

Grounded and Growing—Bearing Fruit Week 8

Self-Control

Material from *Reformed Worship* is meant to be adapted by worshiping communities to fit their particular context. This is an example of how one church adapted “Grounded and Growing—Bearing Fruit Week 8: Self-Control” We are grateful to Covenant Christian Reformed Church of Cutlerville, MI and [Rebecca Snippe](#) for sharing this resource ([video recording](#)).

***Call to Worship**

Leader: The earth is the Lord’s and all that is in it,
the world, and those who live in it;

**All: For he has founded it on the seas,
and established it on the rivers.**

Leader: Who shall ascend the hill of the Lord?
And who shall stand in his holy place?

**All: Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.**

Leader: Let us worship our holy God with reverence and awe!
—Psalm 24:1–4, Laura De Jong © 2026 [ReformedWorship.org](#) CC BY-NC-SA 4.0.

***Song**

[“Fill Thou My Life, O Lord My God”](#) (st. 1–3) Bonar

***God’s Greeting**

***Mutual Greeting**

***Song**

[“Build My Life”](#) Younker

Call to Confession

Many plants require some kind of trellis or frame to keep them stabilized and upright, to help them grow tall, towards the sun, where they can bear fruit in abundance. Followers of God, called to bear good fruit, are no different. We need a trellis to support us—practices that support our faith, that give structure to our lives so we stay oriented towards the Son. Prayer, scripture study, fellowship with

fellow believers, silence, worship—all these practices and more provide us with this support.

Confession is one such practice—a way in which we re-orient ourselves towards God and ask that God might prune that which is dead or diseased in our lives and fill us instead with the lifegiving power of his mercy and grace.

So let us turn towards God now in prayer.

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Prayer of Confession

Holy God,
You have shown us, in your Word, what is good.
You have marked out the way we should go,
set boundary lines for us in pleasant places,
and commanded us to walk in the way that brings freedom and flourishing.

But we think we know better.
We think freedom means getting to do whatever feels right to us at the time.
We chafe against boundaries
and find structures and guidelines to be constricting.

We don't trust that you have given us these things for our good, O God.
Forgive us our lack of trust.
Forgive us when we are careless with our lives,
when our actions and words are thoughtless and hurtful.
Forgive us when our carelessness causes others
to doubt the good news we preach.
Help us to order our lives around your word and your truth,
to structure our lives in such a way
that the Spirit can bear much good fruit through us.

Help us to build our lives on you.
Through Christ, our Lord, we pray.
Amen.

—Laura De Jong © 2026 ReformedWorship.org CC BY-NC-SA 4.0.

****Song***

["If You But Trust in God to Guide You"](#) (st. 1–3) Neumark, trans. Winkworth

Offering

Offertory: Furniture Ministry Update

Time for Prayer

Bible Reading

Mark 9:42–50, Titus 2

Sermon

The Trellis of Self-Control

Prayer

****Song***

["May the Mind of Christ, My Savior"](#) (st. 1–3, 5) ^{Wilkinson}

****God's Blessing***

****Song***

["Take My Life and Let It Be"](#) (st. 1–2, 5–6) ^{Havergal}

[*If you are able please stand in body or spirit.](#)