



Accompaniment Play List and Sermon available on YouTube at

<http://tiny.cc/OUMC09-13-2026>

WELCOME & ANNOUNCEMENTS

CALL TO WORSHIP

Isaiah 40:28 - 31 WEB

²⁸ Haven't you known? Haven't you heard?
The everlasting God, Yahweh, the Creator of
the ends of the earth, doesn't faint.

He isn't weary. His understanding is
unsearchable.

²⁹ He gives power to the weak.

He increases the strength of him who has no
might.

³⁰ Even the youths faint and get weary,
and the young men utterly fall;

³¹ but those who wait for Yahweh will renew
their strength.

They will mount up with wings like eagles.

They will run, and not be weary.

They will walk, and not faint.

INTROIT UMH #77

"How Great Thou Art"¹ (Refrain)

<https://youtu.be/ljMoAkJKivM>

Then sings my soul, my Savior God to Thee
How great Thou art, how great Thou art

Then sings my soul, my Savior God to Thee
How great Thou art, how great Thou art

OPENING PRAYER

God of steadfast hope,
We come to You seeking more than the illusions
that comfort for a moment. Anchor our hearts in
Christ, the true hope of glory. Quiet every false
assurance and lift us with the strength You
promise to those who trust in You. As we

worship, steady us in Your truth, renew us by
Your Spirit, and lead us into the kind of hope
that holds firm, endures storms, and transforms
our lives.

In Jesus' name, Amen.

AFFIRMATION

"A Modern Affirmation"

UMH # 885

Where the Spirit of the Lord is, there is the one
true Church, apostolic and universal, whose
holy faith let us now declare:

We believe in God the Father, infinite in
wisdom, power and love, whose mercy is over
all his works, and whose will is ever directed
to his children's good.

We believe in Jesus Christ, Son of God and Son
of man, the gift of the Father's unfailing grace,
the ground of our hope, and the promise of our

deliverance from sin and death.

We believe in the Holy Spirit as the divine
presence in our lives, whereby we are kept in
perpetual remembrance of the truth of Christ,
and find strength and help in time of need.

We believe that this faith should manifest itself
in the service of love as set forth in the example
of our blessed Lord, to the end that the
kingdom of God may come upon the earth.
Amen.

GLORIA PATRI

Glory be to the Father and to the Son and to the
Holy Ghost; as it was in the beginning,

is now, and ever shall be, world without end.
Amen.

1. In the bulb there is a flower;
in the seed, an apple tree;
in cocoons, a hidden promise:
butterflies will soon be free!

In the cold and snow of winter
there's a spring that waits to be,
unrevealed until its season,
something God alone can see.

2. There's a song in every silence,
seeking word and melody;
there's a dawn in every darkness
bringing hope to you and me.
From the past will come the future;

what it holds, a mystery,
unrevealed until its season,
something God alone can see.

3. In our end is our beginning;
in our time, infinity;
in our doubt there is believing;
in our life, eternity.
In our death, a resurrection;
at the last, a victory,
unrevealed until its season,
something God alone can see.

ANTHEM (Suggested)**"Living Hope"**<https://youtu.be/9f2FXxDVO6w>

Phil Wickham

SCRIPTURE LESSON**Hebrews 6: 17 -20 WEB**

¹⁷ In this way God, being determined to show more abundantly to the heirs of the promise the immutability of his counsel, interposed with an oath, ¹⁸ that by two immutable things, in which it is impossible for God to lie, we may have a strong encouragement, who have fled for refuge to take hold of the hope set before

us. ¹⁹ This hope we have as an anchor of the soul, a hope both sure and steadfast and entering into that which is within the veil, ²⁰ where as a forerunner Jesus entered for us, having become a high priest forever after the order of Melchizedek.

JOYS & CONCERNS and MORNING PRAYER

God of unfailing hope,
We come to You as people who know how easily our hearts drift toward quick fixes and shallow assurances. We confess the ways we have settled for "hopium" — for optimism without anchor, for comfort without conviction, for promises that cannot hold us when life grows heavy.

But today we turn again to You, the God who remembers, the God who renews, the God who anchors our souls. Root us in Christ, the hope of glory. Let Your promise steady us where fear shakes us. Let Your character hold us where circumstances fail us.

For those who feel overwhelmed, Lord, be their anchor.

For those who are weary, renew their strength.

For those who are grieving, surround them with Your gentleness.

For those who are searching for direction, shine Your guiding light.

For those who feel like they are sinking, lift them with Your grace.

Teach us to hope in You — not in outcomes, not in our own strength, not in the illusions our world offers — but in Your unchanging faithfulness. Make us a people who rise on wings like eagles, who run without growing weary, who serve with the energy Christ so powerfully works within us.

Anchor us, renew us, and send us as witnesses of real hope in a world desperate for something true.

In the strong and saving name of Jesus who taught us to pray...

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.

HYMN UMH #133

"Leaning on the Everlasting Arms" ³

https://youtu.be/oJtooMpF_4c

1. What a fellowship, what a joy divine,
leaning on the everlasting arms;
what a blessedness, what a peace is mine,
leaning on the everlasting arms.

Refrain:

**Leaning, leaning,
safe and secure from all alarms;
leaning, leaning,
leaning on the everlasting arms.**

2. O how sweet to walk in this pilgrim way,
leaning on the everlasting arms;
O how bright the path grows from day to day,
leaning on the everlasting arms.
(Refrain)

3. What have I to dread, what have I to fear,
leaning on the everlasting arms?
I have blessed peace with my Lord so near,
leaning on the everlasting arms.
(Refrain)

SCRIPTURE LESSON

Colossians 1: 24-29 WEB

²⁴ Now I rejoice in my sufferings for your sake, and fill up on my part that which is lacking of the afflictions of Christ in my flesh for his body's sake, which is the assembly, ²⁵ of which I was made a servant according to the stewardship of God which was given me toward you to fulfill the word of God, ²⁶ the mystery which has been hidden for ages and generations. But now it has been revealed to his

saints, ²⁷ to whom God was pleased to make known what are the riches of the glory of this mystery among the Gentiles, which is Christ in you, the hope of glory. ²⁸ We proclaim him, admonishing every man and teaching every man in all wisdom, that we may present every man perfect in Christ Jesus; ²⁹ for which I also labor, striving according to his working, which works in me mightily.

MESSAGE

"Hopium vs. Hope in Jesus"

Rev Jim Canody

<http://tiny.cc/Sermon09-13-2026>

There's a word floating around in our culture: "**hopium**." It's a mix of *hope* and *opium* — a kind of emotional drug. **Hopium** feels good for a moment, but it doesn't last. It's the illusion of hope without substance. It says, "Everything will work out somehow," but never asks, "Who is my trust in?"

Hopium is optimism without anchor.

Hopium is scrolling through headlines and saying, "Maybe things will magically get better." **Hopium** is the pep talk we give ourselves when we're afraid to face reality. But *hope in Jesus* is different. It's not a mood; it's a foundation. It's not a fantasy; *hope in Jesus* is faith that holds steady when the storm hits.

- **Colossians 1:24-29** — Paul speaks of Christ in us, "*the hope of glory*."
- **Hebrews 6:17-20** — Hope as "*an anchor for the soul, firm and secure*."
- **Isaiah 40:28-31** — Those who *hope* in the Lord "*will renew their strength*."

These three passages form a chain:

- **Colossians** gives us the *source* of hope — Christ in us.
- **Hebrews** gives us the *security* of hope — anchored in God's promise.
- **Isaiah** gives us the *strength* of hope — renewed for the journey.

Hopium thrives on slogans:
"You've got this."

“Just believe.”

“Everything happens for a reason.”

It's comforting, but it's hollow.

A man once tried to cross a frozen lake, convinced the ice was thick enough. He stepped out confidently — until he heard the crack beneath his feet. His confidence wasn't the problem; his foundation was. That's hopium: confidence built on thin ice.

Hopium depends on circumstances.

Hope in Jesus depends on **character** — the unchanging nature of God.

Hebrews says our *hope* is *“an anchor for the soul.”* An anchor doesn't remove the storm; it keeps the ship from drifting. Hope in Jesus doesn't promise calm seas — it promises **security** in the storm.

During World War II, sailors in the North Atlantic would drop anchor not to stop movement but to stabilize the ship against the waves. The anchor didn't end the storm; it kept them from being swept away.

That's what hope in Christ does — it holds us when everything else shakes.

God's promise is not wishful thinking.

Hebrews reminds us that God confirmed His word with an oath — two unchangeable things: **His promise and His character.**

When God says He will be faithful, He means it. Our hope is not in outcomes but in the One who is the truth.

Isaiah paints a picture of weary people — tired, discouraged, running on empty. And then he says, *“Those who hope in the Lord will renew their strength.”* Not those who escape reality, not those who numb their pain, but those who **wait and trust.**

Think of an eagle. When storms come, the eagle doesn't hide; it spreads its wings and lets the wind lift it higher.

Isaiah says that's what hope does — it doesn't remove the wind; it transforms it into lift.

When we hope in Jesus, we find strength not from our own reserves but from His Spirit. We run and do not grow weary because we're carried by grace.

In Colossians 1, Paul calls Christ *“the hope of glory.”* This isn't sentimental hope; it's **transformational** hope. It's the kind of hope that changes how we live, give, and serve.

Paul writes from prison — not from comfort.

He's suffering, yet he rejoices because his hope isn't chained to circumstance.

He says, *“To this end I strenuously contend with all the energy Christ so powerfully works in me.”* Hope in Jesus gives us purpose even in pain.

A missionary once said, “I'm not afraid of failure; I'm afraid of succeeding at things that don't matter.”

Hopium chases comfort. Hope in Jesus chases calling.

Hopium fades when the news gets worse.

Hope in Jesus deepens when life gets harder.

Hopium says, “I hope things change.” *Hope in Jesus* says, “Even if they don't, God is still good.”

A farmer plants seeds knowing storms may come. He doesn't control the weather, but he trusts the season.

That's biblical *hope* — planting faith in the soil of God's promise.

So where do we place our hope today? In headlines? In health? In human strength? Or in the One who conquered death and still remembers His people?

If your hope has felt thin, if your faith has cracked under pressure, hear this:

- God's *promise* still stands.
- His *anchor* still holds.
- His *Spirit* still renews.

Hopium is a mirage — it looks like hope but disappears when tested.

Hope in Jesus is an anchor — unseen but unbreakable.

Hopium numbs;

hope in Jesus transforms.

Hopium fades;

hope in Jesus endures.

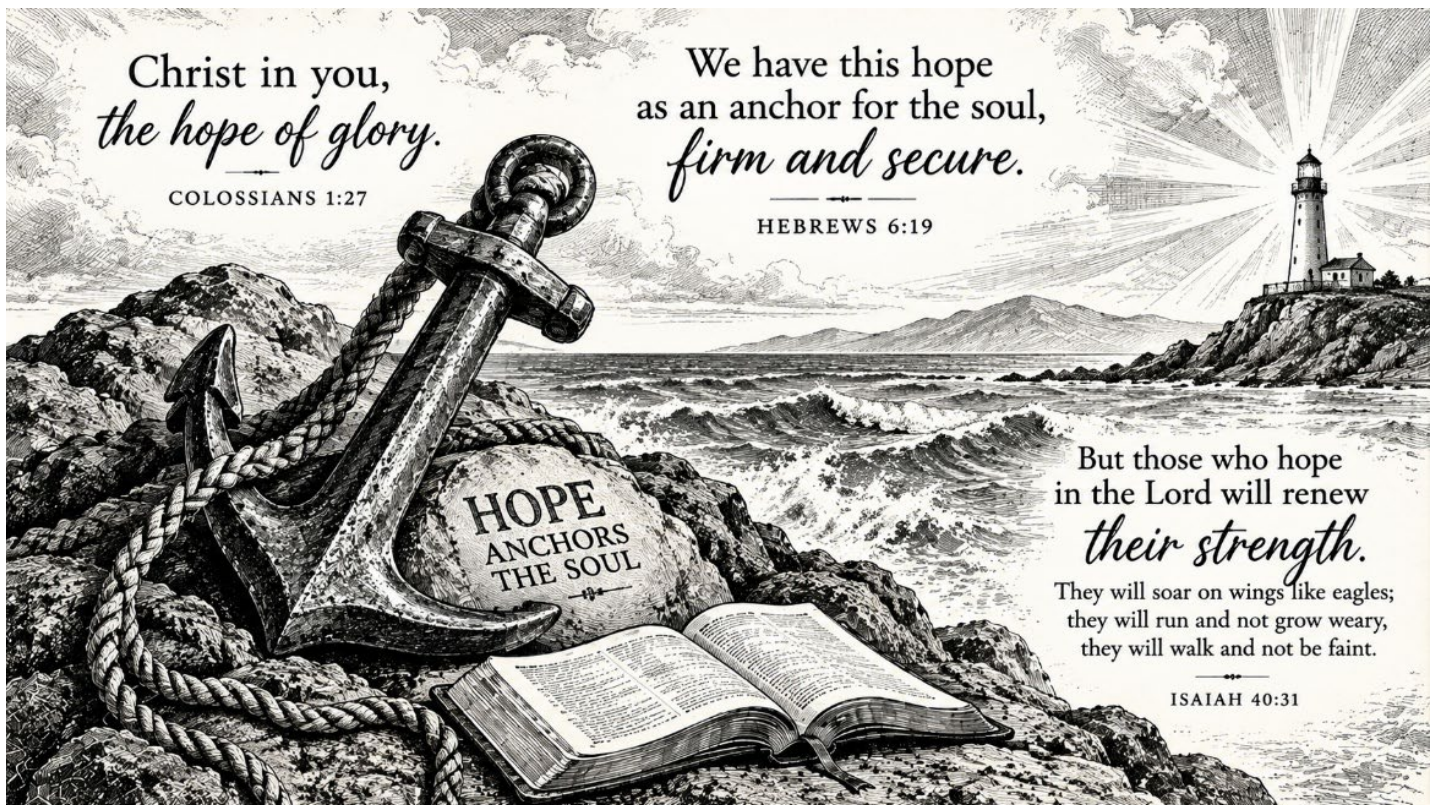
Hopium says, “*Maybe.*”

Hope in Jesus says, “*Surely.*”

So today, let’s trade our hopium for holy *HOPE* — hope that anchors, renews, and sends us forward in faith.

Closing Prayer:

Lord Jesus, Anchor our souls in Your promise. Lift our hearts with Your strength. Renew our minds with Your truth. When the waters rise, remind us that You are our hope, our glory, and our guide... through Jesus Christ, our Lord and Savior. **Amen.**✠



HYMN UMH #368

“My Hope Is Built”

<https://youtu.be/zp0vsn83Fs>

1. My hope is built on nothing less
than Jesus' blood and righteousness.
I dare not trust the sweetest frame,
but wholly lean on Jesus' name.

Refrain:

**On Christ the solid rock I stand,
all other ground is sinking sand;
all other ground is sinking sand.**

2. When Darkness veils his lovely face,
I rest on his unchanging grace.

In every high and stormy gale,
my anchor holds within the veil. (Refrain)

3. His oath, his covenant, his blood
supports me in the whelming flood.
When all around my soul gives way,
he then is all my hope and stay. (Refrain)

4. When he shall come with trumpet sound,
O may I then in him be found!
Dressed in his righteousness alone,
faultless to stand before the throne! (Refrain)

BENEDICTION

Go forth in the strength of the God who
anchors your soul.
May Christ, the hope of glory, dwell richly in
you,
steadying your steps when the winds rise
and renewing your strength when you grow
weary.
May the Spirit lift you as on eagle's wings,

teaching you to trust not in the thin comforts of
this world
but in the sure and living hope found in Jesus
alone.
And as you go, may your life bear witness
to a hope that holds, a grace that restores,
and a God whose promises never fail.
In the name of the Father, and of the Son,
and of the Holy Spirit. Amen.

RESPONSE UMH #77

"How Great Thou Art"¹ (Refrain)

<https://youtu.be/Dzs9pw1h8P8>

Then sings my soul, my Savior God to Thee
How great Thou art, how great Thou art

Then sings my soul, my Savior God to Thee
How great Thou art, how great Thou art

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³ **Leaning on the Everlasting Arms**, UMH #133, Author: Elisha A. Hoffman, Composer: Anthony J. Showalter © Public Domain

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- The United States of America, other countries around the world, and our leaders
- War-torn areas including Ukraine, Venezuela & the Middle East
- Americans serving in the armed forces and in dangerous foreign diplomatic posts.
- Our missionary in Cambodia, Clara Mridula Biswas.
- Persecuted Christians
- The United Methodist Church and The Virginia Annual Conference led by Bishop Sue Hauptert-Johnson, and our Coastal Virginia District, led by DS Elizabeth Givens

- | | | |
|-------------------------|-----------------|-------------------------------------|
| • Elizabeth Powell | • Kathy Greene | • Nancy Fitchett |
| • Kerry Kline | • Bonnie Hill | • George McMath |
| • Roy Elsasser | • Ann Nicholson | • Dianne Nickel |
| • Debbie & George Davis | • Dot Gardner | • Praise for successful OOTB summer |
| • Norman Bowling | • Linda Beasley | • Travel Mercies |
| • David Drummond | • Don Bowling | • Unspokens |
| • Jake Canody | • Bobby Wood | |
| • Susan Beasley | • E. A. McMath | |

✠ *Special prayers for the family and friends of:*

- | | | |
|-----------------------|-------------------------|--------------|
| • Rev. Clarence Bowen | • Leslie Michael George | • Beth Perry |
| • Bev McMath | • Peggy Canody | |

PLEASE SHARE YOUR JOYS AND CONCERNS WITH PASTOR JIM AT : JIMCANODY@VAUMC.ORG OR CALL 703-861-2023

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ANNOUNCEMENTS



Sandy Savage (Sept. 6)
Joe Vincent (Sept. 11)
Theresa Denston (Sept. 11)
Estelle Hudson (Sept. 13)

Jeanette Edwards (Sept. 23)
Claudia Harmon (Sept. 23)
Dot Gardner (Sept. 28)



Gordon & Carol Vincent (Sept. 4)
Bill & Cindy Bradford (Sept. 10)
Paige & Linda Ross (Sept. 15)



Thank you for your dedication to the ministries of Onley UMC! Checks, made payable to OUMC should be mailed to: Onley UMC, P. O. Box 216, Onley, VA 23418



**Youth Group RETURNS
September 13
4-6 pm @ **CAMP
OCCOHANNOCK**



CAMP OCCOHANNOCK

Thank you for your continued prayers and gifts for the Camp.

WISH LIST:

You can help by supporting the camp with donations to their wishlist year round (craft items, snacks, tools, furnishings, activities, etc) found on Amazon at <https://amzn.to/4kKI8qG>



**BIBLE STUDY
Thursdays @ 1pm**

COAT CLOSET MISSION!



We continue to accept cash donations as well as coats, hats, scarves, jackets, and gloves during the year. Please either email us at jre11@verizon.net or call 757.710.1524 and leave a message to arrange pickup or drop off. Monetary donations may be sent to Onley UMC, P O Box 216, Onley, VA 23418; please note "coat closet" in the memo section of the check.