

# RAISE UP

A circular inset image showing the interior of a hot air balloon basket. A burner is lit, casting a bright, warm glow on the fabric of the balloon. The basket's ropes and structure are visible in the foreground.

3rd Sunday in Lent  
March 3, 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 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

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* The story of Jesus' response to the temple being made into a marketplace was profound and may have been another step toward his ultimate demise on the cross. He refers to raising up a new temple in three days — something his disciples later remembered as a foretelling of his resurrection. How might we raise up as the Body of Christ and be a holy temple — a holy dwelling place of God — in the world?

## 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 For-

*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,  
Holy God, through your Son you have called us to live faithfully  
and act courageously.

**All** Keep us steadfast in your covenant of grace, and teach us the wisdom that comes only through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## A Reading from Exodus, the 20<sup>th</sup> chapter

*After escaping from slavery, the Israelites come to Mount Sinai, where God teaches them how to live in community. The Ten Commandments proclaim that God alone is worthy of worship. Flowing from God, the life of the community flourishes when based on honesty, trust, fidelity, and respect for life, family, and property.*

<sup>1</sup>God spoke all these words:

<sup>2</sup>I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; <sup>3</sup>you shall have no other gods before me.

<sup>4</sup>You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. <sup>5</sup>You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, <sup>6</sup>but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

<sup>7</sup>You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

<sup>8</sup>Remember the sabbath day, and keep it holy. <sup>9</sup>Six days you shall labor and do all your work. <sup>10</sup>But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. <sup>11</sup>For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

<sup>12</sup>Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

<sup>13</sup>You shall not murder.

<sup>14</sup>You shall not commit adultery.

<sup>15</sup>You shall not steal.

<sup>16</sup>You shall not bear false witness against your neighbor.

<sup>17</sup>You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

*Exodus 20:1-17*

*L* The word of the Lord.

**All Thanks be to God!**

## A Reading from 1 Corinthians, the 1<sup>st</sup> chapter

*The word of the cross is pure foolishness and nonsense to the world because it claims that God is mostly revealed in weakness, humiliation, and death. But through such divine foolishness and weakness, God is working to save us. The center of Paul's preaching is Christ crucified.*

<sup>18</sup>The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. <sup>19</sup>For it is written,

“I will destroy the wisdom of the wise,  
and the discernment of the discerning I will thwart.”

<sup>20</sup>Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? <sup>21</sup>For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. <sup>22</sup>For Jews demand signs and Greeks desire wisdom, <sup>23</sup>but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, <sup>24</sup>but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. <sup>25</sup>For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.


*1 Corinthians 1:18-25*

*L* The word of the Lord.

**All Thanks be to God!**



## Gospel Acclamation



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. John, the 2<sup>nd</sup> chapter.

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

*Jesus attacks the commercialization of religion by driving merchants out of the temple. When challenged, he responds mysteriously, with the first prediction of his own death and resurrection. In the midst of a seemingly stable religious center, Jesus suggests that the center itself has changed.*

<sup>13</sup>The Passover of the Jews was near, and Jesus went up to Jerusalem. <sup>14</sup>In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. <sup>15</sup>Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. <sup>16</sup>He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" <sup>17</sup>His disciples remembered that it was written, "Zeal for your house will consume me."

<sup>18</sup>The Jews then said to him, "What sign can you show us for doing this?"

<sup>19</sup>Jesus answered them, "Destroy this temple, and in three days I will raise it up." <sup>20</sup>The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" <sup>21</sup>But he was speaking of the

temple of his body. <sup>22</sup>After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

John 2:13-22

*P* The Gospel of our Lord.

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

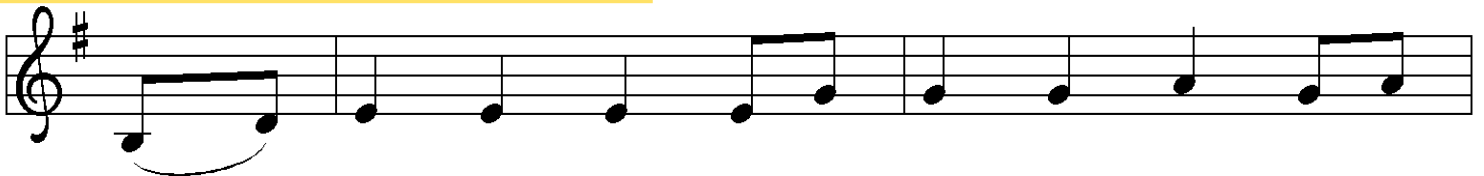
Message

Pr. Debra Jimenez

Hymn of the Day

*Please stand in body or*

Canticle of the Turning



1 My soul cries out with a joy - ful shout that the  
 2 Though I am small, my . . . God, my all, you . . .  
 3 From the halls of pow'r to the for - tress tow'r, not a  
 4 Though the na - tions rage from . . age to age, we re -



God of my heart is great, and my spir - it sings of the  
 work great . . things in me, and your mer - cy will last from the  
 stone will be left on stone. Let the king be - ware for your  
 mem - ber who holds us fast: God's mer - cy must de -



won - drous things that you bring to the ones who wait.  
 depths of the past to the end of the age to be.  
 jus - tice tears ev - 'ry ty - rant . . . from his throne.  
 liv - er us from the con - quer - or's crush - ing grasp.

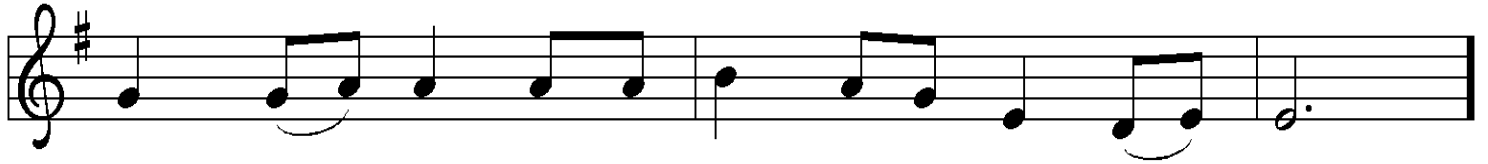


You fixed your sight on your ser - vant's plight, and my  
 Your ver - y name puts the proud to shame, and to  
 The hun - gry poor shall . . weep no more, for the  
 This sav - ing word that our fore - bears heard is the





weak - ness you did not spurn, so from east to west shall my  
those who would for you yearn, you will show your might, put the  
food they can nev - er earn; there are ta - bles spread, ev - 'ry  
prom - ise which holds us bound, till the spear and rod can be



name be blest. Could the world be a - bout to turn?  
strong to flight, for the world is a - bout to turn.  
mouth be fed, for the world is a - bout to turn.  
crushed by God, who is turn - ing the world a - round.



My heart shall sing of the day you bring. Let the fires of your jus - tice burn.



Wipe a - way all tears, for the dawn draws near, and the world is a - bout to turn.

## 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



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 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.

*P* 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—as the communion attendant**

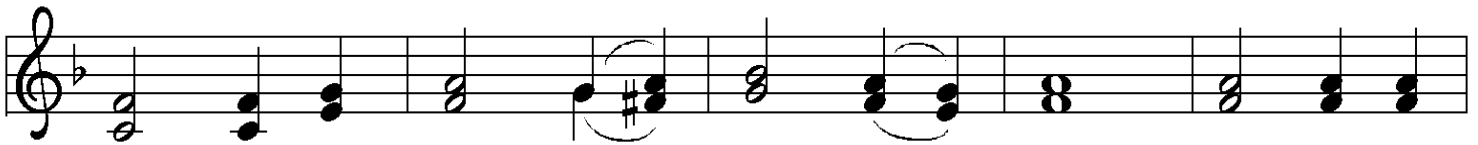
shed for you and  
for all people  
for the forgiveness of sin



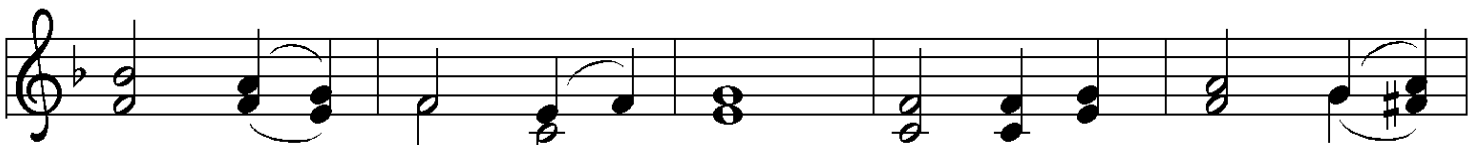
**All are Welcome!**

## Communion Songs

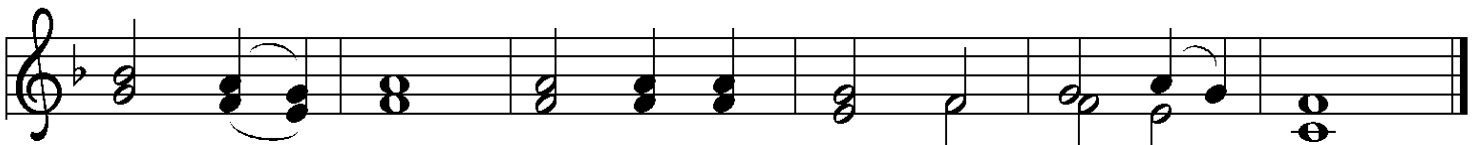
### When I Survey the Wondrous Cross



1 When I sur - vey the won - drous cross on which the  
2 For - bid it, Lord, that I should boast save in the  
3 See, from his head, his hands, his feet, sor - row and  
4 Were the whole realm of na - ture mine, that were a



prince of glo - ry died, my rich - est gain I  
death of Christ, my God; all the vain things that  
love flow min - gled down. Did e'er such love and  
pres - ent far too small; love so a - maz - ing,



count but loss and pour con - tempt on all my pride.  
charm me most, I sac - ri - fice them to his blood.  
sor - row meet, or thorns com - pose so rich a crown?  
so di - vine, de - mands my soul, my life, my all.

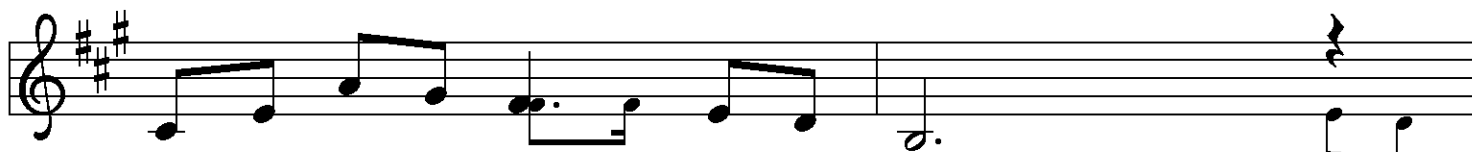
Text: Isaac Watts, 1674–1748

Music: HAMBURG, Lowell Mason, 1792–1872

# You Are Mine



1 "I will come to you in the si - lence,  
 2 "I am hope for all who are hope - less,  
 3 "I am strength for all the de - spair - ing,  
 4 "I am the Word that leads all to free - dom, I



I will lift you from all your fear.  
 I am eyes for all who long to see. (2) In the  
 heal - ing for the ones who dwell in shame.  
 am the peace the world can - not give.



You will hear my voice, I claim you as my choice. Be  
 shad - ows of the night, I will be your light.  
 All the blind will see, the lame will all run free, and  
 I will call your name, em - brac - ing all your pain. Stand



still and know I am here. *to verse 2*  
 Come and rest in me. *to refrain*  
 all will know my name. *to verse 4*  
 up, now walk and live! *to refrain*



Do not be a - fraid, I am with you. I have called you each by



name. Come and fol - low me, I will bring you home; I



love you and you are mine."

## 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.

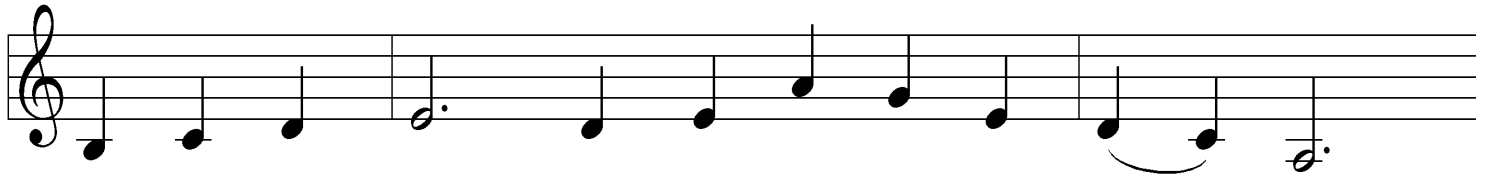
When someone asks you, “What are you up to?”  
you can respond,

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

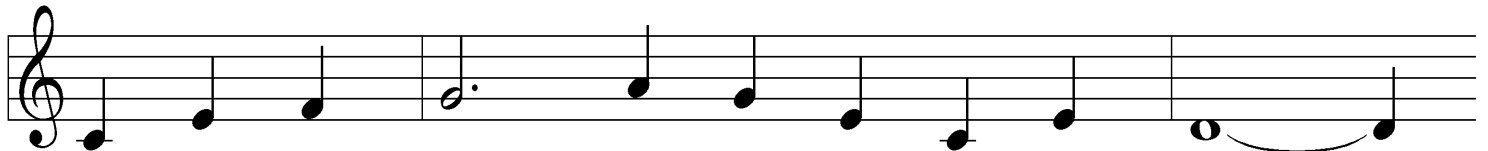
**Amen**

# Sending Song

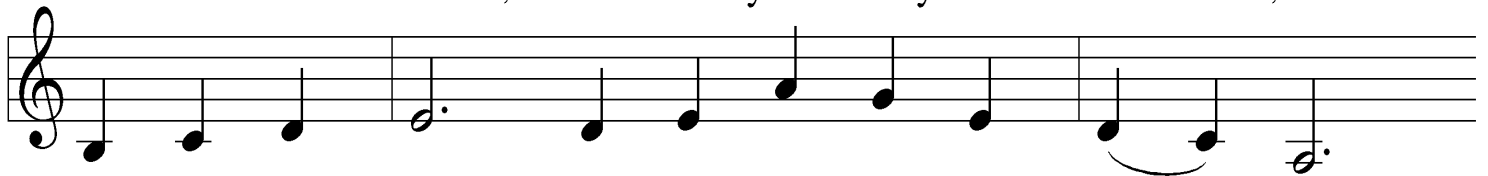
## O Christ the Same



1 O Christ the same, through all our sto - ry's pag - es—  
2 O Christ the same, the friend of sin - ners, shar - ing  
3 O Christ the same, se - cure with - in whose keep - ing



our loves and hopes, our fail - ures and our fears;  
our in - most thoughts, the se - crets none can hide;  
our lives and loves, our days and years re - main;



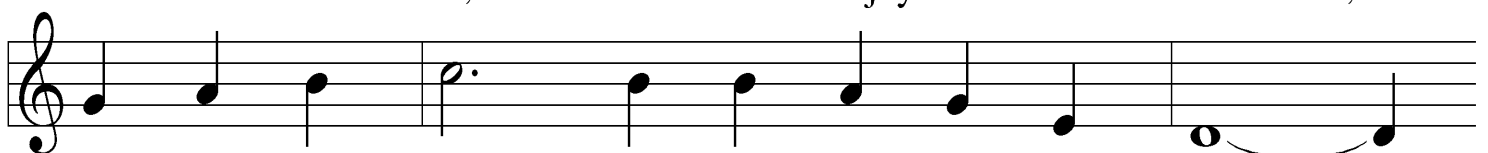
e - ter - nal Lord, the king of all the a - ges,  
still as of old up - on your bod - y bear - ing  
our work and rest, our wak - ing and our sleep - ing,



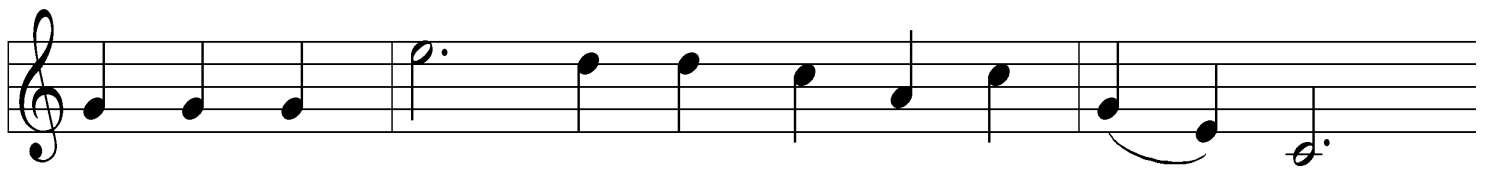
un - chang - ing still a - mid the pass - ing years:  
the marks of love in tri - umph glo - ri - fied:  
our calm and storm, our plea - sure and our pain:



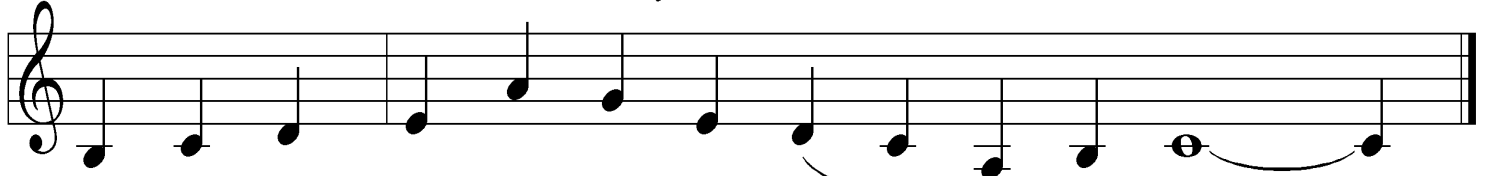
O liv - ing Word, the source of all cre - a - tion,  
O Son of Man, who stooped for us from heav - en—  
O Lord of love, for all our joys and sor - rows,



who spread the skies and set the stars a - blaze;  
O Prince of life, in all your sav - ing power;  
for all our hopes when earth shall fade and flee;



O Christ the same, who wrought our whole sal - va - tion,  
 O Christ the same, to whom our hearts are giv - en:  
 O Christ the same, be - yond our brief to - mor - rows,



we bring our thanks for all our yes - ter - days.  
 we bring our thanks for this the pres - ent hour.  
 we bring our thanks for all that is to be.

**Dismissal**

*P* Go in peace. Share your bread.

**All Thanks be to God.**

Front Cover:

Photo by Photo by form [PxHere](#)

Readings for next Sunday  
 March 10<sup>th</sup>  
 Lent 4

**First Reading:**

**Numbers 21:4-9**

**Psalm:**

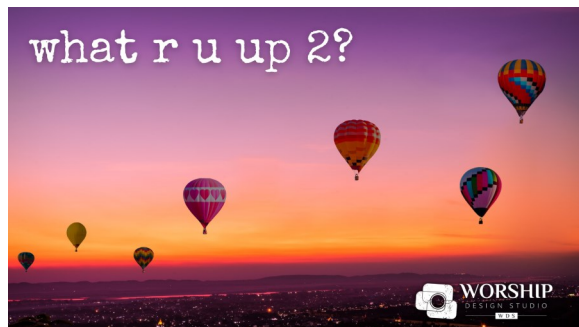
**Psalm 107:1-3, 17-22**

**Second Reading:**

**Ephesians 2:1-10**

**Gospel:**

**John 3:14-21**



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