

Look for the
Helper

2nd Sunday in Lent
March 5, 2023



Ascension Lutheran Church
1105 N. Washington Blvd.
Ogden, UT 84404
801.782.2810

Welcome to Worship...

Welcome to all God's guests, including those who call themselves "members" of this church named Ascension Lutheran Church more than 50 years ago.

A special welcome to guests who are here for the first time or who call yourselves "visitors" among the people of this community. It is at God's invitation, through worship, the Holy Spirit calls each of us to come to a place of **community, communion** and **commitment**. Each of us brings a different lens to worship, and yet, in a worshiping community, these differences become celebrations of diversity.

**Children are always welcome in worship services;
however please know a nursery space is available for
parents who need to tend to their little ones.**

Please silence your cell phones at this time.

Introduction—Lookin' for Love in All the Wrong Places

The Christian scriptures offer many images of where love, grace, forgiveness, righteousness, and healing can REALLY be found. And it is not in the "usual" places. Isn't it as true of us today as it was of the scriptural authors? Don't we often look for wholeness and happiness in places that offer only temporary "good feelings" and satisfaction?

Lent is a wonderfully reflective time to reassess where we are searching for meaning and purpose. We'll move through stories of Jesus to find out who offers the "real deal."

Call to Worship

(All) Hearts o - pen, minds a -
wake, change us now for heav - en's
sake; leave us not a - lone in ha - tred's wake. -
- Show us how - to love, show us how -
- to love, show us how, show us how -
- to love.

P Oftentimes we believe that we must “deserve” the love we receive. We work, work, work to get approval and to feel like our life is justified — pulling our own weight, thinking that whatever life we create, and love we get, is only what we ourselves can conjure up. But the scriptures today offer the image of God as our “keeper” — always helping, always present. Nicodemus has followed all the rules and done everything HE can do, and yet he is still looking for love — for tangible connection with God. Jesus says that he must be born “of the Spirit.” It’s not all up to simply “doing the right thing!” It is about allowing the Spirit to help birth love in our lives.

(All) Eyes o - pen, shocked a -
wake, much to learn from our mis -
takes; draw us clo - ser in our heart - ache.
Show us how - to love, show us
how - to love, show us how, show us
how - - to love.

Confession and Assurance

P Let us join together in opening our hearts to the love of God. Before we even utter a word, we can be assured God will offer us grace and a way forward. For this reason, we can be honest with what pains us most about our own thoughts and actions. Let us pray:

Holy and Merciful One,

**we come bringing our deepest longings,
and our failed attempts at satisfying them.**

We have often looked for love in things that cannot give us love.

**We yearn for lives that matter,
we desire relationships that thrive,
we want less regret.**

**We fail to see that you have already given us what really matters:
your love and acceptance.**

P You provide opportunities all around us
to make a difference in the lives of others.
You give us a fresh start each day, inviting us to trust you.

In this silence, we confess we have looked for love in all the wrong places.
Today may we open ourselves to a change in our paths to seeing with
new eyes, to setting aside empty promises.

Silence for self reflection.

My friends, be assured by the Psalmist who says,
“The Lord will keep your life... your going out and your coming in
from this time on and forevermore.”

Let us respond together:

***All* We open our hearts, our minds, our souls, our vision
to the ways of love created by God,
embodied in Jesus,
and already moving in us by the Spirit.
We are forgiven, loved, and freed! Amen!**

We Proclaim

A reading of Psalm 121

I lift up my eyes to the hills — from where will my help come?
My help comes from the LORD, who made heaven and earth.
He will not let your foot be moved;
he who keeps you will not slumber.
He who keeps Israel will neither slumber nor sleep.

The LORD is your keeper;
the LORD is your shade at your right hand.
The sun shall not strike you by day,
nor the moon by night.
The LORD will keep you from all evil;
he will keep your life.

The LORD will keep your going out and your coming in
from this time on and forevermore.

Psalm 121

L The word of the Lord

All Thanks be to God!

Gospel Acclamation

Please stand as you are able.

O - pen the eyes of my heart, Lord, o - pen the eyes of my heart; I want to see You, I want to see You. O - pen the eyes of my heart, Lord, o - pen the eyes of my heart; I want to see You, I want to see You.

Gospel Reading

P The Holy Gospel according to St. John, the 3rd chapter.

All Glory to you, O Lord.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God."

Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above."

Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?"

Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

Nicodemus said to him, "How can these things be?"

Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man.

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him."

John 3: 1-17

P The Word of God that is still speaking,

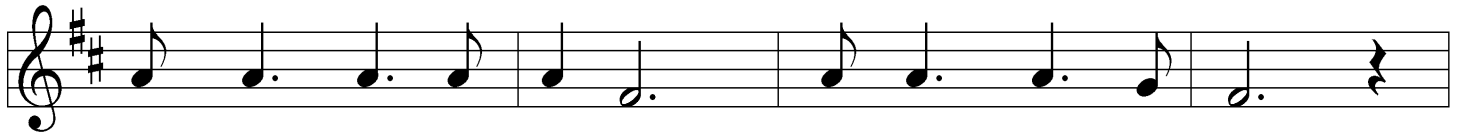
All Praise to you, O Christ.

[You may be Seated](#)

Sermon

Pr. Debra Jimenez

What Have We to Offer?



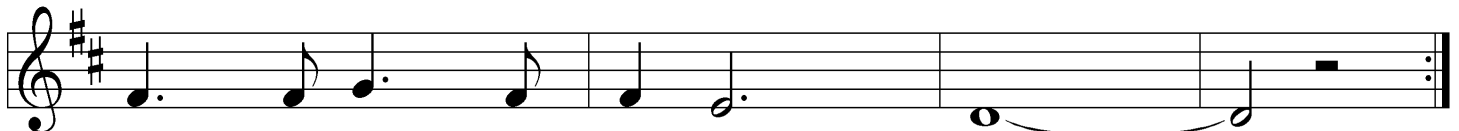
1 What have we to of - fer? What have we to share?
 2 What have we to of - fer? What have we to bring?
 3 What have we to of - fer? What have we to give?



Coins from the cof - fer, hearts filled with care.
 Love, ripe with laugh - ter; hope that we can sing;
 Eyes that are wide o - pen; lies that we won't live;



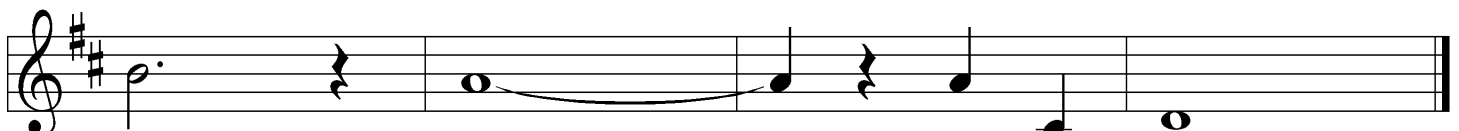
God will not fal - ter; so let us dare
 dreams of what we're af - ter; prom - is - es of when.
 truth that must be spo - ken; jus - tice some - how.



lay it at the al - tar there.
 Lay it at the al - tar then.
 Lay it at the al - tar now.



4 What have we to of - fer? What have we to



give? Lives we will live.

Text: Ray Makeever

Music: LET US ENTER IN: OFFERTORY, Ray Makeever

Text and music © 1982 Ray Makeever, admin. Augsburg Fortress

Apostles' Creed

P Let us join together with the saints across the ages confessing our faith with the words of the Apostles' 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 the People

L In this season of Lent, we are joining together in prayer using an ancient form in the church. The Greek words, "Kyrie Eleison" mean "God, have mercy on us." The church has been chanting this during prayer since the early centuries of its existence. We will be led in various intercessions—prayers in categories—followed by singing this simple chant as a response to each one. The repetition of this beautiful "Kyrie" is itself a prayer. God's mercy is a gift of love, given freely to us.

♪ ♪ Kyrie Eleison, Kyrie Eleison ♪ ♪
Kyrie Eleison, I pray.

Prayers for the World

...God have mercy. In this singing we lift up this world to you with our love:

Prayers for Our Community

...God have mercy. In this singing we lift up this community to you with our love:

Prayers for Our Relationships

...God have mercy. In this singing we lift up each other to you with our love:

Prayers for Our Selves

...God have mercy. In this singing we open ourselves to your love:

Sharing the Peace

In our continued physical distancing out of love for the health of one another, we will share the peace of our risen Lord by “speaking” that peace through sign language.

P Christ become Love and Peace with you.

All And also with you.

Offering

While we still will not physically pass the offering plates we will continue to have the plates available at the entrance to receive your offerings and will lift them up in thanksgiving before the throne of grace.



lay all of my bur - dens down at Your feet. And
 an - y - time that I don't know what to do, I will
 cast all my cares up - on You.

Offertory Prayer

P God of good gifts,

***All* Through your goodness you have blessed us with these gifts:
 our selves, our time, and our possessions.**

Use us, and what we have gathered, in feeding the world with your love.

**Prepare our hearts to receive you in this meal as you pour out your very
 presence through Christ Jesus, the wellspring of eternal life. Amen.**

Holy Communion

P May Love be with you!

***All* And also with you!**

P Lift up your hearts!

***All* We lift them up to the Lord!**

P Let us give thanks to the Lord our God!

***All* It is right to give our thanks and praise!**

P What love you have given us in your Son Jesus Christ!
Your Spirit poured out through him,
as he brought good news, proclaimed freedom, healed, and fed.
His life of love shows us the way.
His life of love delivers us from false hopes.
His life, death, and resurrection offered ultimate and enduring love.

In the night in which he was betrayed our Lord Jesus took bread
and gave thanks;
broke it and gave it to his disciples saying:
Take and eat; this is my body given for you.
Do this for the remembrance of me.

After supper, he took the cup, gave thanks,
and gave it for all to drink 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.

And so, in remembrance of this love in Jesus Christ,
we offer our love completely as we proclaim the mystery of faith.

***All* Christ has died; Christ is risen; Christ will come again!**

The Lord's Prayer

Please stand as you are able.

P Now gathered into one by the Holy Spirit, let us pray as Jesus taught.

***All* 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 and ever. Amen.**

The Invitation

P Christ has prepared the feast.

Come to the table where all are welcomed home.

Communion Songs

You may be Seated

Just As I Am, without One Plea

1 Just as I am, with - out one plea, but that thy blood was
2 Just as I am, though tossed a - bout with man - y a con - flict,
3 Just as I am, thou wilt re - ceive, wilt wel - come, par - don,
4 Just as I am; thy love un - known has bro - ken ev - 'ry

shed for me, and that thou bidd'st me come to thee,
man - y a doubt, fight - ings and fears with - in, with - out,
cleanse, re - lieve; be - cause thy prom - ise I be - lieve,
bar - rier down; now to be thine, yea, thine a - lone,

O Lamb of God, I come, I come.

I Surrender All



1. All to Je - sus I sur - ren - der, All to Him I free - ly give;
2. All to Je - sus I sur - ren - der, Lord, I give my - self to Thee,



I will ev - er love and trust Him, In His pres - ence dai - ly live.
Fill me with Thy love and pow - er, Let Thy bless - ing fall on me.



I sur - ren - der all, I sur - ren - der all.



All to Thee, my bless - ed Sav - ior, I sur - ren - der all.

Post Communion Blessing and Prayer

P The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.

All Amen.

P Embodied God,
at your table, we have tasted the goodness of Jesus.

All With the eyes of our hearts open to your promise,
empower us to hear the needs of our neighbors
and touch the world with your love. Amen.

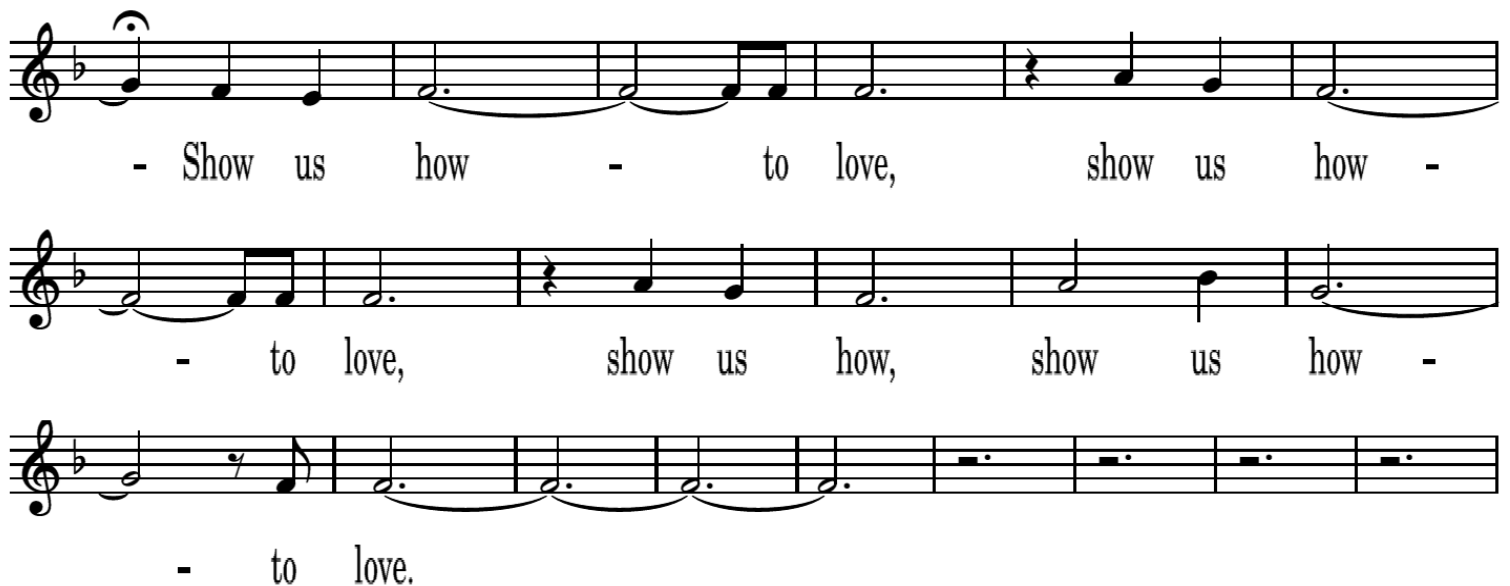
Stewardship of Life and Ministry Announcements

Benediction

Please stand as you are able.

P May the weary weight you have carried here
surrender to the power of connection and communion.
May the fullness of your actual self find warmth and recognition
in the presence of Jesus, the risen One.
May the healing presence of God flow through you,
soothing the cracks of your soul, ✝ anointing your whole life.

All Amen.



- Show us how - to love, show us how -
- to love, show us how, show us how -
- to love.

Dismissal

P Go in peace. Serve in love.

All Thanks be to God.

Readings for next Sunday,
March 12th
Second Sunday in Lent

First Reading:

Exodus 17:1-7

Psalm:

Psalm 95

Second Reading:

Romans 5:1-11

Gospel:

John 4:5-42

Music licenses covered by these subscriptions

Used by Permission OneLicense.net A-705915

Used by Permission CCLI LiscenSing License # 1924512