

Word
God speaks to us in scripture reading, preaching, and song.

SCRIPTURE
Genesis 32: 22-31
²² The same night he got up and took his two wives, his two maids, and his eleven children and crossed the ford of the Jabbok. ²³ He took them and sent them across the stream, and likewise everything that he had. ²⁴ Jacob was left alone, and a man wrestled with him until daybreak. ²⁵ When the man saw that he did not prevail against Jacob, he struck him on the hip socket, and Jacob’s hip was put out of joint as he wrestled with him. ²⁶ Then he said, “Let me go, for the day is breaking.” But Jacob said, “I will not let you go, unless you bless me.” ²⁷ So he said to him, “What is your name?” And he said, “Jacob.” ²⁸ Then the man said, “You shall no longer be called Jacob, but Israel, for you have striven with God and with humans and have prevailed.” ²⁹ Then Jacob asked him, “Please tell me your name.” But he said, “Why is it that you ask my name?” And there he blessed him. ³⁰ So Jacob called the place Peniel, saying, “For I have seen God face to face, yet my life is preserved.” ³¹ The sun rose upon him as he passed Penuel, limping because of his hip.

The Word of God for the people of God.
Thanks be to God!

CHILDREN’S MOMENT
(After Children’s Moment, children age 3 – 5th grade are invited to Children’s Church in Room L8, located downstairs. Children will return to the Sanctuary to receive Communion with their families.)

SERMON ~ Rev. Dr. Sara Keeling

*HYMN #707 Hymn of Promise PROMISE

*CONFESSION AND ASSURANCE OF FORGIVENESS
Loving God, help us. When we have run away, when we have turned our backs on love, when we have sought immediate satisfaction and not long-term healing, help us.

Merciful God, forgive us. When we have been selfish, when we have been mean, when we have closed our ears to the cries of others, forgive us.

Powerful God, heal us. When we are hurting and cannot move, when we don’t know how to stem our wounds, when we are too ashamed to seek community, heal us.

Give us the courage, the strength, and the hope to accept your grace and hear your call in Christ.

Friends, hear the Good News: God so loved the world that God sent Jesus to us, not to condemn the world but in order that we might be healed and forgiven.

Thanks be to God! Amen.

PASSING OF THE PEACE

ANNOUNCEMENTS

PRAYERS OF THE PEOPLE
*(After each petition, the congregation responds with: **Hear our prayer.**)*

Thanksgiving
God feeds us with the presence of Jesus Christ.

OFFERTORY
Blow Ye the Trumpets Joseph Wilcox Jenkins

*DOXOLOGY #95 OLD 100TH
Praise God, from whom all blessings flow;
Praise God, all creatures here below;
Praise God, above, ye heavenly host;
Praise Father, Son, and Holy Ghost. Amen.

THE GREAT THANKSGIVING
See pp. 13-14 in the *United Methodist Hymnal*.
[We offer a gluten-free element option and always use grape juice, not wine]

THE LORD’S PRAYER *(spoken)*
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. Amen.

RECEIVING COMMUNION

Music During Communion
Song 34 of Orlando Gibbons Charles V. Stanford

PRAYER AFTER RECEIVING

Sending
God blesses us and sends us in mission to the world.

*HYMN #671 Lord, Dismiss Us with Thy Blessing
SICILIAN MARINERS

*BENEDICTION AND CLOSING PRAYER
Holy Spirit, quiet our hearts
to hear Your voice.
Hold us in Your love,
so that all are welcomed and valued.
Guide our discernment
and shape our plans with compassion and courage.
Light a fire within us
that renews and unites our church for joyful service.
Send us out in the light of Christ
to follow faithfully wherever You lead. Amen.

*POSTLUDE
The Heavens Declare Benedetto Marcello

Leading Today’s Worship Service:
Preaching: Rev. Dr. Sara Keeling
Liturgist: Debra Fairweather
Guest Organist: Bruce Caviness
Children’s Sharing: Alexis Joyce

Join us for Coffee Fellowship in the Gathering Space.

Register your attendance using the QR code below or by using the

attendance card located in the pew rack.



Congregational Prayers

Healing and Sympathy:

~ For Anna who is in the ICU at Virginia Hospital Center.

For those battling cancer and long-term illness:

Heather Weir, Karen Watkins, Elizabeth Carnahan, Jason Micheli, Sally, Christine, Yarikza, Kate Heavner, Peter Joyce, Cindy, Tom Benson, Kay Lewis, Justin, Dena, Mary Hays, Thomas Greving, Sue Mink, Chi Bahn, Michael Milano, Carole Shakkour, Bob O., Barb H., Vivian, Chris, Fran T., Bonnie Hahn, Donald Laughlin, Susan Kiser, Brian, Jill Downing.

Prayers for the World:

~For the people of Japan who are dealing with this week's 6.8 level earthquake, one of the strongest quakes in Japan in more than 10 years.

~For federal workers who have lost their jobs over the past two years. The D.C. region's federal workforce has fallen to its lowest level in three decades, with tens of thousands of government jobs lost since the start of 2025. The decline comes as the Trump administration continues efforts to reduce the size of the federal workforce through layoffs, buyouts, deferred resignations and retirements.

~For an end to the Ukraine/Russia war.

~For peace between the US and Iran.

~For peace and an end to wars around the world.

To submit a prayer concern go to our website mountolivetumc.com/prayers or use the back of the attendance card.

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Please stand, as able, for those acts of worship marked with an asterisk.*

Words in bold type indicate a congregational response.

Announcements

Greeters Needed

Hospitality is one of the simplest ways we live out Christ's love, and it starts at our door. Mount Olivet needs greeters to help extend a warm welcome to everyone who joins us on Sunday, and it only requires 20 minutes a month! It's a simple way to serve that makes a big difference! Signup at the link on our website.

An Invitation to Prayer and Visioning

It is time to refresh our strategic plan which was completed in 2017. We begin our next season together with a time of dreaming, visioning, and planning that will allow us all to be proactive rather than reactive. And to be all God is calling us to be.

With Council approval, a small team: Rudy Barnes, Jim Coates, Cindy Huber, Pastor Sara Keeling, Didi Kumalo, Kevin Togashi is in consultation with Rev. Dr. Jason Stanley of the Virginia Conference office on discerning a visioning and strategic planning process. We will begin this work late summer and through the fall to help focus our ministry and mission for the next few years.

While there will be ample opportunities for congregational feedback and participation, our first step is very simple. We are beginning this process not with our own opinions and ideas and hopes, but by listening to God.

We will begin with prayer. We are inviting all of the congregation to find a time each day to pray the prayer that you'll find at the end of today's bulletin. This is a prayer that we have crafted inviting us to listen, to center down, to welcome God's Spirit.

Mount Olivet Kids Meet Ups

Join some friends for Mount Olivet Meet Ups this Summer!:

August 11 Putt Putt & Pizza – 5-7 pm at Upton Hill Park (6060 Wilson Blvd)

August 22 Stories & Lunch – 11 am at R.E.A.D. at Ballston Quarter for stories and activities. Purchase lunch in the food court afterwards.

Sign up at the link on our website. Questions? Contact Linnea Carlson at lcarlson@mtolivet-umc.org

Youth Outing

The youth ministry will be continuing our musical theatre exploration this summer. On August 19 at 7:30 PM, we will be going to Angelika Film Center @ Mosaic to see the filmed production of the musical, *Six*. Spots are limited! The price per person is \$29. This will include the ticket and a snack. If your child is interested, you can sign up at the link on our website.

Find additional announcements and more on our website mountolivetumc.com or subscribe to our weekly e-news.



August 2, 2026, 9:15 am

Welcome to worship at Mount Olivet. Today we are thinking about what it means to wrestle with our faith. May we find the permission to ask tough questions and explore our doubts.

Gathering

The Holy Spirit calls us together as the people of God.

PRELUDE

Prelude in G Major

Johann Sebastian Bach

*CALL TO WORSHIP

The Lord is gracious and full of compassion,
slow to anger and abounding in steadfast love.

**Lord, you are good to all,
and your compassion is over all your works.**

The Lord upholds all those who fall
and lifts up those who are bowed down.

**The eyes of all wait upon you, O Lord,
and you give them their food in due season.**

You open wide your hand
and satisfy the desire of every living thing.

**You are righteous in all your ways
and loving in all your works.** (Psalm 145)

*HYMN #98 To God Be the Glory

TO GOD BE THE GLORY

*PRAYER OF THE DAY

**In the darkness of night and the brightness of day, you, O Lord,
are present to us. As we wrestle with situations which seem to
drain us of our energy; as we struggle to find out who you call us
to be, you reach out to us with reassurance of empowerment
and courage for the days ahead. Calm our spirits and prepare
our hearts and lives to receive your awesome grace. It is in
Jesus' name that we pray. Amen.**