

# LIGHT UP



4th Sunday in Lent  
March 10, 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

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** John 3:16 is probably one of the most famous and oft-quoted scriptures in the Bible. What follows that verse is important for our Lenten journey. God did not send Jesus to condemn the world, but to offer it saving light. As believers in that light, we are called to be those who will continue to light up the world through our lives so that the world might see the hope it yearns for.

## 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

Please stand in body or spirit.

*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* O God, rich in mercy,

**All** by the humiliation of your Son you lifted up this fallen world and rescued us from the hopelessness of death. Lead us into your light, that all our deeds may reflect your love, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*You may be Seated*

## A Reading from Numbers, the 21<sup>st</sup> chapter

*Though God provides food and water for the Israelites in the wilderness, they whine and grumble. They forget about the salvation they experienced in the exodus. God punishes them for their sin, but when they repent God also provides a means of healing: a bronze serpent lifted up on a pole.*

<sup>4</sup>From Mount Hor [the Israelites] set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way.

<sup>5</sup>The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.” <sup>6</sup>Then the LORD sent poisonous serpents among the people, and they bit the people, so that many Israelites died. <sup>7</sup>The people came to Moses and said, “We have sinned by speaking against the LORD and against you; pray to the LORD to take away the serpents from us.” So Moses prayed for the people. <sup>8</sup>And the LORD said to Moses, “Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.” <sup>9</sup>So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

***Numbers 21:4-9***

*L* The word of the Lord.

**All** Thanks be to God!

## A Reading from Ephesians, the 2<sup>nd</sup> chapter

*While we were dead in our sinfulness, God acted to make us alive as a gift of grace in Christ Jesus. We are saved not by what we do but by grace through faith. Thus our good works are really a reflection of God's grace at work in our lives.*

<sup>1</sup>You were dead through the trespasses and sins <sup>2</sup>in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. <sup>3</sup>All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. <sup>4</sup>But God, who is rich in mercy, out of the great love with which he loved us <sup>5</sup>even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved—<sup>6</sup>and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup>so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. <sup>8</sup>For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—<sup>9</sup>not the result of works, so that no one may boast. <sup>10</sup>For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

*Ephesians 2:1-10*

*L* The word of the Lord.

**All Thanks be to God!**

### Gospel Acclamation





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

## Gospel Reading

*Please stand in body or spirit.*

*P* The Holy Gospel according to St. John, the 3<sup>rd</sup> chapter.

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

*To explain the salvation of God to the religious leader, Nicodemus, Jesus refers to the scripture passage quoted in today's first reading. Just as those who looked upon the bronze serpent were healed, so people will be saved when they behold Christ lifted up on the cross.*

[Jesus said:] <sup>14</sup>“Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, <sup>15</sup>that whoever believes in him may have eternal life.

<sup>16</sup>“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.

<sup>17</sup>“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. <sup>18</sup>Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. <sup>19</sup>And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. <sup>20</sup>For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. <sup>21</sup>But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.”

*John 3:14-21*

*P* The Gospel of our Lord.

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

*You may be Seated*

Message

Pr. Debra Jimenez

## CHRIST, BE OUR LIGHT

Bernadette Farrell

### Verses



1. Long-ing for light, — we wait in dark-ness. Long-ing for
2. Long-ing for peace, — our world is trou-bled. Long-ing for
3. Long-ing for food, — man-y are hun-gry. Long-ing for
4. Long-ing for shel-ter, man-y are home-less. Long-ing for
5. Man-y the gifts, — man-y the peo-ple, man-y the



1. truth, — we turn to you. Make us your own, —
2. hope, — man-y de-spair. Your word a-lone —
3. wa-ter, man-y still thirst. Make us your bread, —
4. warmth, — man-y are cold. Make us your build-ing,
5. hearts that yearn to be-long. Let us be ser-vants



1. your ho-ly peo-ple, light for the world to see. *(to verse 2)*
2. has pow'r to save us. Make us your liv-ing voice. *(to refrain)*
3. bro-ken for oth-ers, shared un-til all are fed. *(to verse 4)*
4. shel-ter-ing oth-ers, walls made of liv-ing stone. *(to refrain)*
5. to one an-oth-er, mak-ing your king-dom come. *(to refrain)*

### Refrain



Christ, be our light! Shine in our hearts. Shine through the dark-ness.



Christ, be our light! Shine in your church gath-ered to-day.



## 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.**

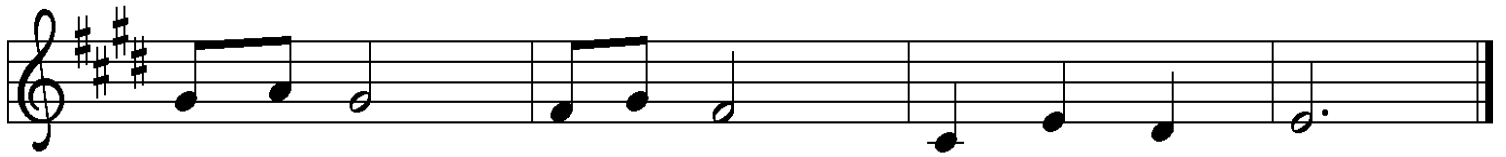
## Prayers of the People



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.

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.

*(each prayer petition ends with)*

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

## Sharing the Peace of Christ

*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.*

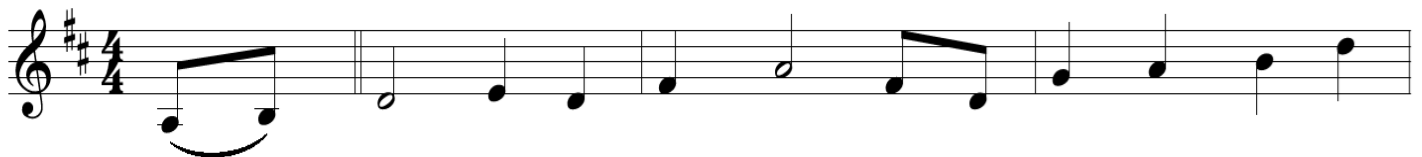
**P** Christ become Peace with you.

**All** And also with you.

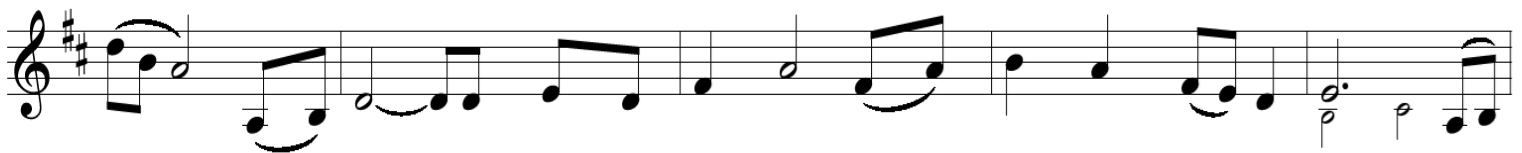
## Offering

[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 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.**

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.



*P* 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!

*You may be Seated*

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

## Salt & Light

Words and Music by  
Lauren Ashley Daigle,  
Paul Mabury and Leslie Jordan

1. Oh, the  
(2. Oh, the)

beau - ty of the King. You make right - eous those who seek. \_ You have  
love that set me free. You bring hope to those in need. \_ You have

writ - ten and re - deemed \_ my \_ sto - ry. Let my  
writ - ten and re - deemed \_ my \_ sto - ry.

eyes see Your king - dom shine all \_ a - round. \_ Let my \_ heart o - ver - flow \_ with pas -  
- sion for \_ Your name. \_ Let my \_ life be a song, \_ re - veal - ing who You are, \_

2nd time to Coda ⊕

for You are salt and \_ light. \_ 2. Oh, the

⊕ Coda

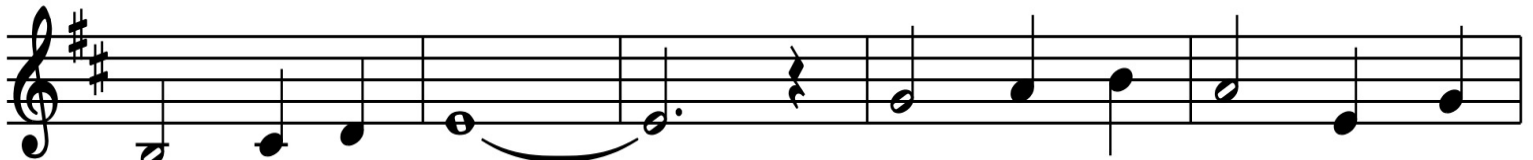
for You are salt and \_ light. \_ You are salt and \_ light, .

for You are salt and \_ light, \_

for You are salt and \_ light. \_



1-3. Those who see light can walk in the dark. Those who see



1. love can see God. Those who look up will dis -  
 2. love can see God. Those who have wit - nessed the  
 3. love can see God. Those who see good in each



1. cov - er God's face, those who look down will un - cov - er God's  
 2. sun rise and set, those who have stud - ied a flow - er un -  
 3. per - son they meet, those who look af - ter their neigh - bors in



1. path, those who per - ceive God is here with us  
 2. fold, those who have fo - cused on land, sea, and  
 3. need, those who be - lieve God's now liv - ing in



1. now will see God's re - turn.  
 2. sky have seen Je - sus Christ.  
 3. them will see God's re - turn.



## 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

## This Little Light of Mine

1 This lit - tle light of mine, I'm goin' - a let it shine;  
2 Ev - 'ry - where I go, I'm goin' - a let it shine;  
3 Je - sus gave it to me, I'm goin' - a let it shine;

oh, oh,

Detailed description: This system contains the first three lines of lyrics and the first two musical staves. The top staff is in treble clef with a key signature of one sharp (F#). The bottom staff is in bass clef with the same key signature. The lyrics are aligned with the notes in the top staff. The word 'oh,' appears twice below the bottom staff, corresponding to specific notes.

this lit - tle light of mine, I'm goin' - a let it shine;  
ev - 'ry - where I go, I'm goin' - a let it shine;  
Je - sus gave it to me, I'm goin' - a let it shine;

oh,

Detailed description: This system contains the next three lines of lyrics and the second and third musical staves. The notation continues from the first system. The lyrics are aligned with the notes in the top staff. The word 'oh,' appears once below the bottom staff.

this lit - tle light of mine, I'm goin' - a let it shine,  
ev - 'ry - where I go, I'm goin' - a let it shine,  
Je - sus gave it to me, I'm goin' - a let it shine,

oh,

Detailed description: This system contains the final three lines of lyrics and the fourth and fifth musical staves. The notation continues from the previous systems. The lyrics are aligned with the notes in the top staff. The word 'oh,' appears once below the bottom staff.

let it shine, let it shine, let it shine.  
 let it shine, let it shine, let it shine.  
 let it shine, let it shine, let it shine.

**Dismissal**

*P* Go in peace. Share your bread.

**All** Thanks be to God.

Front Cover:  
 Photo by [Antonio Lainez](#) on [Unsplash](#)

Readings for next Sunday  
 March 17<sup>th</sup>  
 Lent 5

<b>First Reading:</b>	<b>Jeremiah 31:31-34</b>
<b>Psalm:</b>	<b>Psalm 51:1-12</b>
<b>Second Reading:</b>	<b>Hebrews 5:5-10</b>
<b>Gospel:</b>	<b>John 12:20-33</b>



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