

COME UP!



1st Sunday in Lent

February 18, 2024



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.**

Introduction

On Ash Wednesday the church began its journey toward baptismal immersion in the death and resurrection of

Christ. This year, the Sundays in Lent lead us to focus on five covenants God makes in the Hebrew Scriptures and to use them as lenses through which to view baptism. First Peter connects the way God saved Noah's family in the flood with the way God saves us through the water of baptism. The baptismal covenant is made with us individually, but the new life we are given in baptism is for the sake of the whole world.

Welcome to Worship

P Lent is often known as a time of giving something up in order to make room in our lives for spiritual pursuits. Rather than just “giving up” in Lent, the scriptures ask us to consider all that Jesus is “up to” and all that he asks us to be up to in his name. Instead of bemoaning what we can’t do, or used to do, in a culture where “measuring up” to external standards seems impossible, this Lent we will celebrate the small things that we can do right now to respond to God's call in our place, for our time.

Opening Song



1. When I am down and oh, my soul's so wear - y, when trou - bles
come and my heart bur - dened be, then I am still and wait here in the
si - lence un - til You come and sit a while with me. You raise me
up so I can stand on moun - tains. You raise me up to walk on storm - y seas. I am
strong when I am on Your shoul - ders. You raise me up to more than I can be.

Confession and Forgiveness

P Let us confess together
Loving God,

***All* we come before you needing to feel lighter.
We are weighed down with expectations and difficult news.
Sometimes it is our own doing that weighs us down.
In this moment of quiet, we lift up to you
those things we'd like to give up for good...
for the sake of The Good.**

P
Our God is merciful and the Source of our salvation,
who desires not that we live in sin or guilt
but rather that we turn from evil,
confess our wrongdoing and accept forgiveness.

Therefore, may the One who came to restore life
bless you and restore you by the Holy Spirit,
for the living of new life in Christ.

In the name of Jesus, know that we are forgiven.

***All* In the name of Christ, we are forgiven.
Amen!**

♪ ♪ You raise me up, so I can stand on mountains ♪ ♪
You raise me up, to walk on stormy seas
I am strong, when I am on Your shoulders
You raise me up to more than I can be

Greeting

P The Lord be with you.

***All* And also with you.**

Prayer of the Day

P Holy God, heavenly Father, in the waters of the flood you saved the chosen, and in the wilderness of temptation you protected your Son from sin.

All Renew us in the gift of baptism. May your holy angels be with us, that the wicked foe may have no power over us, through Jesus Christ, our Savior and Lord. Amen.

A Reading from Genesis, the 9th chapter

Today's reading is the conclusion to the flood story. Because of human sin, God destroys the earth by flood, saving only Noah, his family, and the animals on the ark. Yet divine destruction gives way to divine commitment. As in the first creation, God blesses humanity and establishes a covenant with all creatures.

⁸God said to Noah and to his sons with him, ⁹“As for me, I am establishing my covenant with you and your descendants after you, ¹⁰and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. ¹¹I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.” ¹²God said, “This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth.

¹⁴When I bring clouds over the earth and the bow is seen in the clouds, ¹⁵I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.” ¹⁷God said to Noah, “This is the sign of the covenant that I have established between me and all flesh that is on the earth.”

Genesis 9:8-17

L The word of the Lord.

All Thanks be to God!

Psalm 25: To You, O Lord

Refrain *mf*

To you, O Lord, I lift my

soul, to you, I lift my soul. *Last time*

Verse 1

1. Lord, make me know your ways,

teach me your paths and keep me in the way of your

truth, for you are God, my Sav - ior. *poco rit.* **D.C.**

Verse 2

2. For the Lord is good and right - eous, re -

veal - ing the way to those who wan - der,

gen - tly lead - ing the poor and the hum - ble. *rit.* **D.C.**

Verse 3

3. To the ones who seek the Lord, who look to God's

word, who live God's love, God will al - ways be

near, and will show them mer - cy. *mp* *poco rit.* **D.C.**

Gospel Acclamation

Please stand in body or spirit.



Turn your eyes up - on Je - sus, look full in His won - der - ful face; _____

_____ And the things of earth will grow strange - ly

dim in the light of His glo - ry and grace. _____

Gospel Reading

P The Holy Gospel according to St. Mark, the 1st chapter.

All **Glory to you, O Lord.**

The Spirit that comes upon Jesus at his baptism sustains him when he is tested by Satan so that he might proclaim the good news of God's reign.

⁹In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. ¹¹And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

¹²And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

¹⁴Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Mark 1:9-15


P The Gospel of our Lord.

All **Praise to you, O Christ.**


Hymn of the Day

Please stand in body or spirit.


I Want Jesus to Walk with Me



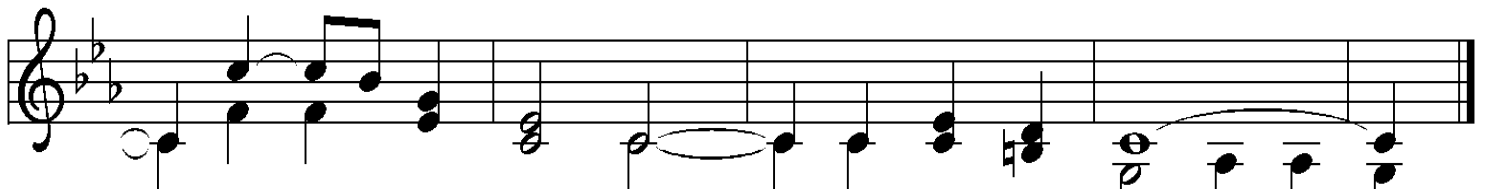
1 I want Je - sus to walk with me;
 2 In my tri - als, Lord, walk with me; walk with
 3 When I'm in trou - ble, Lord, walk with me;



I want Je - sus to walk with me;
 me; in my tri - als, Lord, walk with me; walk with
 when I'm in trou - ble, Lord, walk with me;



me; all a - long my pil - grim jour - ney,
 when my heart is al - most break - ing,
 when my head is bowed in sor - row,



Lord, I want Je - sus to walk with me.
 Lord, I want Je - sus to walk with me. walk with me.
 Lord, I want Je - sus to walk with me.

You may be Seated

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 Trusting in God's promise to reconcile all things, let us pray for the church, the well-being of creation, and a world in need.



Hear our prayer, hear our prayer, Lord, make us whole:

peace to all peo - ple, hope for each soul.

God of grace, in this place, hear now our prayer.

(each prayer petition ends with)

L: You hear us, O God. **All:** Your mercy is great.

Sharing the Peace of Christ

Please stand in body or spirit.

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 Peace with you.

All And also with you.

Offering

You may be Seated

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.

1. Reach out to your neigh - bor, let him know you real - ly

care, reach out when he's lone - ly, let him know some - bod - y's there. Reach



out in his dark-ness, when the clouds ob-scure his view. Just walk with him and
 talk with him, He's wait-ing there for you. Reach out in a world filled with
 hope-less-ness and pain; Reach out with a heart full of love! Reach
 out the world is wait-ing for some-one to lead the way! Reach out, reach out to
 find a brand new day.

Offertory Prayer

P Jesus, you are the bread of life and the host of this meal.

All Bless these gifts that we have gathered
 that all people may know your goodness.
 Feed us not only with this holy food
 but with hunger for justice and peace.
 We pray this in your name. Amen.

The Great Thanksgiving and Words of Institution



Let my prayer rise up like incense before you, the
lift-ing up of my hands as an offering to you.

P The Lord be with you

All And also with you.

P Lift up your hearts.

All We lift them to the Lord.

P Let us give thanks to the Lord our God.

All It is right to give God thanks and praise.

P It is right, and a good and holy thing,
always and everywhere to give thanks to you,
Creator of all things.

You formed us in your image

and filled us up with your breath of life.

When we turned away, deflated and down,
your love remained steadfast.

You delivered us from captivity,

ignited us again with the warmth of your love,

made covenant to be our sovereign God,

and spoke to us through your prophets.

♪♪ Holy, holy, God, come close to, and save us. ♪♪

We cry to you this night for the lifting of all souls.

P Jesus lifted the lowly at every turn,
choosing love and healing before all else.
He healed the sick, fed the hungry, and ate with sinners.
By the baptism of his suffering, death, and resurrection
you gave birth to your church,
delivered us from slavery to sin and death,
and made with us a new covenant
by water and the Spirit.

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 your mighty acts in Jesus Christ,
we offer ourselves as a holy and living sacrifice.

♪♪ Christ our Lord has died; and Christ is now risen. ♪♪

Our lifted hearts proclaim, “Christ will come to us again.”

P I invite you to raise your hands in the ancient Christian posture of prayer.

raise hands

Pour out your Holy Spirit on us gathered here
and on these gifts of bread and wine.

Make them be for us the body and blood of Christ,
so that we may be for the world the body of Christ,
redeemed by his blood.

By your Spirit make us one with Christ,
one with each other,
and one in ministry to all the world.

All Amen.

The Lord's Prayer

Please stand in body or spirit.

P We pray this in the name of Jesus who taught us to pray...

**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 Bread for the journey.
A feast for hungry hearts. Come!

Note: the communion cups on the periphery of the tray contain red wine while the cups in the center contain white grape juice.

Gluten Free wafers available –ask the communion attendant

shed for you and
for all people
for the forgiveness of sin



All are Welcome!

Communion Songs

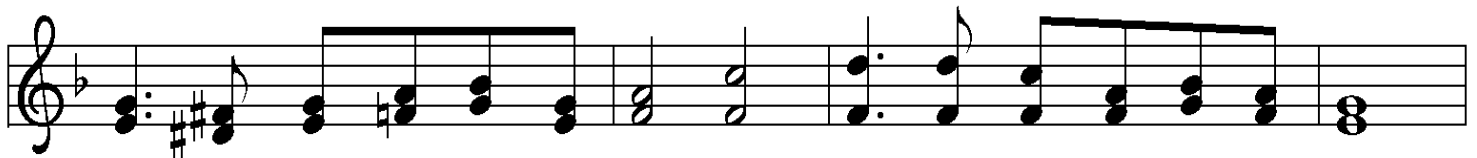
What a Friend We Have in Jesus



1 What a friend we have in Je - sus, all our sins and griefs to bear!
2 Have we tri - als and temp-ta - tions? Is there trou-ble an - y-where?
3 Are we weak and heav-y - lad - en, cum-bered with a load of care?



What a priv - i - lege to car - ry ev - 'ry-thing to God in prayer!
We should nev - er be dis - cour - aged— take it to the Lord in prayer.
Pre - cious Sav - ior, still our ref - uge— take it to the Lord in prayer.



Oh, what peace we of - ten for - feit; oh, what need-less pain we bear—
Can we find a friend so faith - ful who will all our sor-rows share?
Do your friends de-spise, for - sake you? Take it to the Lord in prayer.



all be - cause we do not car - ry ev - 'ry-thing to God in prayer!
Je - sus knows our ev - 'ry weak - ness— take it to the Lord in prayer.
In his arms he'll take and shield you; you will find a so - lace there.

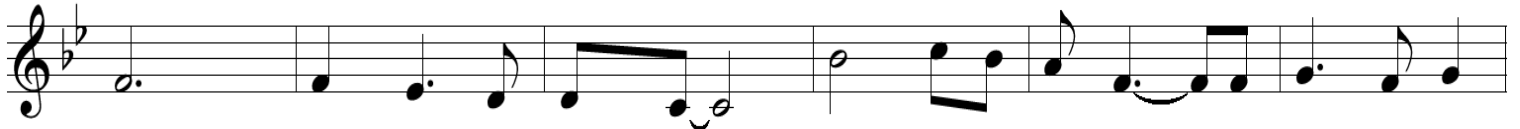
Come Be Baptized

Words and Music by
G. Alan Smith



1. Come as a child, come to the wa - ters; To the fam - 'ly of

2. Come as a child, come, sons and daugh - ters, draw from the



God, come, sons and daugh - ters. Come to the riv - er, the Lord, the life -

well life - giv - ing wa - ters. Drink of the riv - er, the Lord, the life -



giv - er; Wash in the love that is sent from a - bove. Come, be

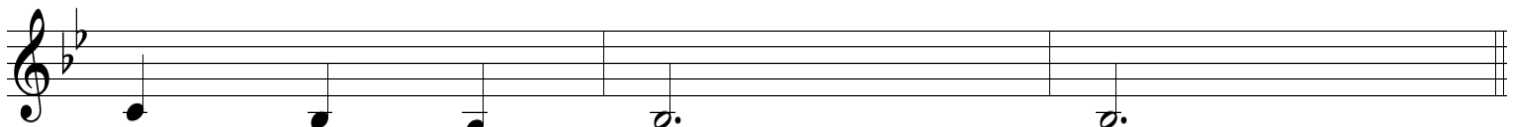
giv - er; Feel how it pours out the life that is yours.



bap - tized in the name of the Fa - ther; Come, be bap - tized in the name of the



Son; Come, be bap - tized in the name of the Spir - it; Come, be



bap - tized in love. _____

Post Communion Blessing and Prayer

Please stand in body or spirit.

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

All Amen

P Let us pray,
Generous God,

**All at this table we have tasted your immeasurable grace.
As grains of wheat are gathered into one bread,
now make us one loaf to feed the world;
in the name of Jesus, the Bread of life.
Amen.**

You may be Seated

Stewardship of Life and Ministry Announcements

Benediction

Please stand in body or spirit.

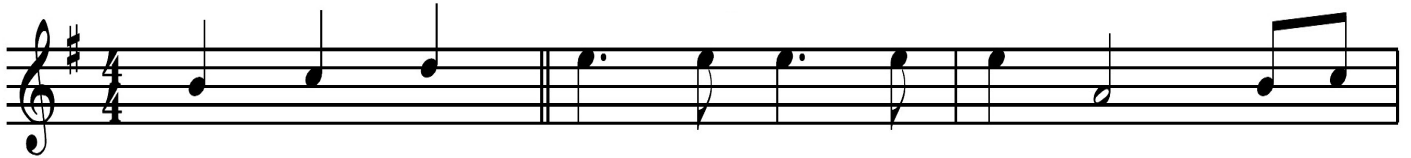
P And so now go into the world,
as a beloved child of the Holy One,
knowing that as a disciple of Jesus, ✝
and an heir of the Holy Spirit with angels attending you,
you have all you need to be up to something.

When someone asks you, “What are you up to?”
you can respond,

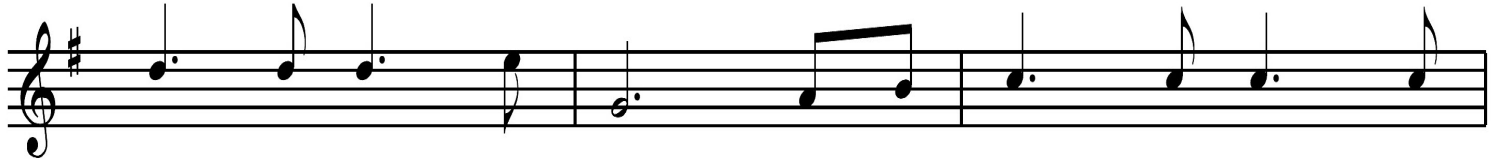
**All “With God’s help, I’m up to something good!”
Amen**

Sending

Spirit Song
Words and Music by
John Wimber



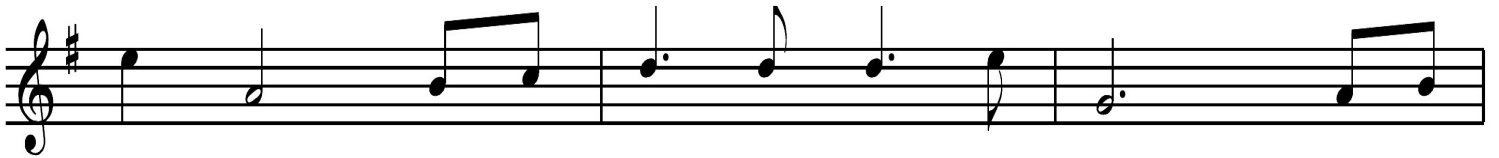
1 Oh, let the Son of God en - fold you with His
2 Oh, come and sing this song with glad - ness as your



Spir - it and His love; Let Him fill your heart and
hearts are filled with joy; Lift your hands in sweet sur -



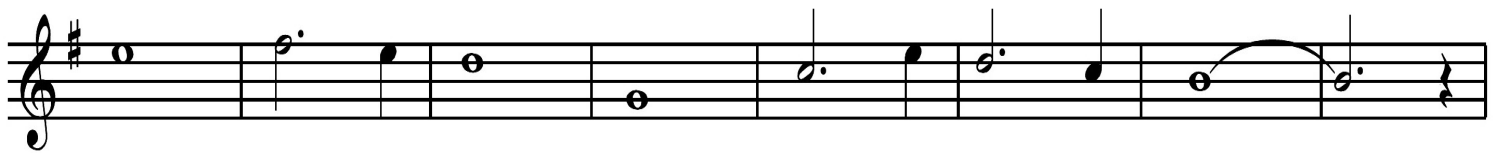
sat - is - fy your soul. Oh, let Him have those things that
ren - der to His name. Oh, give Him all your tears and



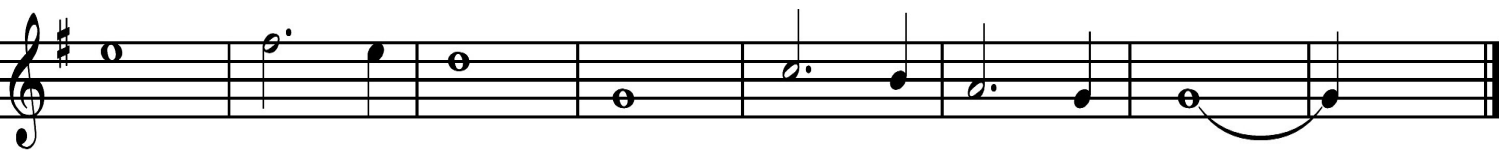
hold you, and His Spir - it, like a dove, will de -
sad - ness, give Him all your years of pain, and you'll



scend up - on your life and make you whole. _____
en - ter in - to life in Je - sus' name. _____



Je - sus, oh Je - sus, come and fill Your lambs. _____



Je - sus, oh Je - sus, come and fill Your lambs. _____

Dismissal

P Go in peace. Share your bread.

All Thanks be to God.

Front Cover:

Photo by [Ali Abdul Rahman](#) on [Unsplash](#)

Readings for next Sunday,
February 25th
Lent 2

First Reading:

Genesis 17:1-7, 15-16

Psalm:

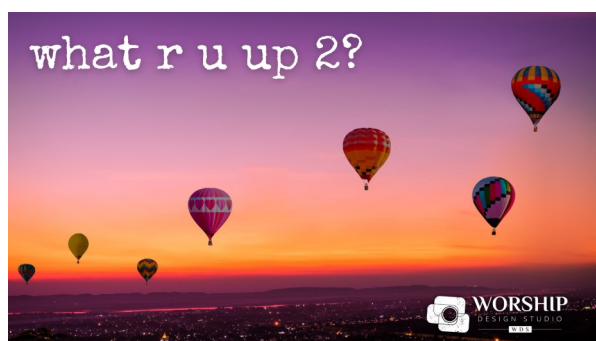
Psalm 22:23-31

Second Reading:

Romans 4:13-25

Gospel:

Mark 8:31-38



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