

TAKE UP!



2nd Sunday in Lent
February 25, 2024



Ascension Lutheran Church

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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 worshipping 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

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.

Welcome to Worship

P Jesus was very clear that following him might not be a smooth ride. He was bound to choose the just way, not the easy way, through life. To take up the cross was to lose one's life — to let go of certain expectations of safety and acceptance in order to stand for the Gospel message of love. How are we to take up the causes of Jesus — justice, righteousness, and mercy in our day?

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 Let us pray,
Motivating and Invigorating God,

All you challenge us to walk a difficult path.
**Show us, as Jesus did, that letting go of our own comfort
is the only way to create space for your justice to move over the earth.
In Jesus' name we pray, Amen.**

A Reading from Genesis, the 17th chapter

As with Noah, God makes an everlasting covenant with Abraham and Sarah. God promises this old couple that they will be the ancestors of nations, though they have no child together. God will miraculously bring forth new life from Sarah's womb. The name changes emphasize the firmness of God's promise.

¹When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. ²And I will make my covenant between me and you, and will make you exceedingly numerous." ³Then Abram fell on his face; and God said to him, ⁴"As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations.

⁵No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. ⁶I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. ⁷I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you."

¹⁵God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. ¹⁶I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

Genesis 17:1-7, 15-16

L The word of the Lord.

All Thanks be to God!

A Reading from Romans, the 4th chapter

Paul presents Abraham as the example for how a person comes into a right relationship with God not through works of the law but through faith. Though Abraham and Sarah were far too old for bearing children, Abraham trusted that God would accomplish what God had promised to accomplish.

¹³The promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. ¹⁴If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. ¹⁵For the law brings wrath; but where there is no law, neither is there violation.

¹⁶For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, ¹⁷as it is written, “I have made you the father of many nations”)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. ¹⁸Hoping against hope, he believed that he would become “the father of many nations,” according to what was said, “So numerous shall your descendants be.” ¹⁹He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah’s womb. ²⁰No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, ²¹being fully convinced that God was able to do what he had promised. ²²Therefore his faith “was reckoned to him as righteousness.” ²³Now the words, “it was reckoned to him,” were written not for his sake alone, ²⁴but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, ²⁵who was handed over to death for our trespasses and was raised for our justification.

Romans 4:13-25

L The word of the Lord.

All Thanks be to God!

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 8th chapter.

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

After Peter confesses his belief that Jesus is the Messiah, Jesus tells his disciples for the first time what is to come. Peter's response indicates that he does not yet understand the way of the cross that Jesus will travel.

Then he began to teach them that the Son of Man must undergo great suffering and be rejected by the elders, the chief priests, and the scribes and be killed and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples and said to them, "If any wish to come after me, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them

to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.”

Mark 8: 31-38

P The Gospel of our Lord.

All Praise to you, O Christ.

Message

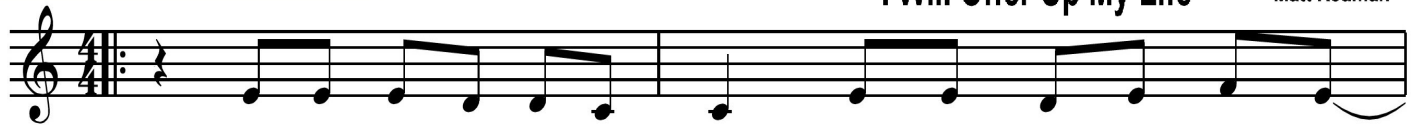
Pr. Debra Jimenez

Hymn of the Day

Please stand in body or spirit.

I Will Offer Up My Life

Words and Music by
Matt Redman



1 I will of - fer up my life, in spir - it and truth,____
2 You de - serve my ev - 'ry breath, for You've paid the great cost,____



____ pour - ing out the oil of love as my wor - ship to You.____
____ giv - ing up Your life to death, e - ven death on a cross.____



____ In sur - ren - der I must give, my ev - 'ry part.____
____ You took all my shame a - way, there de - feat - ed my sin,____



____ Lord, re - ceive the sac - ri - fice of a bro - ken heart.____
____ o - pened up the gates of heav'n and have beck - oned me in.____



____ Je - sus, what can I give,____ what can I bring____ to so faith - ful a friend,____



____ to so lov - ing a King?____ Sav - ior, what can be said,____ what can be sung____

as a praise of Your name for the things You have done?
 Oh, my words could not tell, not e - ven in part
 of the debt of love that is owed by this thank - ful heart.

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.

Reach Out

Words and Music by
Roger Copeland



1. Reach out to your neighbor, let him know you really
care, reach out when he's lonely, let him know somebody's there. Reach
out in his darkness, when the clouds obscure his view. Just walk with him and
talk with him, He's waiting there for you. Reach out in a world filled with
hopelessness and pain; Reach out with a heart full of love! Reach
out the world is waiting for someone 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 in - cense be - fore you, the



lift - ing up of my hands as an of - fer - ing 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



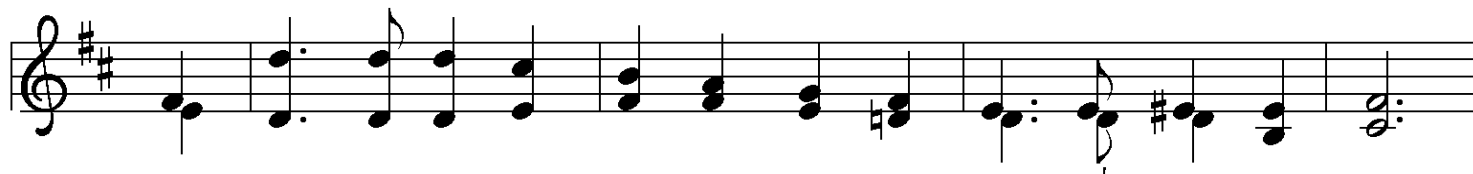
All are Welcome!

Communion Songs

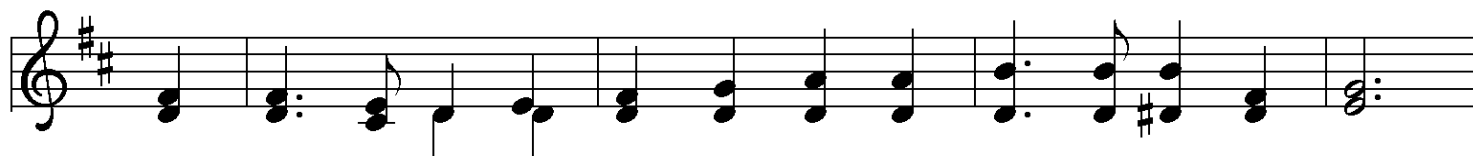
Beneath the Cross of Jesus



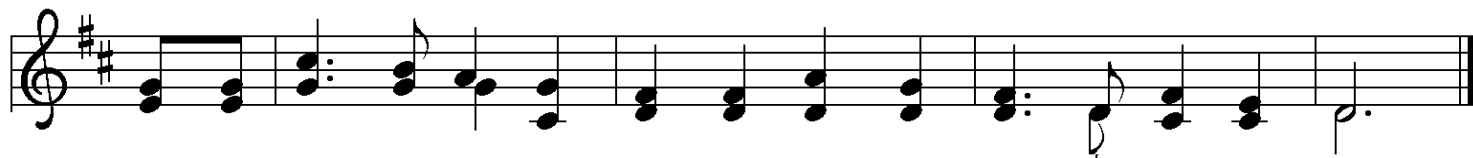
1 Be - neath the cross of Je - sus I long to take my stand;
2 Up - on the cross of Je - sus, my eye at times can see
3 I take, O cross, your shad - ow for my a - bid - ing place;



the shad - ow of a might - y rock with - in a wea - ry land,
the ver - y dy - ing form of one who suf - fered there for me.
I ask no oth - er sun - shine than the sun - shine of his face;



a home with - in a wil - der - ness, a rest up - on the way,
And from my con - trite heart, with tears, two won - ders I con - fess:
con - tent to let the world go by, to know no gain nor loss,



from the burn - ing of the noon - tide heat and bur - dens of the day.
the . . . won - der of his glo - rious love and my un - wor - thi - ness.
my . . . sin - ful self my on - ly shame, my glo - ry all, the cross.

How Deep The Father's Love For Us

Words and Music by
Stuart Townend



1 How deep the Fa - ther's love for us, how vast be - yond all meas - ure that
2 Be - hold the Man up - on a cross, my sin up - on His shoul - ders. A -
3 I will not boast in an - y - thing: No gifts, no pow'r, no wis - dom. But



He should give His on - ly Son to make a wretch His treas - ure. How
shamed, I hear my mock - ing voice call out a - mong the scof - fers. It
I will boast in Je - sus Christ: His death and res - ur - rec - tion. Why



great the pain of sear - ing loss. The Fa - ther turns His face a - way as
was my sin that held__ Him there un - til it was ac - com - plished; His
should I gain from His__ re - ward? I can - not give an an - swer. But



wounds which mar the Cho - sen One bring man - y sons to glo -
dy - ing breath has brought me life. I know that it is fin -
this I know with all my heart: His wounds have paid my ran -



ry.
ished.

2 Be - som.
3 I

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.

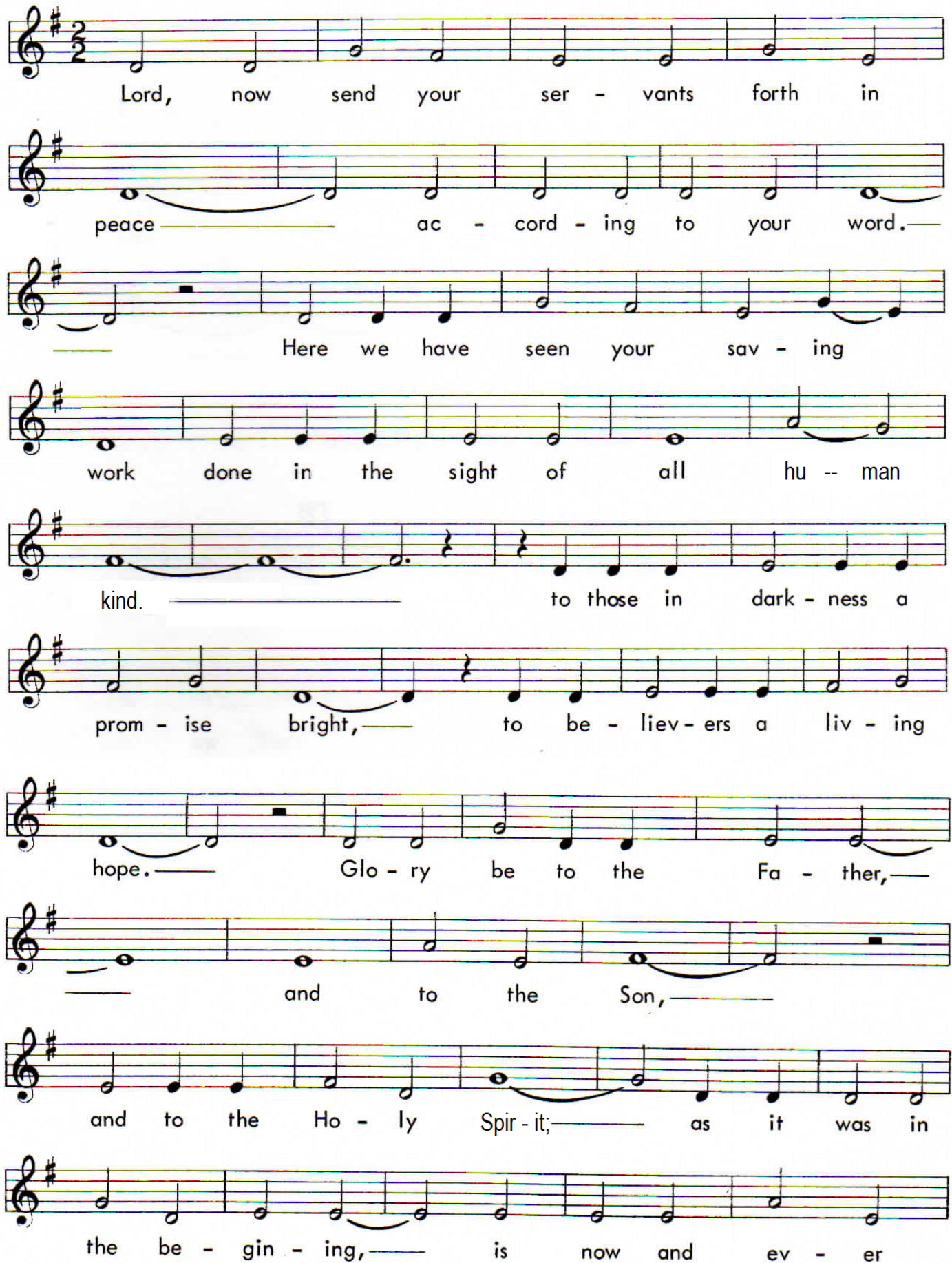
P And so now go into the world,
as a beloved child of the Holy One,
knowing that as a disciple of Jesus, ✝
and an heir of the Holy Spirit with angels attending you,
you have all you need to be up to something.

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

SIMEON'S SONG



Lord, now send your ser - vants forth in
peace ac - cord - ing to your word.
Here we have seen your sav - ing
work done in the sight of all hu - man
kind. to those in dark - ness a
prom - ise bright, to be - liev - ers a liv - ing
hope. Glo - ry be to the Fa - ther,
and to the Son,
and to the Ho - ly Spir - it, as it was in
the be - gin - ing, is now and ev - er



Dismissal

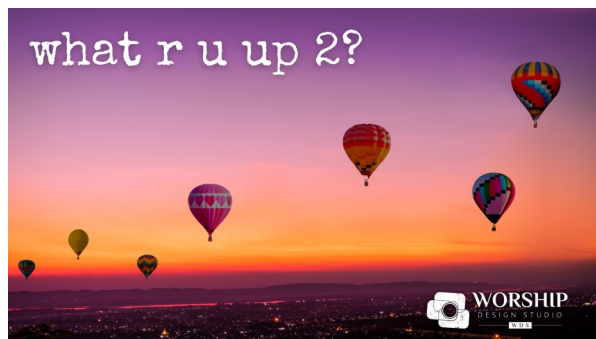
P Go in peace. Share your bread.

All Thanks be to God.

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

Readings for next Sunday,
March 3rd
Lent 3

First Reading:	Exodus 20:1-17
Psalm:	Psalm 19
Second Reading:	1 Corinthians 1:18-25
Gospel:	John 2:13-22



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