. Sis - ter Moon and Stars who are pre-cious, splen-did,
2. tain all you've made. Sis - ter Wa - ter, use - ful and pure, — low - ly,
3. play - ful and bright. Sis - ter Earth, our moth - er who nur - tures, feed - ing,

(Em7) Gm7 *a tempo* (Em7/D) Gm7/F (Asus4) Csus4 (A) C (G/A) B♭/C (A) C D.C.

1. ride your glo - ri - ous sky. _____
2. free - ly shar - ing her life. _____
3. yield - ing flow - er and herb. _____

Text: Based on a text by St. Francis of Assisi, ca. 1182–1226, and the inspiration of Louis Vitale, OFM; Rufino Zaragoza, OFM, b. 1957.
Music: Rufino Zaragoza, OFM.
Text and music © 1990, Rufino Zaragoza, OFM. Published by OCP. All rights reserved.

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The Offering Prayer

- A: Creator God,
in your wisdom you bring forth all that is good
and the harvest is plentiful.
Strengthen us at your table with these gifts of the earth
and our labor,
that we may work for the good of all;
through Jesus Christ, our Savior.
- C: **Amen.**



The Great Thanksgiving

P: The Lord be with you.

C: **And also with you.**

P: Lift up your hearts.

C: **We lift them to the Lord.**

P: Let us give thanks to the Lord our God.

C: **It is right to give God thanks and praise**

The Proper Preface

P: It is our duty and delight that we should everywhere and always offer thanks and praise to you, O God, through Jesus Christ, who with you and the Holy Spirit is worshiped and glorified, one God, Holy and Eternal. And so, with the church on earth, all creation, and the hosts of heaven we praise your name and join their unending hymn:

Holy



Ho - ly, ho - ly, ho - ly Lord, God of pow'r and
God of might, heav - en and earth are full of your
glo - ry. Ho - san - na in the high - est.
Bless - ed is the one who comes in the name of the
Lord. Ho - san - na, ho - san - na in the high - est.
Ho - san - na, ho - san - na in the high - est.

Eucharistic Prayer and Words of Institution

- P. O God most mighty, O God most merciful, O God our rock and our salvation,
C. **hear us as we praise, call us to your table, grant us your life.**
- P. When the world was a formless void,
C. **you formed order and beauty.**
- P. When Abraham and Sarah were barren,
C. **you sent them a child.**
- P. When the Israelites were enslaved,
C. **you led them to freedom.**
- P. Ruth faced starvation, David fought Goliath, and the psalmist cried out for healing,
C. **and full of compassion, you granted the people your life.**
- P. You entered our sorrows in Jesus our brother. He was born among the poor, he lived under oppression, he wept over the city.
C. **With infinite love, he granted the people your life.**
- P. In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying; Take and eat; this is my body, given for you. Do this for the remembrance of me.
- Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying; This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.
- P. Remembering his death, we cry out Amen.
C. **Amen.**
- P. Celebrating his resurrection, we shout Amen.
C. **Amen.**
- P. Trusting his presence in every time and place, we plead Amen.
C. **Amen.**
- P. O God, you are Breath: send your Spirit on this meal.
C. **O God, you are Bread; feed us with yourself.**
- P. O God, you are Wine; warm our hearts and make us one.
C. **O God, you are Fire; transform us with hope.**
- P. O God most majestic, O God most motherly, O God our strength and our song, you show us a vision of a tree of life with fruits for all and leaves that heal the nations.
C. **Grant us such life, the life of the Father to the Son, the life of the Spirit of our risen Savior, life in you, now and forever. Amen**

The Lord's Prayer

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 and ever. Amen.

The New Zealand Anglican Lord's Prayer

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe! The way of your justice be
followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever. Amen.

Please be seated.

Invitation to Communion

P: The kingdom of God is set before you.
Eat and rejoice.

Lamb of God



Be known to us, Lord Je - sus, in the break - ing of the bread.



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.



Be known to us, Lord Je - sus, in the break - ing of the bread.



Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

The Distribution

Instructions for those communing online/in their homes:

Please take a minute to wash your hands if you'll be touching the bread or cup and offering it to another person.

As you are offering bread to another, say these words: "The body of Christ, given for you."

As you are offering the wine or grape juice, say these words: "The blood of Christ, shed for you."



Communion Hymns

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Here Is Bread



1 Here is bread, here is wine, Christ is with us, he is with us.
 2 Here is grace, here is peace, Christ is with us, he is with us.
 3 Here we are, joined in one, Christ is with us, he is with us.



Break the bread, taste the wine, Christ is with us here.
 Know his grace, find his peace, feast on Je - sus here.
 We'll pro - claim till he comes Je - sus cru - ci - fied.

Refrain



In this bread there is heal - ing, in this cup is life for - ev - er.



In this mo - ment, by the Spir - it, Christ is with us here.

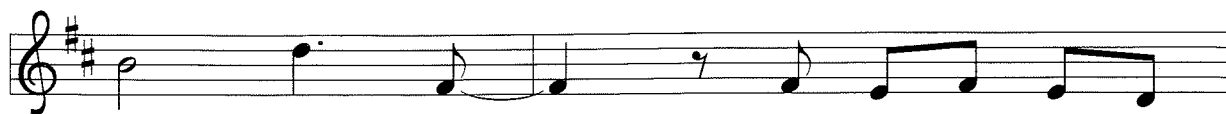
Text: Graham Kendrick, b. 1950

Music: Graham Kendrick

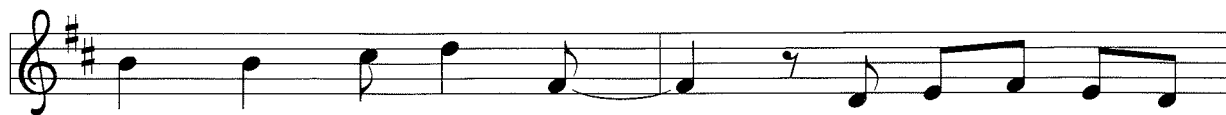
Text and music © 1991 Make Way Music, admin. by Music Services in the Western Hemisphere

HERE IS BREAD

3 3 4 4 3 3 5 and refrain



1 All this pain; I won - der if I'll
 2 All this earth; . . . could all that is
 3 All a - round, . . . hope is spring - ing



ev - er find my way. I won - der if my
 lost ev - er be found? . . . Could a gar - den
 up from this old ground. . . . Out of cha - os,



life could real - ly change at all.
 come up from this ground at all?
 life is be - ing found in you.

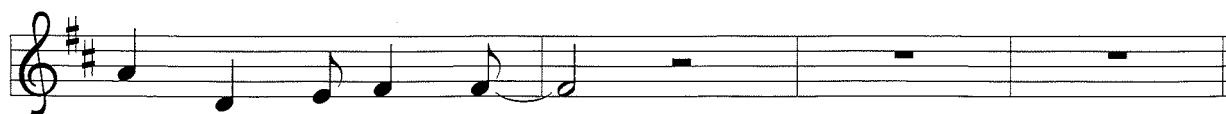


Refrain

You make beau-ti-ful things, you make beau-ti - ful things out of the dust.



You make beau - ti - ful things, you make beau-ti -



ful things out of us.

Text: Michael Gungor, b. 1980, and Lisa Gungor, b. 1982

Music: Michael Gungor and Lisa Gungor

Text and music © 2009 worship together.com Songs, admin. CapitolCMGPublishing.com

BEAUTIFUL THINGS

Irregular

Please stand, as you are able.

The Post-Communion Blessing

P: The body and blood of our Lord Jesus Christ strengthen you and keep you in God's grace.

C: **Amen**

Closing Prayer:

A: Mothering God,
you gathered us to your table
and we drank deeply of your grace.
Send us out by your Spirit
to love our neighbors as ourselves
and proclaim your love in Jesus' name.

C: **Amen.**

The Sending Blessing

P: The love of God abound in you;
the grace of our Savior Jesus Christ fill your hearts;
and the life of the Spirit
✠ bless you and give you peace.

C: **Amen.**



Please stand, as you are able.

Sending Hymn

PRAISE, THANKSGIVING

1097

Ten Thousand Reasons

Bless the Lord, O My Soul

Refrain



Bless the Lord, O my soul, O my soul;



wor-ship his ho - ly name. Sing like nev - er be-fore,



O my soul; I'll wor-ship your ho - ly name.



1 The sun comes up, it's a new day dawn-ing;
2 You're rich in love, and you're slow to an - ger. Your
3 And on that day when my strength is fail - ing, the



... it's time to sing your song a - gain. What - ev - er may
name... is ... great, and your heart is kind. For all ... your
end ... draws near, and my time has come; ... still, my



pass, and what - ev - er lies be - fore me, let me be
good-ness, I will keep . . on . . sing-ing— ten thou-sand
soul will sing your praise un - end - ing— ten thou-sand



Refrain

sing - ing when the eve - ning comes.
rea - sons for my heart to find.
years and then for - ev - er - more!

Text: Matt Redman, b. 1974, and Jonas Myrin, b. 1982

Music: Matt Redman and Jonas Myrin

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TEN THOUSAND REASONS

Irregular

The Dismissal

P: Go in peace. Live by the Spirit. *(updated)*

C: **Thanks be to God.**

Postlude

Thank you to our Worship Servers	
Assisting Minister	Di Bernklau
Communion Assistant	Paul Rothi
Pianist	Mel Kubik
Lector	Jeanna Doversberger
Song Leader	Worship Team
Sunday School Teacher	<i>off for the summer</i>
Greeter	Nancy Mohr
Altar Care	Carolyn Shearer, Betty Lundsten
Sound	Scott Eagle
AV Technician	Anne Manicke
Altar Flowers	ZLCW

Last Week's Stats & Goals				
August 17, 2025	<u>Attendance</u> (Average)	<u>Income</u>	<u>Goal</u>	<u>Over/Short</u>
This Week to Date	74	\$2,977	\$4,767	-\$1,790
This Month to Date	71	\$10,374	\$14,767	-\$4,393
This Year to Date	75	\$165,514	\$169,366	-\$3,852
Restricted Building Fund		\$125	Cumulative for 2025	\$11,260
To support our building fund---giving must be designated "Building Fund."				
<i>Thank you for your prayerfully considered gifts</i>				

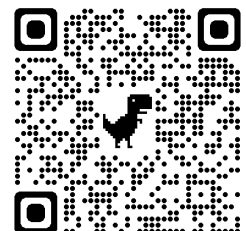
For those interested in giving electronically, you can scan the QR Codes below



Special Giving



General Fund



Building Fund

Looking Ahead

You Can Also Find The Calendar at <https://zoarlutheran.org/calendar>

Date	Time	Activity
<i>Sunday: 8/24</i>	10:30 – 11:30 am	Eleventh Sunday after Pentecost Worship Service: Sanctuary
	11:30 – 12:30 pm	Fellowship: Narthex
	12:30 – 1:30 pm	Mixed Choir Rehearsal: Sanctuary
<i>Monday: 8/25</i>		Pastor's Day Off
<i>Tuesday: 8/26</i>	5 – 6:00 pm	Community Dinner: Narthex and Kitchen
	7:00 – 8:30 pm	Executive Council: Zoom
	7 – 8 pm	Grupo La Frontera (Spanish language AA): Kindness Room
<i>Wednesday: 8/27</i>	12 – 6 pm	Music Ministries: Sanctuary
	7 – 8 pm	Grupo La Frontera (Spanish language AA): Kindness Room
<i>Thursday: 8/28</i>	9 – 2 pm	Music Ministries: Sanctuary
	7 – 8:30 pm	Ladies Bible Study: Zoom
<i>Friday: 8/29</i>	9 – 10:30 pm	Breakfast and Social at Jarboe's
	7 – 8 pm	Grupo La Frontera (Spanish language AA): Kindness Room
<i>Saturday: 8/30</i>		
<i>Sunday: 8/31</i>	10:30 – 11:30 am	Twelveth Sunday after Pentecost Worship Service: Sanctuary
	11:30 – 12:30 pm	Fellowship: Narthex

Sunday, September 7 is Rally Sunday, the unofficial kickoff to a new program year at Zoar! There will be breakfast before the service. If you can help with food or serving, please sign-up in the Narthex!

Long-term Monthly Scheduled Activities:

First Tuesday of every month	6:30 - 7:30 pm	Evangelism Team Mtg. – Zoom
First Wednesday of every month	Noon – 1 pm	Youth & Education Mtg. – In person @ Zoar
Monday prior to each Church Council Mtg.	7 - 8 pm	Property & Management - In person @ Zoar
Second Tuesday of every month	7 - 8:30 pm	Church Council Mtg. - Zoom
Third Wednesday of every month	7:30-8:30 pm	Technology Task Force: Zoom
Fourth Tuesday of every month	7 - 8:30 pm	Executive Council Mtg. - Zoom
Last Friday of every month	9 – 10:30 am	Breakfast Group: Jarboe's Grill in Canby

Sermon Sparks

As you listen to today's Scripture readings and the sermon, you may wish to reflect on these or similar questions in relation to your own life.

1. Think about a time in your life when you were carrying a heavy burden for a long time. Perhaps even now you feel "bent over," like the woman Jesus heals. How did it/does it feel to be weighed down by such a heavy burden?

2. If your burden was lifted, how did this take place? Who helped you? How did it feel to have the burden lifted, so you could straighten up and move freely again?

3. Where did/do you sense God's presence at work in helping you carry your burden? Where did/do you sense God lifting your burden and bringing healing?

4. How has this experience set you free for new life? What have you learned, and what would you like to share with others who are feeling "bent over" right now?