



July 19, 2026

An Explanation of Our Communion Practice

Today we are celebrating the Lord's Supper, which is a wonderful gift from our gracious God. In his Word, God teaches that Christians need a proper understanding of the Lord's Supper before receiving it (1 Corinthians 11:27-29). He also tells us that Christians should be completely united before communing together (1 Corinthians 10:17). Therefore, we ask that only members of our fellowship (The Wisconsin Evangelical Lutheran Synod and, worldwide, The Confessional Evangelical Lutheran Conference) commune at Trinity.

We do want everyone to commune with us. So that everything may be done decently and in good order (1 Corinthians 14:40), we ask for the opportunity to verify that we are united in our beliefs based on God's Word, and then to celebrate that unity publicly in the Sacrament. If you would like to learn more, please speak to Pastor. Thank you for your understanding of our belief and practice.





Eighth Sunday after Pentecost

July 19, 2026

Welcome! Thank you for joining us for worship! In our service, we receive God's grace through his Word and sacraments. As he works to strengthen our faith in Jesus, we respond to his goodness with our prayers, praise, and offerings. We are glad to be here and glad that you have joined us today!

- Restrooms are located in the main hallway, narthex, and back classrooms.
- If you wish to step out of the service to calm your child, please feel welcome to use the Fellowship Hall or the Toddler Sunday School Room (located in the back-corner classroom of the building, connected to the Fellowship Hall). Both of these rooms have televisions showing the worship service. Also, please do not hesitate to ask an usher or any member if you need help locating anything. We want to make you feel welcome.

Serving the Lord and Serving Us: Pastor Joel Russow

WE COME INTO THE PRESENCE OF GOD

MUSICAL INTRODUCTION

This is an opportunity to quiet your mind and heart and prepare for the joy of worshipping your God.

OPENING HYMN: 250, From All that Dwell below the Skies

1 From all that dwell be - low the skies Let the Cre - a - tor's
2 E - ter - nal are your mer - cies, Lord; E - ter - nal is your

praise a - rise. Al - le - lu - ia! Al - le - lu - ia!
glo - rious Word. Al - le - lu - ia! Al - le - lu - ia!

Let the Re - deem - er's name be sung Through
Your praise shall sound from shore to shore Till

ev - 'ry land, by ev - 'ry tongue. Al - le - lu - ia!
suns shall rise and set no more. Al - le - lu - ia!

Al - le - lu - ia! Al - le - lu - ia! Al - le -
Al - le - lu - ia! Al - le - lu - ia! Al - le -

lu - ia! Al - le - lu - ia!
lu - ia! Al - le - lu - ia!

Text: Isaac Watts, 1674–1748, alt.

Tune: LASST UNS ERFREUEN (888 888 with Alleluias) *Ausserlesene, Catholische, Geistliche Kirchengesäng*, Köln, 1623, alt.

Stand

INVOCATION

Minister: The grace of our Lord + Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you.

Congregation: And also with you.

CONFESSION OF SINS

M: God invites us to come into his presence and worship him with humble and penitent hearts. Therefore, let us acknowledge our sinfulness and ask him to forgive us.

C: Holy and merciful Father, I confess that I am by nature sinful, and that I have disobeyed you in my thoughts, words, and actions. I have done what is evil and failed to do what is good. For this I deserve your punishment both now and in eternity. But I am truly sorry for my sins, and trusting in my Savior Jesus Christ, I pray: Lord, have mercy on me, a sinner.

M: God, our heavenly Father, has been merciful to us and has given his only Son to be the atoning sacrifice for our sins. Therefore, as a called servant of Christ and by his authority, I forgive you all your sins in the name of the Father and of the (+) Son and of the Holy Spirit.

C: Amen.

LORD HAVE MERCY

Kyrie

M: For all that we need in life and for the wisdom to use all your gifts with gratitude and joy, hear our prayer, O Lord.

C: Lord, have mercy.

M: For the steadfast assurance that nothing can separate us from your love and for the courage to stand firm against the assaults of Satan and every evil, hear our prayer, O Christ.

C: Christ, have mercy.

M: For the well-being of your holy Church in all the world and for those who offer here their worship and praise, hear our prayer, O Lord.

C: Lord, have mercy.

M: Merciful God, maker and preserver of life, uphold us by your power and keep us in your tender care:

C: Amen.

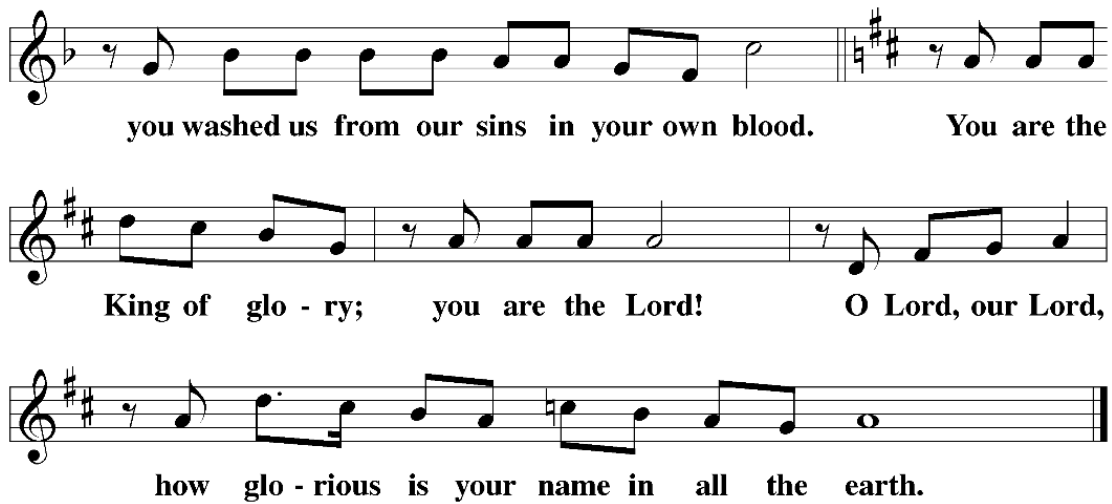
M: The works of the Lord are great and glorious; his name is worthy of praise.

O LORD, OUR LORD

The musical score is written for a single voice part on a treble clef staff. The key signature has two sharps (F# and C#), and the time signature is 7/8. The melody is simple and hymn-like, with many eighth and quarter notes. There are several triplet markings (indicated by a '3' over a group of notes) in the second, third, and seventh staves. The lyrics are printed below the staff, aligned with the notes. The score ends with a double bar line and a key signature change to one flat (Bb) for the final measure.

C: O Lord, our Lord, how glo - rious is your name in
all the earth. Al - might - y God, mer - ci - ful Fa - ther,
you crown our life with your love. You take a - way our sin;
you com - fort our spir - it; you make us pure and
ho - ly in your sight. You did not spare your on - ly Son,
but gave him up for us all. O Lord, our Lord,
how glo - rious is your name in all the earth.
O Son of God, e - ter - nal Word of the Fa - ther,
you came to live with us; you made your Fa - ther known;

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PRAYER OF THE DAY

M: Grant us, Lord, the spirit to think and do what is right that we, who cannot do anything that is good without you, may by your help be enabled to live according to your will; through Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Be Seated

THE WORD

FIRST LESSON

Isaiah 44:6-11

⁶This is what the Lord, the King of Israel,
Israel's Redeemer, the Lord of Armies, says.

I am the first, and I am the last.

Except for me, there is no god.

⁷ For who is like me? Let him declare it.

Let him recite in order for me the things that took place
since the time I established an ancient people.

Or let them declare what is yet to come,
and what is going to take place.

⁸ Do not tremble, and do not be frightened.

Did I not announce this to you,
and declare it already long ago?
You are my witnesses.

(Continued on Next Page)

Is there any god except me?
There is no other Rock. I am not aware of any other.

⁹ All those who form an idol are good for nothing.
All the things which delight them provide no benefit.
As for their witnesses—they do not see.
They know nothing, so they will be ashamed.

¹⁰ Who is this who forms a god or casts a metal image that can provide no profit? ¹¹ Look at him! All his associates will be ashamed. The craftsmen are merely men. Let them all gather themselves and take a stand. They will be terrified and ashamed together.

PSALM: 18

Refrain sung together, Psalm said responsively



M: The LORD is my rock, my fortress and by deliverer;
C: my God is my rock, in whom I take refuge.

M: He reached down from on high and took hold of me;
C: he rescued me from my powerful enemy.

M: He brought me out into a spacious place;
C: he rescued me because he delighted in me.

Refrain

M: You, O LORD, keep my lamp burning;
C: my God turns my darkness into light.

M: You save the humble
C: but bring low those whose eyes are haughty.

(Continued on Next Page)

M: You give me your shield of victory,
C: and your right hand sustains me.

**Glory be to the Father and to the Son*
and to the Holy Spirit,
as it was in the beginning,*
is now, and will be forever. Amen.**

Refrain

Refrain Tune: Dale Wood. From *Seasonal Psalms*. © 1978 Augsburg Publishing House. All rights reserved. Used by permission of Augsburg Fortress.

Second Lesson

Romans 1:18-25

¹⁸Indeed, God's wrath is being revealed from heaven against all the ungodliness and unrighteousness of people who try to suppress the truth by unrighteousness. ¹⁹This happens because what can be known about God is evident among them, because God made it evident among them. ²⁰In fact, his invisible characteristics—his eternal power and divine nature—have been clearly seen since the creation of the world, because they are understood from the things he made. As a result, people are without excuse, ²¹because, even though they knew God, they did not honor him or give him thanks as God. Instead, their thinking became nonsense, and their senseless heart was darkened.

²²Although they claim to be wise, they have become fools ²³and exchanged the glory of the immortal God for images made to look like a mortal human, or like birds, four-footed animals, and crawling things. ²⁴So, as they followed the sinful desires of their hearts, God handed them over to the impurity of degrading their own bodies among themselves. ²⁵Such people have traded the truth about God for the lie, worshipping and serving the creation rather than the Creator, who is worthy of praise forever. Amen.

VERSE OF THE DAY:

M: Alleluia. My Word will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it. Alleluia. (*Isaiah 55:11b*)

C: Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

These words are writ - ten that we may be - lieve that

Je - sus is the Christ, the Son of God.

Al - le - lu - ia! Al - le - lu - ia! Al - le - lu - ia!

Stand

GOSPEL AND SERMON TEXT

Matthew 13:24-30,36-43

M: The Gospel of St Matthew, Chapter 13

C: Glory be to you, O Lord!

²⁴ He presented another parable to them: "The kingdom of heaven is like a man who sowed good seed in his field. ²⁵ But while people were sleeping, his enemy came and sowed weeds among the wheat and went away. ²⁶ When the plants sprouted and produced heads of grain, the weeds also appeared. ²⁷ The servants of the owner came and said to him, 'Sir, did you not sow good seed in your field? Where did the weeds come from?' ²⁸ He said to them, 'An enemy did this.' The servants asked him, 'Do you want us to go and gather up the weeds?' ²⁹ 'No,' he answered, 'because when you gather up the weeds, you might pull up the wheat along with them. ³⁰ Let both grow together until the harvest, and at harvest time I will tell the reapers, "First, gather up the weeds, bind them in bundles, and burn them. Then, gather the wheat into my barn."'"...

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...³⁶ Then Jesus sent the people away and went into the house. His disciples came to him and said, "Explain to us the parable of the weeds in the field."

³⁷ He answered them, "The one who sows the good seed is the Son of Man. ³⁸ The field is the world. The good seeds are the sons of the kingdom. The weeds are the sons of the Evil One. ³⁹ The enemy who sowed them is the Devil. The harvest is the end of the world. The reapers are angels. ⁴⁰ Therefore, just as the weeds are gathered up and burned with fire, so it will be at the end of the world. ⁴¹ The Son of Man will send out his angels, and they will pull out of his kingdom everything that causes sin and those who continue to break the law. ⁴² The angels will throw them into the fiery furnace where there will be weeping and gnashing of teeth. ⁴³ Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears to hear, let him hear.

M: The Gospel of our Lord.

C: Praise be to you, O Christ!

Be Seated

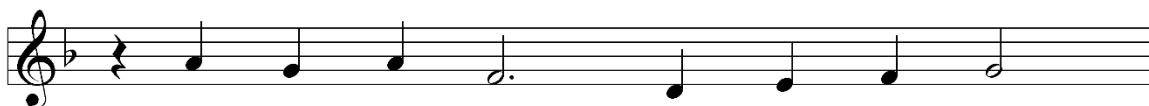
Hymn of The Day: 541, Lord Jesus Christ, with Us Abide



1 Lord Je - sus Christ, with us a - bid,
 2 O God, how sin's dread works a - bound!
 3 In these last days of sore dis - tress
 4 Lord Je - sus, help, your Church up - hold,
 5 Oh, keep us in your Word, we pray;



For round us falls the e - ven - tide,
 Through - out the earth no rest is found,
 Grant us, dear Lord, true stead - fast - ness
 For we are slug - gish, thought - less, cold.
 The guile and rage of Sa - tan stay!



Nor let your Word, that heav'n - ly light,
 And false - hood's spir - it wide has spread,
 That pure we keep, till life is spent,
 Oh, pros - per well your Word of grace,
 Oh, may your mer - cy nev - er cease!



For us be ev - er veiled in night.
 And er - ror bold - ly rears its head.
 Your ho - ly Word and sac - ra - ment.
 And spread its truth in ev - 'ry place.
 Give con - cord, pa - tience, cour - age, peace.

6 The cause is yours, the glory, too.
 So hear us, Lord, and keep us true,
 Your Word alone is our defense,
 The Church's glorious confidence.

7 Oh, grant that in your holy Word
 We here may live and die, dear Lord,
 And when our journey's ending here,
 Receive us into glory there.

Text: *Geistliche Psalmen*, Nürnberg, 1611, st. 1, 3; Nikolaus Selnecker, 1532–92, st. 2, 4–7, abr., adapt.; tr. composite.
 Tune: ACH BLEIB BEI UNS (LM) *Geistliche Lieder*, Leipzig, 1589, alt.

SERMON

Verse: Matthew 13:24-30,36-43

Stand

NICENE CREED

**We believe in one God, the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father,
God from God, Light from Light, true God from true God,
begotten, not made,
of one being with the Father.
Through him all things were made.
For us and for our salvation, he came down from heaven,
was incarnate of the Holy Spirit and the virgin Mary,
and became fully human.
For our sake he was crucified under Pontius Pilate.
He suffered death and was buried.
On the third day he rose again in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who in unity with the Father and the Son is worshiped and glorified,
who has spoken through the prophets.
We believe in one holy Christian and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead
and the life of the world to come. Amen.**

BE SEATED

OFFERING

Please take a moment to sign the friendship register found in your pew.

The members of Trinity make joyful offerings to support this church's ministry. A portion of our offerings is also used for the training of future pastors and teachers, and the worldwide mission work carried out by our fellowship, the Wisconsin Evangelical Lutheran Synod. Our guests are under no obligation to give, but any gifts freely given are welcome and will be put to work in service to God's kingdom.

Stand

PRAYER OF THE CHURCH

M: Lord of heaven and earth, you made all things beautiful. You have provided green forests and refreshing streams. You have arranged the orderly procession of day and night for our work and rest.

C: Thank you for the mountains and the prairies, the roaring sea, and the gentle breeze.

M: Thank you for roofs that shelter us, for clothing that protects us, and for food and drink. Thank you for our work, for projects that are done well, and for the approval of supervisors and teachers. Thank you for all who serve at night to make our days more pleasant.

C: Thank you for associates at work, for their encouragement and praise, and for the joys of human friendships.

M: Thank you for our cities and our countrysides, for farms and factories, for streets and highways, and for all of life that flows so swiftly before us.

C: Thank you for children at play, their boundless energy, and their shouts of joy and laughter.

M: Thank you for the morning greetings we receive, and for all the smiles that come from faces loved by you.

C: Thank you for Christian parents, for their affection and their care.

M: Hear us, Lord, as we give thanks for personal blessings.

Silent prayer.

M: Thank you for your Son, Jesus Christ, for his coming to us in Word and sacraments, for his giving and forgiving, and for listening to our prayers. Receive our gifts and offerings as our sacrifice of praise.

C: Lead us in thankful living today and always. Amen.

LORD'S PRAYER

C: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

THE SACRAMENT

M: The Lord be with you.

C: And also with you.

M: Lift up your hearts.

C: We lift them up to the Lord.

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

C: It is right to give him thanks and praise.

M: Praise to the God and Father of our Lord Jesus Christ! In love he has blessed us with every spiritual blessing. By the outpouring of the Holy Spirit, he empowered his Church to be witnesses of Christ to the ends of the earth. Now have come the salvation and the power and the kingdom of our God and the authority of his Christ. To him who sits on the throne and to the Lamb be praise and thanks and honor and glory forever and ever.

HOLY, HOLY, HOLY

C: Ho - ly, ho - ly, ho - ly is the Lord of hosts.

The whole earth is full of your glo - ry.

You are my God, and I will ex - alt you.

I will give you thanks, for you have be - come my sal -

va - tion. Ho - ly, ho - ly, ho - ly is the Lord of hosts.

The whole earth is full of your glo - ry.

WORDS OF INSTITUTION

M: Our Lord Jesus Christ, on the night he was betrayed, took bread; and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this (+) is my body, which is given for you. Do this in remembrance of me."

Then he took the cup, gave thanks, and gave it to them, saying, "Drink from it, all of you; this (+) is my blood of the new covenant, which is poured out for you for the forgiveness of sins. Do this, whenever you drink it, in remembrance of me."

M: The peace of the Lord be with you always.

C: Amen.

O CHRIST, LAMB OF GOD

C: O Christ, Lamb of God, you take a - way the sin of the world; have mer - cy on us. O Christ, Lamb of God, you take a - way the sin of the world; have mer - cy on us. O Christ, Lamb of God, you take a - way the sin of the world; grant us your peace. A - men.

Be Seated

DISTRIBUTION

Hymn: 372, I Lay My Sins on Jesus



1 I lay my sins on Je - sus, The spot - less
 2 I lay my wants on Je - sus; All full - ness
 3 I rest my soul on Je - sus, This wea - ry
 4 I long to be like Je - sus: Meek, lov - ing,



Lamb of God; He bears them all and frees us From
 dwells in him. He heals all my dis - eas - es; My
 soul of mine. His right hand me em - brac - es; I
 low - ly, mild; I long to be like Je - sus, The



the ac - curs - ed load. I bring my guilt to Je - sus
 soul he does re - deem. I lay my griefs on Je - sus,
 in his arms re - cline. I love the name of Je - sus,
 Fa - ther's ho - ly child. I long to be with Je - sus



To wash my crim - son stains White in his
 My bur - dens and my cares; He from them
 Im - man - uel, Christ, the Lord; Like fra - grance
 A - mid the heav'n - ly throng To sing with



blood most pre - cious Till not a spot re - mains.
 all re - leas - es; He all my sor - rows shares.
 on the breez - es His name a - broad is poured.
 saints his prais - es, To learn the an - gels' song.

Text: Horatius Bonar, 1808–89, alt.
 Tune: AURELIA (76 76 D) Samuel S. Wesley, 1810–76.

STAND

THANK THE LORD



C: Thank the Lord and sing his praise. Tell ev-'ry-one what he has done.



Let all who seek the Lord re-joice and proud-ly bear his name.



He re-news his prom-is - es and leads his peo-ple forth in joy with



shouts of thanks - giv - ing. Al - le - lu - ia! Al-le - lu - ia!

M: Hear the prayer of your people, O Lord, that the lips which have praised you here may glorify you in the world, that the eyes which have seen the coming of your Son may long for his coming again, and that all who have received in his true body and blood the pledge of your forgiveness may be restored to live a new and holy life, through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

C: Amen.

BLESSING

M: Brothers and sisters, go in peace. Live in harmony with one another.
Serve the Lord with gladness.
The Lord bless you and keep you.
The Lord make his face shine on you and be gracious to you.
The Lord look on you with favor and (+) give you peace.

C: Amen.

Be Seated

Closing Hymn: “Be Thou My Vision” sung by the Choir

Trinity Lutheran Church

12345 Cotton Mill Drive, Woodbridge, VA

Find us online at www.TrinityofWoodbridge.org

Facebook: www.facebook.com/trinityofwoodbridge

Christmas Program Director Needed Our Sunday school's annual Christmas program needs a new director! This would involve attending one planning meeting and leading rehearsals for half an hour every Sunday morning during November and early December. If you're interested, please chat with Rachel Kovaciny or email her at hamlettethedame@gmail.com

VBS Wish List Please see the bulletin board in the narthex for items that you could donate or loan for Vacation Bible School. Thanks for seeing how you can help out!

VBS Volunteer Training Meeting - July 22 There will be a training meeting for all VBS volunteers (teens and adults) who will be helping on-site the mornings of VBS. The training meeting is set for Wednesday, July 22 from 6:30 to 8:00 pm at Trinity. Supper will be provided and starts before the meeting at 6. Questions: contact Erika at 617-821-3126 or erika.ohlendorf@gmail.com

Vacation Bible School Registration is OPEN. Registration is now open for this year's VBS, which will be held July 27-31 from 9:00-11:30 am. Come join us for Tropical Trek VBS and be guided by our Savior, Jesus who is the way, the truth, and the life!. We look forward to sharing God's Word, singing songs, making crafts, playing games, and of course, having some awesome snacks together! VBS is for kids ages 4 to those entering 6th grade. Kids entering 7th grade and older may volunteer as helpers. Adult volunteers are needed as well! Please contact Erika Ohlendorf (erika.ohlendorf@gmail.com) with questions. Register your child here: <https://vbsmate.com/events/TrinityofWoodbridge/31882>



Wine and Word Bible Study – August 6th The Wine and Word Bible Study is **studying the book of EXODUS** and meets at the home of Bruce and Dawn Knox. Their home is located just 5 minutes from the church in Old Bridge Estates. We meet the 1st and 3rd Thursdays from 7-8:30 pm. Those who wish can bring a bottle of wine (or other drink of choice) and a small bite appetizer. Come and join us whether you drink wine or not! Contact Dawn at 703-615-9320 or dawn.f.knox@gmail.com to RSVP.

Trinity's Book Club invites you to join them at 9:30 am on Saturday, August 29, at Cuppi Coffee in Dumfries. We'll be discussing *The Sweet Life* by Suzanne Woods Fisher. Come enjoy coffee, snacks, and fun bookish conversation!

Volunteers Needed to provide snacks for our Sunday School and Fellowship Hour! If you're able to bless our community with simple treats, please sign up on the sheet posted on the Sunday School bulletin board located in the large fellowship and adult Sunday School room. Your contributions help make our time together even more welcoming and enjoyable—thank you for supporting our fellowship!

Ushers and Usher Assistants Needed A sign-up sheet is sent via email through Sign-up Genius. You are welcome to fill in as many Sundays as you are available. If you would like to become part of the regular rotation of ushers, or even just fill in once in a while when needed, please speak to Worship Elder Steven Douglas. If you have any questions or are not getting the emails for Sign-Up Genius, please email worship@trinityofwoodbridge.org. You can also scan this code to sign up:



Trinity's Little Free Library is one of our church's most effective tools for reaching out to our neighborhood. Many families in the area around Trinity regularly visit our LFL for books and shelf-stable food items, especially those who are experiencing food scarcity. Particularly useful are canned or boxed foods that do not require additional ingredients besides water to prepare. Books are always welcome, too, of course! If the shelves happen to be full, there is a donation bin for overflow items in the Fellowship Hall beside the door to the hallway.

Small Choir Trinity's choir sings about once a month during worship. Anyone is welcome to join! We'll sing hymns from our hymnal, Christian Worship. If you are interested in joining, please let Bev Ohlendorf know.

Lord's Supper Available to All Members If you are a confirmed member of Trinity, Pastor would be happy to commune you at home, or anywhere else you would like to meet. Just contact him with a date, time, and place, and he will make it work.



Jesus Does What I Can't

<https://wels.net/family-devotion/fd20260708/>

Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! Romans 7:24-25a (ESV)

At seven years old, on the way home from church, Matt sat in the back seat of the car and proudly announced to his parents that he wasn't going to sin anymore. Both of his parents chuckled, and his dad told him that he hoped he was right.

Matt's promise was short-lived. After arriving home, he didn't like what his mom made for lunch and complained about it. Shortly after lunch, he and his brother had to go to timeout for fighting over Legos. Then before bed, he got in trouble again for sneaking cookies after he brushed his teeth.

Matt really did mean it when he told his parents he wasn't going to sin anymore. But by the end of the day, he had already broken his promise several times!

Have you ever told yourself that you weren't going to sin anymore only to find yourself still doing wrong things? Maybe you promised not to argue with your brother or sister. Maybe you said you would stop complaining or always obey your parents right away. But sometimes we still do the wrong thing, even when we don't want to.

That happened to the apostle Paul too. He loved God and wanted to do what was right. But he still struggled with sin. That is why he cried out, "Wretched man that I am! Who will deliver me from this body of death?" (Romans 7:24).

Notice what Paul does not ask. He doesn't ask, "How can I try harder?" or "What rules can I follow to fix myself?" He asks, "Who will rescue me?" Paul knew he needed more than self-control. He needed a Savior. A deliverer.

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And then Paul gives the answer: "Thanks be to God through Jesus Christ our Lord!" (Romans 7:25).

Your peace with God does not depend on you finally getting it right. It depends entirely on Jesus who already got it right for you. The harder you try to save yourself, the more tired you become. The more you trust Jesus, the more rest you find.

Jesus does what we can't. True rest begins when you reach the end of yourself and find Christ waiting there. So, rest in Jesus!

Questions to Consider

- In the Bible verse, Paul asks who will rescue him from his mistakes, and then he says, “Thanks be to God through . . .” Who is the Savior Paul is thanking?
- Have you ever tried really hard to be good (like sharing your toys or listening right away) but still made a mistake? How does it feel to know that Jesus always forgives you and loves you anyway?
- Why couldn’t Paul save himself from his sin?
- Paul didn’t ask for a checklist of rules to fix himself but instead asked who would rescue him. Why is looking to a person (Jesus) better than just trying to follow a checklist of rules when we mess up?
- True or False: We are both a sinner and a saint at the same time.
- Sometimes Christians keep struggling with the same sins. How does knowing that Jesus has already forgiven you help you avoid giving up or feeling hopeless?

It is the mission of



to glorify God

by growing in His Word and by going with His Word
to Woodbridge and to the world.



Trinity Lutheran Church is part of a group of nearly 1,300 churches called the Wisconsin Evangelical Lutheran Synod or WELS. The WELS is a world-wide church with congregations serving in all fifty of the United States, as well as in Mexico and Canada. The WELS also serves over 26 foreign countries through world mission work. We are united in faith and teaching with the other churches of the WELS as well as the members of the Confessional Evangelical Lutheran Conference, consisting of 21 confessional Lutheran church bodies throughout the world.