



GRACE LUTHERAN CHURCH

OF SOUTH BURNABY, BC

EVANGELICAL LUTHERAN CHURCH IN CANADA

7283 Nelson Avenue, Burnaby, BC V5J 4C2

Phone: 604-433-1515

Website: www.graceburnaby.com

Email and e-transfers: office@graceburnaby.com

Pastor's email: pastor@graceburnaby.com

Facebook: [GraceLutBurnaby](https://www.facebook.com/GraceLutBurnaby)

Youtube: [@graceburnaby](https://www.youtube.com/@graceburnaby)



Third Sunday after Pentecost

June 7, 2026

ACS Holy Communion, Setting 12

Moses tells the Israelites that they are called to be a priestly kingdom and a holy people. Jesus sends out the disciples as laborers into the harvest. In baptism we too are anointed for ministry, sharing God's compassion with our needy world. From the Lord's table we go forth to proclaim the good news, to heal the sick, and to share our bread with the hungry.

We at Grace Lutheran Church strive to reflect and proclaim the love of God shown to us by Jesus Christ through the Holy Spirit by providing an inclusive and supportive environment through loving care and community service.

A warm welcome to those who are here worshipping in-person and on-line with us today! Here at Grace Lutheran we believe God is active in your life. Even you being here now is testament of God's calling and leading in your heart, which you have faithfully heeded. So we welcome you, and pray that today you will be nurtured and that the gifts that God has graciously given you will be stirred for the sake of God's mission in the world.

Grace Lutheran worships, prays, and serves on the traditional and unceded lands and territories of the hən̓q̓əmiñəm̓ (Musqueam) and Sk̓wx̓wú7mesh (Squamish) peoples.

GATHERING

CALL TO WORSHIP

We gather in God's presence with a song, making a joyful noise to our Lord and serving with gladness. We acknowledge that our Lord is God, who has made all things and to whom we belong, and we are welcomed as God's people and the sheep of God's pasture. And so we enter the gates of the Lord with thanksgiving and praise, blessing God's holy name and proclaiming God's steadfast and everlasting love and enduring faithfulness, through Jesus Christ. **Amen. Thanks be to God.**

GATHERING SONG: We All Are One in Mission (ELW #576)

GREETING

The reassuring grace of our Lord Jesus Christ, the faithful love of God, and the enduring fellowship of the Holy Spirit be with you. **And also with you.**

SONG OF PRAISE (ACS p. 31)

PRAYER OF THE DAY

God of all power and peace, as Jesus readied his disciples for ministry, also equip and prepare us for the work that we have in this world. May our service, witness, and the whole of our lives be pleasing to you, that your grace and love be proclaimed, through Jesus Christ. **Amen.**

WORD

FIRST READING: Exodus 19:2-8a

A reading from Exodus.

At Sinai God assured Israel, "You shall be my treasured possession," and commissioned them to serve as mediating priests for the nations. The people commit themselves completely to God's will.

² [The Israelites] journeyed from Rephidim, entered the wilderness of Sinai, and camped in the wilderness; Israel camped there in front of the mountain.³ Then Moses went up to God; the LORD called to him from the mountain, "Thus you shall say to the house of Jacob and tell the Israelites: ⁴ 'You have seen what I did to the Egyptians and how I bore you on eagles' wings and brought you to myself. ⁵ Now, therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, ⁶ but you shall be for me a priestly kingdom and a holy nation.' These are the words that you shall speak to the Israelites."

⁷ So Moses went, summoned the elders of the people, and set before them all these words that the LORD had commanded him. ^{8a} The people all answered as one, "Everything that the LORD has spoken we will do."

The word of the Lord.

Thanks be to God.

PSALM: Psalm 100

¹ Make a joyful noise to the LORD, all you lands!

² Serve the LORD with gladness; come into God's presence with a song.

³ **Know that the LORD is God, our maker to whom we belong;
we are God's people and the sheep of God's pasture.**

⁴ Enter the gates of the LORD with thanksgiving and the courts with praise;
give thanks and bless God's holy name.

⁵ **Good indeed is the LORD, whose steadfast love is everlasting,
whose faithfulness endures from age to age.**

SECOND READING: Romans 5:1-8

A reading from Romans.

We are no longer God's enemies but have peace with God because we were brought into a right relationship with God through Christ's death.

¹ Since we are justified by faith, we have peace with God through our Lord Jesus Christ,
² through whom we have obtained access to this grace in which we stand, and we boast in our hope of sharing the glory of God. ³ And not only that, but we also boast in our afflictions, knowing that affliction produces endurance, ⁴ and endurance produces character, and character produces hope, ⁵ and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

⁶ For while we were still weak, at the right time Christ died for the ungodly. ⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. ⁸ But God proves his love for us in that while we still were sinners Christ died for us.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION (ACS p. 33)

GOSPEL: Matthew 9:35- 10:8[9-23]

The holy gospel according to Matthew.

Glory to you, O Lord.

The mission of Jesus' followers is to continue the mission of Jesus himself. Here, he instructs his first disciples as to how they might proclaim the gospel through their words and deeds.

³⁵ Jesus went about all the cities and villages, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness. ³⁶ When he saw the crowds, he had compassion for them because they were harassed and helpless, like sheep without a shepherd. ³⁷ Then he said to his disciples, "The harvest is plentiful, but the laborers are few; ³⁸ therefore ask the Lord of the harvest to send out laborers into his harvest."

^{10:1} Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. ² These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee and his brother John; ³ Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus and Thaddaeus; ⁴ Simon the Cananaean and Judas Iscariot, the one who betrayed him.

⁵ These twelve Jesus sent out with the following instructions: "Do not take a road leading to gentiles, and do not enter a Samaritan town, ⁶ but go rather to the lost sheep of the house of Israel. ⁷ As you go, proclaim the good news, 'The kingdom of heaven has come near.' ⁸ Cure the

sick; raise the dead; cleanse those with a skin disease; cast out demons. You received without payment; give without payment.”

The gospel of the Lord.
Praise to you, O Christ.

SERMON

By your Spirit, O God, may we hear your voice, see your face, and feel you present with us, leading and guiding us, and lifting us up into your kingdom, through Jesus Christ. Amen.

So it was my buddy's birthday earlier this week, and I sent him a very usual and typical "happy birthday" text message. I said, and I quote, "Happy Birthday, buddy. I hope you're well." Apparently, such a buddy is he that I even call him that. Then within minutes, he responds with a very usual and typical, "Thank you, I'm doing ok, how about you?" And then I answered with another very usual and typical message, "been alright. Insanely busy with stuff, and spending too much money lol."

We carried on with a few pleasantries before he abruptly stopped messaging, which for some reason isn't unlike him at all. Then for reasons unbeknownst to me, I wondered when this particular friend and I last messaged each other. I scrolled up a bit, past that day's conversation, and found that we had some messages back and forth from roughly a year ago. You know, on his last birthday. That conversation started with, "Hey Happy Birthday bro! I hope you have a great day!" (apparently, he's more than just a buddy, but he's also a bro). He replies with, "Thank you, how have you been" ... And then in the not very surprising climax of this story, I answered with, and again I quote, "been alright. Life has been busy (and expensive lol)"

It's the same exact conversation a full year apart!!

I guess I wasn't kidding when I said it was very usual and typical. Some might even say it was boring. None of you, I'm sure, but just some... out there... somewhere.

Because really, there were no plot twists. There were no surprise cameos. There weren't even any exciting explosions or anything like that, you know, like my normal conversations. But it was just the same old formula of being too busy to chat any more frequently than once a year on his birthday, and apparently being worried about finances.

And I guess that's the point of me telling you all this. No doubt we're busy. And everyone knows how expensive life can be especially in the Lower Mainland. So why did I feel the need to tell him what he probably already knows? Why did I almost auto-respond to the simple question of "how are you" to that effect? Why did I have to iterate and re-iterate this at least 2 years in a row and maybe even more (I dared not to scroll any further up as I didn't want to cringe any harder than I was already cringing)?

Is this what life has become? Maybe it's an "adulting" thing, but doesn't it seem like being busy is sort of like a badge of honour now? Is this what society drills into us, that our value is tied to our productivity, our importance is correlated to how little rest we get, and our identity is defined by the length of our to-do lists?

It seems like it, doesn't it? And judging by these two separate but same exact conversations I had with my friend, and probably if I'm honest, the countless other very similar and equally boring conversations I've had with others, it is pretty clear that I, and perhaps you, have fallen for it. It's like we think, "I'm busy so I matter" or "I work hard because I'm trusted and responsible" or "I am productive because I'm not lazy, and because I'm not lazy, I am honourable, moral, and loved." Ok maybe that last one is a bit extreme, but you get the gist of what I mean.

And honestly, passages like today's gospel lesson doesn't help much at all. Jesus calls his disciples by name and gives them this hefty work order of tasks and tells them to expect nothing in return. He empowers them to do the things he does. He fills them with the Spirit and tells them to go, do, and serve. No wonder we might moralize our busyness, it's almost like we're commanded in scripture to be busy.

In the book entitled "Laziness Does Not Exist," author Devon Price describes how this stigma against laziness traces back to the Puritans of the 1500s-ish. Price says that the mentality of being busy = good came from a theology where God calls us to do, and to do a lot. With that in mind, it stands to reason that the more we do, the more we are answering that call. And the more we are answering that call, the more favour we gain. And the more favour we gain, the more saved we might be.

Now, I'm heavily paraphrasing here, but doesn't that sort of our mentality now? Sure, we can cognitively say that we're saved by grace and not by works, but don't we have a problem with accepting gifts that we didn't earn or have the urge to "pay back" favours or feel like we "owe" those who are gracious with us? It's almost like faith has become this transaction where the payment is our blood, sweat, and tears. And honestly, it sometimes gets overwhelming.

Overwhelming to the point where we expend all our energy thinking that we'll gain it back, where we give up our identities in hopes that we'll find them, where we sacrifice ourselves believing that this is how we'll be saved.

Don't get me wrong, there's nothing wrong with hard work. There's nothing wrong with getting things done. There's nothing wrong with being productive. But I think the problem comes when we equate these things with how good we are, how loved we are, how Christian we are.

And I know, this sounds kind of weird when I am almost weekly asking for volunteers to help out with the different things that go on around here. It doesn't seem to jive with the words we often use like "call," "service," and "mission." It might not sit well with us in general as we are almost uncomfortable with ourselves if we aren't complaining about how busy we are.

But the thing is, when we get to that point, we might miss the gifts that God gives. The gifts of community, relationship, and support. We might miss the blessings of compassion, empathy, and love. We might miss the grace that God had moved heaven and earth for us to have.

So then what can we make of Jesus' call to his disciples? How can we justify us not working ourselves to death when that is literally what Jesus did? What is the Spirit telling us on this 3rd Sunday after Pentecost?

Well, going back to the “Laziness Does Not Exist” book, its author points out what having this negative stigma around perceived laziness does to us. If we blame people’s ailments on laziness, then we don’t have to worry about the supports for mental illness, trauma, or neuro-diversity. If we see those who don’t work as hard as us as lazy, then we give ourselves the right to label them, judge them, and even condemn them. If we equate non-busyness as lazy then we will do everything we can to unnecessarily fill up our time to the point of burn-out and pat ourselves on the back for it.

Again, I’m not saying that we shouldn’t be working hard and should just leave the heavy lifting to someone else. But what I am saying is that, hard work isn’t required of us, our productivity doesn’t define us, what we do will not, can not, and won’t ever be able to save us.

That’s by God’s grace alone, no matter what the world tells us.

Again, this isn’t a call to be lazy and ignore what needs to be done, but it’s a call to be liberated from the pressures that the world puts on us. This isn’t permission to procrastinate, but permission to take your time, take breaks, and take care of yourself. This isn’t telling you not to be productive and get things done, but that our productivity doesn’t equal our faith and getting things done doesn’t change our identity in God’s eyes as God’s own children.

Does Jesus call us into action? Yes, he does, but not at the cost of who we are and our well-being, but we are called to serve others out of compassion, we are called to heal through welcome, we are called to heal with love. And at the core of all that isn’t what we do as much as who we are. This isn’t centered around showing love as much as actually loving. This isn’t about how busy we can get ourselves to be but about the compassion we can have for others as well as ourselves.

See, our modern world tells us to do, accomplish, and sacrifice until it hurts. But God asks us to live in community, treat others with respect, and see the value and worth in all people, regardless of how busy, how much they can do, or the length of their to-do lists.

So in this season after Pentecost, may we be motivated by compassion, empowered by salvation, and strengthened by grace to not just do but be, not just work but love, not just be busy but live. Thanks be to God. Amen.

HYMN OF THE DAY: O Spirit All-Embracing (ACS #944)

CREED

Together with all those welcomed into God’s fold, let us confess the Christian faith with the Apostle’s Creed:

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God’s only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.*
On the third day he rose again;**

**he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living 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.**

PRAYERS OF INTERCESSION

Called to serve God and neighbour, let us pray for the church, the world, and all those in need. Each petition will end with, “by your steadfast mercy, O God,” and you are all invited to respond with **hear our prayer**. By your steadfast mercy, O God, **hear our prayer**.

Lord, we make a joyful song of praise to you in your presence, as you welcome us into your kingdom and family that makes up the body of Christ. Strengthen us in our service and witness, that the truth of your gospel be seen, heard, and felt in all that we do. By your steadfast mercy, O God, **hear our prayer**.

Lord, throughout our lives we serve you with gladness. May our ministry reflect the love and grace that you show us and bring joy to all we encounter. We remember in prayer our neighbouring faith communities; those who use this building for worship, work, and play; our partners Anglican Church of Canada and Moravian Church in Canada; and our bishops, rostered ministers, congregations, and ministries of the ELCIC. In particular, we pray for Good Shepherd Lutheran Church in Coquitlam and their pastor Eric Krushel; and for Trinity Lutheran Church in North Delta and their pastor Jennifer Wilson. By your steadfast mercy, O God, **hear our prayer**.

Lord, we know that you are our maker and all of creation belongs to you. Strengthen us in our stewardship of this planet, and may we honour you through all that you’ve entrusted to us. By your steadfast mercy, O God, **hear our prayer**.

Lord, we are your people and the sheep of your pasture, and you lead us with a staff of righteousness and peace. Continue to lead our countries, nations, and peoples toward your ways of community and right relationship, and may we learn to see the value in all cultures in spite of differences. We also pray for the continued support of those that we’ve sponsored to come into our country: Abraham Barhane; Solyana Amanuel; and Filimon Abraha; as well as for those who have not yet arrived: Maekele Kiflu, Selam Haile, and their children; and Meri, Surafiel, Nohom, and Elita Gabramikael. By your steadfast mercy, O God, **hear our prayer**.

Lord, we enter your gates with thanksgiving and praise, for you strengthen us even in our hardships. Be with all who are sick, who mourn, or who feel lonely, that your love might shine in and through all our lives. Especially we pray for Kathy and family; Bryan and Chona; Ron, Tess, and Mineko; Greg and Aikiko; Bev and family; John and Betty; Sukhwant; Pastor Kristen; Pastor Carol; Laura; Kandie; Will; Chris; Larry; Walter; Piet; Kelly; Betty; Ngan Kew (nan CUE); Matt; Patty; and all those we name aloud or quietly in our hearts at this time...
By your steadfast mercy, O God, **hear our prayer**.

Lord, you are indeed good and your steadfast love is everlasting, and you welcome us into your eternal kingdom to live with you and all the saints forever. May we cherish all the lives of faith from the past, that they may inform our lives in the present and strengthen us as we move together into the future, to the glory of your name. By your steadfast mercy, O God, **hear our prayer.**

Into your hands, O Lord, we commend all for whom we pray, trusting in the strength bestowed upon us by Jesus Christ our Lord. **Amen.**

PEACE

The peace of Christ be with you always.

And also with you.

MEAL

DIALOGUE

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

PREFACE

It is indeed, right, our duty, and our joy, that we should at all times and places give thanks and praise to you, O God, through our Saviour Jesus Christ, who calls us and leads us into full communion with you and all the saints, joining us with the choirs of angels, the hosts of heaven, and the whole church on earth to praise your name with this unending hymn:

HOLY, HOLY, HOLY (ACS p. 36)

THANKSGIVING AT THE TABLE

Holy and humble, mighty and merciful, powerful and full of peace, in your fullness, O God, you bring us together as your people in the world. You lead us to see each other as you see us, full of potential and purpose, brimming with the value and worth that you give us, and worthy of your love and grace. And when the time was right, you send to us Jesus, your Son, to teach and heal and proclaim to all the good news of your mercy and grace.

For on the night that he was betrayed, your Son Jesus sat with his friends for a final meal together, where he took the bread, gave thanks, broke and shared it saying, "Take and eat, this is my body broken for you. Do this for the remembrance of me."

And then after they ate it, Jesus took the cup, gave thanks, and gave it to them to drink from 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."

It is in this bread and cup that we can see how we are joined together as a community, further solidifying this, the basis of our faith:

Christ has died.

Christ is risen.

Christ will come again.

So it is to you, O God, that all honour and glory belong, for creating us, calling us, and commissioning us to be your people in the world, proclaiming your gospel and serving one another as siblings, through Jesus Christ, who lives and reigns with you and the Holy Spirit, now and forever. **Amen.**

LORD'S PRAYER (ACS p. 39)

Called to be one by the Holy Spirit, let us pray as Jesus taught us.

**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.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and forever. Amen.**

INVITATION TO COMMUNION

Taste and see, God's blessing poured out for all people.

Thanks be to God.

COMMUNION

COMMUNION HYMNS: Lamb of God (ACS p. 40)

The Church's One Foundation (ELW #654)

Blest Be the Tie That Binds (ELW #656)

PRAYER AFTER COMMUNION

Holy God, you have again fed us and nourished us with the truth and good news of your love, and you instill in us a hope that empowers us to serve. Continue to increase our faith, that as we go out into the world we may always bear witness to your grace, through Jesus Christ our Lord. **Amen.**

SENDING

BLESSING

May the love of God our Shepherd bless you and keep you,
the grace of God our Saviour shine on you and hold you,
and the peace granted by God the Spirit lift you up into community with all the saints, now and forever.

Amen.

SENDING SONG: I Love to Tell the Story (ELW #661)

DISMISSAL

Go in peace, joyfully proclaim the good news.

Thanks be to God.

From sundaysandseasons.com. Copyright © 2026 Augsburg Fortress. All rights reserved.