



October 10-11, 2026

Know Your Boundaries

Esther 1:10-12

MESSAGE: Rory Philstrom

CONTEMPORARY | SATURDAY, 5:30 pm

Communion | Acoustic Living Room

Build My Life

Who You Say I Am

Lord I Need You

Great Is Thy Faithfulness

CLASSIC | SUNDAY, 9:00 am

Amen / This Is My Father's World

Praise Choir: God Walks With Me

Great Is Thy Faithfulness

Oh God Our Help In Ages Past

CONTEMPORARY | SUNDAY, 10:30 am

Great Things

Praise Choir: God Walks With Me

Firm Foundation (He Won't)

Praise

Check your inbox for your
REALM CONNECT INVITATION!

You'll receive it according to this schedule:

Week of September 14 Last Names **A-E**

Week of September 21 Last Names **F-J**

Week of September 28 Last Names **K-O**

Week of October 5 Last Names **P-T**

Week of October 12 Last Names **U-Z**

Find video tutorials to help navigate
your new profile at popmn.org/about/realm
or email realm@popmn.org.

Welcome to Prince of Peace!

We are an open and affirming community,
here to love God and all people.



Connect with Prince of Peace!

Scan here to join our mailing list
and find ways to get involved.

Paper copies of this form are
available at the Connect Desk.



JOIN US FOR WORSHIP

Classic | Sundays 9:00 am

Contemporary | Saturdays 5:30 pm | Sundays 10:30 am

Family | Wednesdays 7:00 pm

Resources, livestreams, playlists and podcast links: popmn.org

Woodbury Chorus & Orchestra Concert | October 11 | 4:00 pm

Enjoy "Music for the Soul," a free concert of familiar choral and
orchestral music. A free-will offering will benefit Mission Outpost!

Twin Cities Praise Symphony Concert | October 25 | 4:00 pm

Join us for an evening of music from this interdenominational
orchestra. A free-will offering will benefit worship arts!

JOIN US FOR COMMUNITY

Family Ministry – popmn.org/children OR popmn.org/students

Pillars Bible Study | Tuesdays, 6:30 am | Wednesdays, 12:30 pm

Choose Tuesdays or Wednesdays for this weekly Bible study.

CDLC Preschool Book Fair | October 11

Stop by the book fair on your way out of worship! All proceeds
go directly back into supporting CDLC programs.

Prince of Peace Christmas Concert | Presented December 18-19

Sing with us! Register by **October 15** to join the Christmas Choir:
popmn.org/worship/worship-arts. Rehearsals begin October 25.

Trail Church | October 17 | 9:00 am | Terrace Oaks East Park

Journey with us and experience the mini-miracles of nature.

New Member Orientation | October 18 | 11:45 am – 1:00 pm

New to POP? Let's get to know one another! popmn.org/register

Repurposed Adults: Treats & Trivia | October 20 | 6:30 pm

An evening of connection featuring desserts and a round of trivia.

Boo Bash | Kids and Families! | October 24 | 10:00 am

Not-so-scary costumes, trick-or-treating, and fun activities!

Grief Support Group | 10-week series | Mondays | 6:00 pm

Join a supportive community on your grief journey.

POP Gear | T-shirts \$15 | Mugs \$10 | At the Connect Desk

Share the Message: Love God. Love People. (Cash or credit cards.)

JOIN US IN GENEROSITY

Thank you for your gifts for mission and ministry!



KNOW YOUR BOUNDARIES

Some of the holiest words in scripture are two letters long.

No.

- **Joseph** said no to Potiphar's wife (Genesis 39).
- **Ruth** said no to going home. "Where you go, I will go" (Ruth 1).
- **David** said no to killing Saul in the cave, though his men urged him on (1 Samuel 24).
- **Elisha** said no to Naaman's payment (2 Kings 5).
- **Shadrach, Meshach, and Abednego** said no to the golden statue (Daniel 3).
- **Daniel** said no to giving up prayer, with the lions waiting (Daniel 6).
- **Peter and John** said no to Simon's money (Acts 8).
- **Jesus** said no to bread, to spectacle, to power, and again before his accusers, in silence (Matthew 4; Mark 14).
- **Vashti** said no to being put on display (Esther 1).

In nearly every case, "Yes" would have been the easier, more comfortable choice. A bed, a throne, a fortune, safety. Saying "Yes" might have been materially beneficial, but at the cost of being spiritually diminishing.

They could say "No" because their worth was already given. It is grace, a gift from God, and it isn't reserved for the faithful. Vashti never appears to have known the God of Israel, and still she knew her own dignity. God gives that to every person and every creature.

A boundary isn't a wall against love. It's what God-given dignity looks like when it stands up.

Dr. Harriet Lerner gives some tips on setting a boundary and sticking to it:

- **Take your time.** If you're unsure, don't answer under pressure. "Let me think about it and get back to you" is a full sentence.
- **Speak about yourself.** Say what you can't do, not what's wrong with them.
- **Don't argue with their reaction.** They may be angry. You can acknowledge that without changing your answer.
- **Keep it short and calm.** Long defenses invite negotiation. Intensity breeds intensity.
- **Own your choice.** "They never take no for an answer" hands your decision to someone else.

Joseph, Ruth, David, Daniel, and Jesus all paid something for their no. Expect to pay something too. Some people won't applaud, and guilt may come knocking. It passes. Vashti may be the best companion for the road. She had no scripture, no prophet, no promise of rescue. She had only the knowledge that she was not an ornament, and she stood on it. If dignity can hold her, it can hold you. So start small. Say "let me think about it." Say a short no and let it be short. Then notice what happens: next time, you may get to say yes with a lighter heart.

FOR REFLECTION

What have you said yes to that you no longer really mean?

What holy "no" would let you better live your own dignity, integrity, and value?

PRAYER

God of grace, you named me worthy before I earned anything. Give me courage to say yes to what gives life and no to what takes it. Amen.

WOULD YOU LIKE TO PRAY WITH SOMEONE?

PRAYER MINISTERS are available to pray with you after worship on Sundays in the lounge through the doors at the back of the sanctuary.

If you would like to submit a prayer request at any time, email prayer@popmn.org.

PRAYERS OF THE CHURCH *as of October 7*

PRAYERS OF HEALING:

Jody Gunderson | Gary Jacobson

PRAYERS OF SYMPATHY:

Family and friends of Alan Olson

CELEBRATION OF LIFE SERVICES:

Audrey Peterson – November 2