

LIFT UP



5th Sunday in Lent
March 17, 2024



Ascension Lutheran Church

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Ogden, UT 84404

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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 *“When nothing else would help, love lifted me!”*

says the old Gospel song. To be lifted up is to be drawn into the love of God.

Jesus drew all kinds of people to him during his short tenure on earth, drawing no boundaries for who was invited into that love.

As his hour to die drew nearer, he spread the message that all things would be enveloped in his love even after he was gone.

What uplifting message will we pass on to others?

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 **Radically inclusive God, you offer each one of us
a life-changing love that leaves no one out.
Sometimes our hearts feel so heavy
that we struggle to rise up and claim it.
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 Jeremiah, the 31st chapter

The Judeans in Babylon blamed their exile on their ancestors, who had broken the covenant established at Sinai. Here the prophet looks to a day when God will make a new covenant with the people. There will be no need to teach the law, because God will write it on their hearts.

³¹The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah. ³²It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD. ³³But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. ³⁴No longer shall they teach one another, or say to each other, “Know the LORD,” for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

Jeremiah 31:31-34

L The word of the Lord.

All Thanks be to God!

A Reading from Hebrews, the 5th chapter

Using priestly imagery and references to the Old Testament, the author explains how Christ lived in trusting obedience to God, and so God has made Christ the source of our eternal salvation.

⁵Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;

⁶as he says also in another place,

“You are a priest forever,
according to the order of Melchizedek.”

⁷In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. ⁸Although he was a Son, he learned obedience through what he suffered; ⁹and having been made perfect, he became the source of eternal salvation for all who obey him, ¹⁰having been designated by God a high priest according to the order of Melchizedek.

Hebrews 5:5-10

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. _____

P The Holy Gospel according to St. John, the 12th chapter.

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

Jesus entered Jerusalem for the last time to celebrate the Passover festival. Here Jesus' words about seeds planted in the ground turn the disaster of his death into the promise of a harvest in which everyone will be gathered.

²⁰Now among those who went up to worship at the festival were some Greeks. ²¹They came to Philip, who was from Bethsaida in Galilee, and said to him, "Sir, we wish to see Jesus." ²²Philip went and told Andrew; then Andrew and Philip went and told Jesus. ²³Jesus answered them, "The hour has come for the Son of Man to be glorified. ²⁴Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. ²⁵Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. ²⁶Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

²⁷"Now my soul is troubled. And what should I say—'Father, save me from this hour'? No, it is for this reason that I have come to this hour. ²⁸Father, glorify your name." Then a voice came from heaven, "I have glorified it, and I will glorify it again." ²⁹The crowd standing there heard it and said that it was thunder. Others said, "An angel has spoken to him." ³⁰Jesus answered, "This voice has come for your sake, not for mine. ³¹Now is the judgment of this world; now the ruler of this world will be driven out. ³²And I, when I am lifted up from the earth, will draw all people to myself." ³³He said this to indicate the kind of death he was to die.

P The Gospel of our Lord.

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

You may be Seated

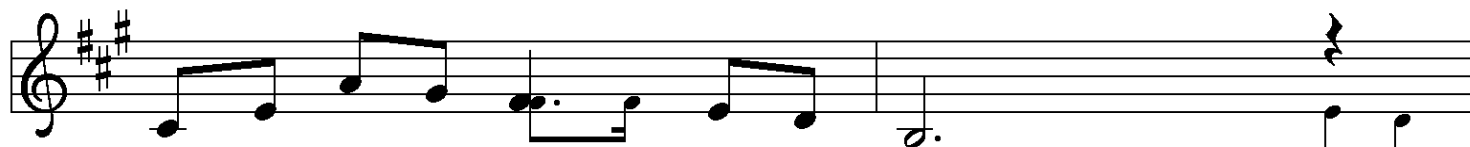
Hymn of the Day

Please stand in body or

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.
I 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*



Refrain
Do not be a - afraid, 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."

Apostles' Creed

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

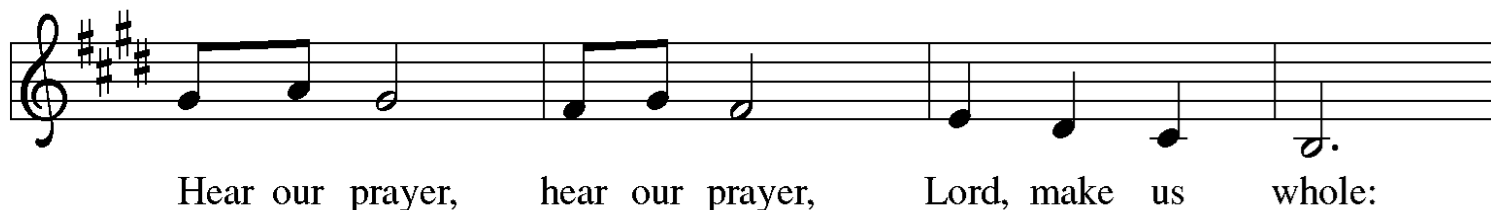
**I believe in God, the Father almighty,
creator of heaven and earth.**

**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

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.



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

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

Sanctuary / Create in Me

Lord, pre - pare me to be a sanc-tu - ar - y, — pure and ho - ly, tried and
true; — With thanks - giv - ing, I'll be a
liv - ing — sanc - tu - ar - y for — You.
Cre - ate in me a clean heart, O God,
and re - new a right spir - it with - in me.
Cre - ate in me a clean heart, O God,
and re - new a right spir - it with - in me.
Cast me not a - way from your pres - ence, O
Lord, and take not your Ho - ly Spir - it from me.

Re - store un - to me the joy of your sal - va - tion,
and re - new a right spir - it with - in me.

Text: Psalm 51:10-12
Music: CREATE IN ME, anonymous

Sanctuary Words and Music by
John W. Thompson
and Randy Scruggs

Refrain

JESUS MY LORD by John Fischer

Have you seen Je - sus, my Lord? _____ He's here in plain view.
Take a look o - pen your eyes; _____ He'll show it to you.
Have you ev - er looked at the sun - set With the sky mel - low - in' red,
And the clouds sus - pend-ed like feath-ers? Then, I say (pause) you've seen Je - sus, my Lord.

2. Have you ever stood at the ocean
With the white foam at your feet,
Felt the endless thunderin' motion?
Then I say . . . (pause)
you've seen Jesus, My Lord. (Refrain)

3. Have you ever looked at the cross,
With a man hangin' in pain
And the look of love in His eyes?
Then I say . . . (pause)
you've seen Jesus, My Lord. (Refrain)

4. Have you ever stood in the family
With the Lord there in your midst,
Seen the face of Christ on each other?
Then I say . . . (pause)
you've seen Jesus, My Lord. (Refrain)

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

Lord I Lift Your Name On High

Words and Music by
Rick Founds

Lord, I lift Your name___ on high; Lord, I love to sing___ Your
prais - es.____ I'm so glad You're in___ my life;
I'm so glad You came___ to save___ us.____
You came from heav-en to earth___ to show the way,___ From the earth___ to the cross___
___ my debt to pay;___ From the cross___ to the grave,___
___ from the grave___ to the sky;___ Lord, I lift Your name___ on high.

Dismissal

P Go in peace. Share your bread.

All Thanks be to God.

Front Cover:

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Readings for next Sunday
March 24th
Palm Sunday

Procession of Palms

Mark 11:1-11

First Reading:

Isaiah 50:4-9a

Psalm:

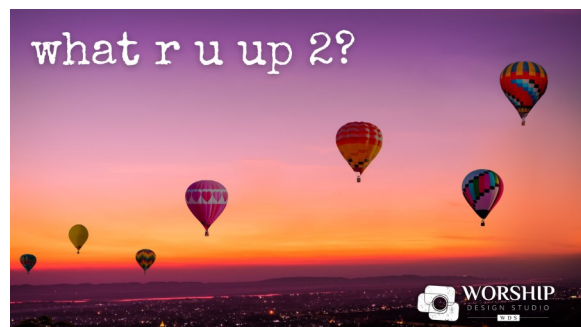
Psalms 31:9-16

Second Reading:

Philippians 2:5-11

Gospel:

Mark 14:1--15:47



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