

Everyone needs to take a break



June 2, 2024
2nd Sunday after Pentecost



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

Deuteronomy makes clear that sabbath-keeping is meant for the welfare of all. God delivered the Israelites out of slavery, so they should observe this freedom with a day of rest. No one should work seven days a week; even slaves and foreigners should be able to rest. Yet human beings can turn even the most liberating religious practice into a life-destroying rule. Jesus does not reject sabbath-keeping, but defends its original life-enhancing meaning. Our worship and our religious way of life are to lead to restoration: the hungry being fed and the sick being healed.

Bread of Life

Welcome to Worship

P The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

All And also with you.



A Ky - ri - e e - le - i - son: **C** Lord, have mer - cy.
Lord, have mer - cy:



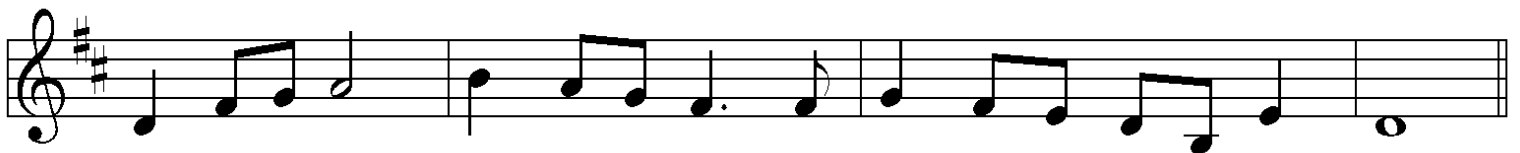
A Chri - ste e - le - i - son: **C** Christ, have mer - cy.
Christ, have mer - cy:



A Ky - ri - e e - le - i - son: **C** Lord, have mer - cy.
Lord, have mer - cy:



C Glo - ry to God, glo - ry to God, glo - ry to God in the high - est;



glo - ry to God, glo - ry to God, and peace to God's peo - ple on earth.



I Lord God, heav - en - ly king, al - might - y God and Fa - ther, we



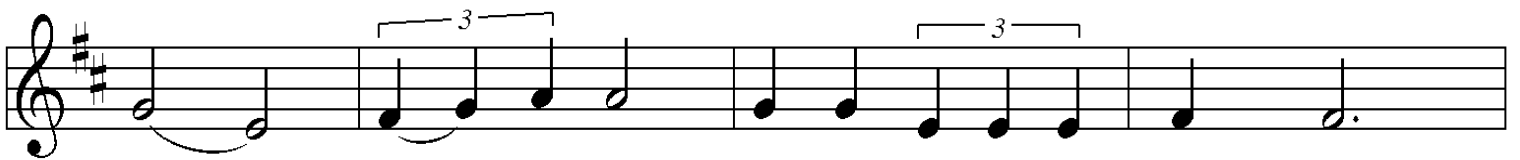
wor-ship you, we give you thanks, we praise you for your glo - ry.



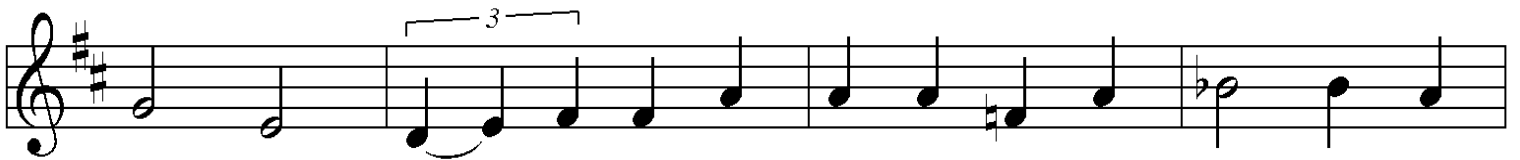
☩ Glo-ry to God, glo - ry to God, glo - ry to God in the high - est;



glo-ry to God, glo - ry to God, and peace to God's peo-ple on earth.



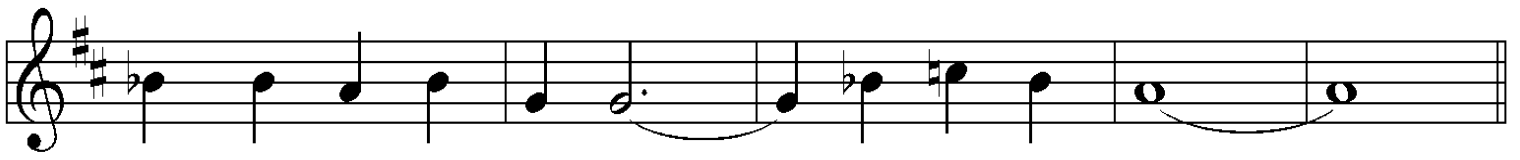
☪ Lord Je - sus Christ, on - ly Son of the Fa - ther,



Lord God, Lamb of God, you take a - way the sin of the



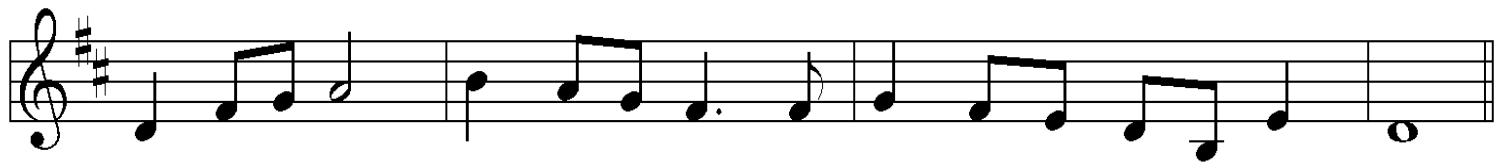
world: have mer - cy on us; you are seat - ed at the



right hand of the Fa - ther: re- ceive our prayer.



☩ Glo-ry to God, glo - ry to God, glo - ry to God in the high - est;



glo - ry to God, glo - ry to God, and peace to God's peo - ple on earth.



I For you a - lone are the Ho - ly One, you a - lone are the Lord,



you a - lone are the Most High, Je - sus Christ, with the Ho - ly



Spir - it, in the glo - ry of God the Fa - ther, A - men.



II Glo - ry to God, glo - ry to God, glo - ry to God in the high - est;



glo - ry to God, glo - ry to God, and peace to God's peo - ple on earth,



and peace to God's peo - ple on earth.

The Greeting

P The Lord be with You

All And also with you.

Confession and Forgiveness

Please stand in body or spirit.

P Blessed be the holy Trinity, ✝ one God,
the God of manna,
the God of miracles,
the God of mercy.

All Amen

P Drawn to Christ and seeking God's abundance,
let us confess our sin.

Silence for reflection

God, our provider,

All help us.

It is hard to believe there is enough to share.

**We question your ways when they differ from the ways
of the world in which we live.**

**We turn to our own understanding
rather than trusting in you.**

We take offense at your teachings and your ways.

Turn us again to you.

Where else can we turn?

**Share with us the words of eternal life
and feed us for life in the world.**

Amen.

P Beloved people of God:
in Jesus, the manna from heaven,
you are fed and nourished.
By Jesus, the worker of miracles,
there is always more than enough.
Through Jesus, ✝ the bread of life,
you are shown God's mercy:
you are forgiven and loved into abundant life.

All Amen

Prayer for This Day

P Almighty and ever-living God,

All throughout time you free the oppressed,
heal the sick, and make whole all that you have made.
Look with compassion on the world wounded by sin,
and by your power restore us to wholeness of life,
through Jesus Christ, our Savior and Lord. Amen.

You may be Seated

A Reading from Deuteronomy, the 5th chapter

This portion of the Ten Commandments instructs the Israelites to keep the sabbath. The Israelites are to rest, and they are to allow their slaves, their livestock, and the foreigners living among them to do the same. They were once slaves, and so they are to treat their own slaves justly.

¹²Observe the sabbath day and keep it holy, as the LORD your God commanded you. ¹³Six days you shall labor and do all your work. ¹⁴But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the sabbath day.

Deuteronomy 5:12-15

L The Word of the Lord,

All Thanks be to God!

A Reading from 2 Corinthians the 4th chapter

When we carry out God's ministry we do so not for our glory but for the sake of Jesus Christ whom we proclaim as Lord. The power for ministry comes from God, not us, so that we persevere no matter what, trusting in God's power and promises at work through us.

⁵We do not proclaim ourselves; we proclaim Jesus Christ as Lord and

ourselves as your slaves for Jesus' sake. ⁶For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

⁷But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. ¹¹For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. ¹²So death is at work in us, but life in you.

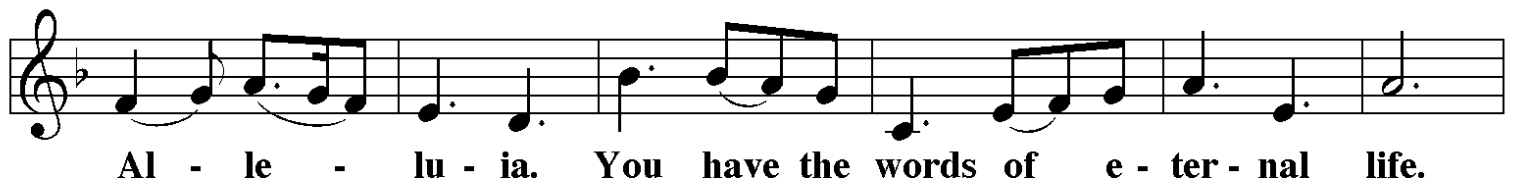
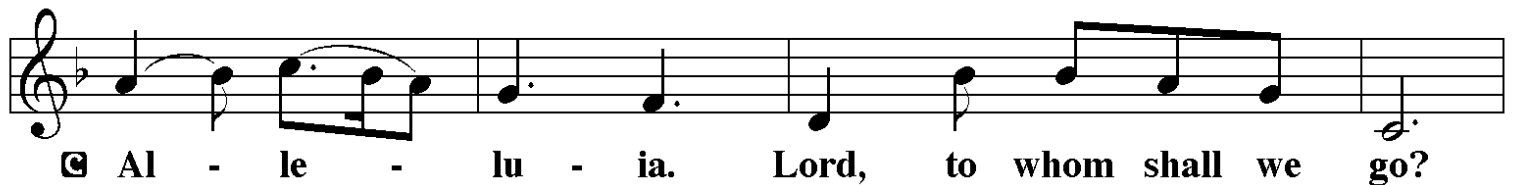
2 Corinthians 4:5-12

L The Word of the Lord,

All Thanks be to God!

Gospel Acclamation

Please stand in body or spirit.



Gospel Reading

P The Holy Gospel according to St. Mark, the 2nd chapter.

All Glory to you, O Lord.

Jesus challenges the prevailing interpretation of what is lawful on the sabbath and tells his critics that the sabbath was made for humankind, not the other way around. Healing the man with the withered hand is work that cannot wait until the next day.

²³ One sabbath [Jesus] was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. ²⁴ The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” ²⁵ And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food? ²⁶ He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.” ²⁷ Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; ²⁸ so the Son of Man is lord even of the sabbath.”

^{3:1} Again he entered the synagogue, and a man was there who had a withered hand. ² They watched him to see whether he would cure him on the sabbath, so that they might accuse him. ³ And he said to the man who had the withered hand, “Come forward.” ⁴ Then he said to them, “Is it lawful to do good or to do harm on the sabbath, to save life or to kill?” But they were silent. ⁵ He looked around at them with anger; he was grieved at their hardness of heart and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. ⁶ The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

Mark 2:23—3:6

P The Gospel of our Lord.

All Praise to you, O Christ.

[You may be Seated](#)

Sermon

Pr. Debra Jimenez

Hymn of the Day

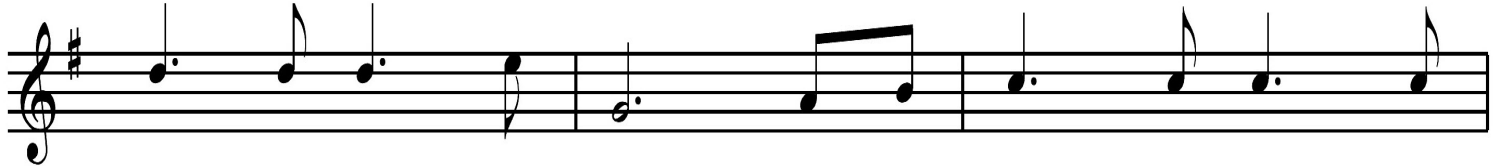
Please stand in body or spirit.

Spirit Song

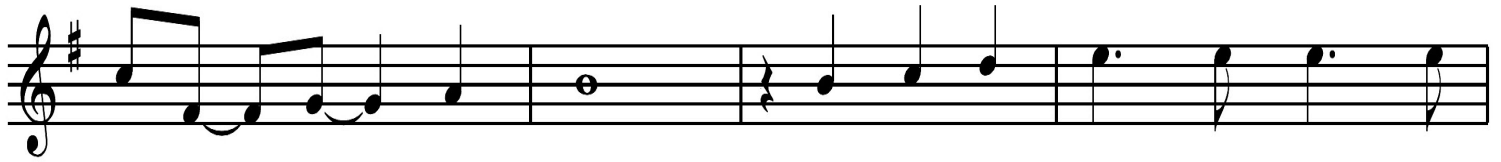
Words and Music by
John Wimber



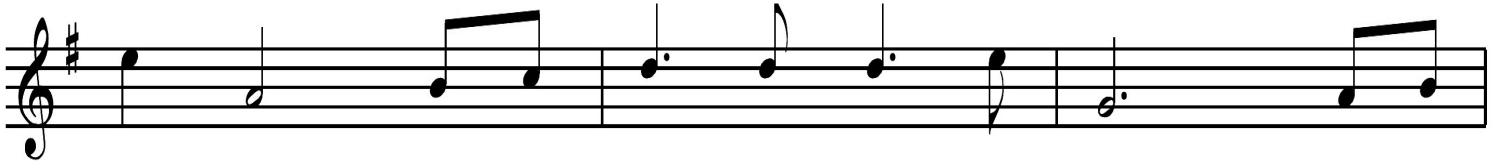
1 Oh, let the Son of God en - fold you with His
2 Oh, come and sing this song with glad - ness as your



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



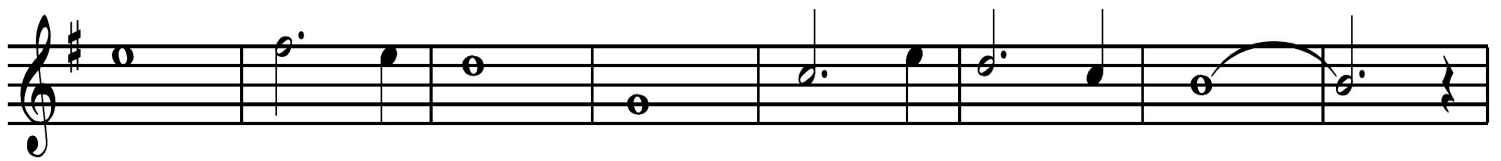
sat - is - fy___ your soul. Oh, let Him have those things that
ren - der___ to___ His name. Oh, give Him all your tears and



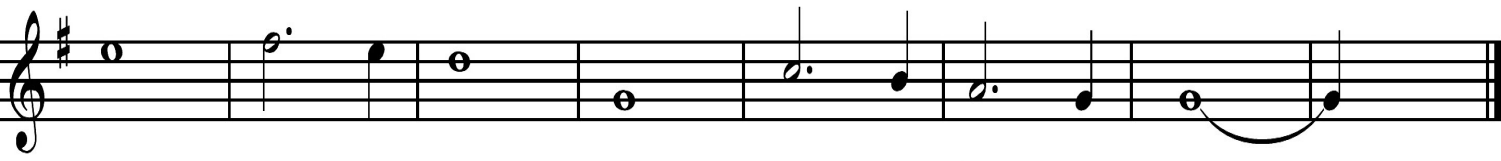
hold you, and His Spir - it, like a dove, will de -
sad - ness, give Him all your years of pain, and you'll



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. _____

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.**

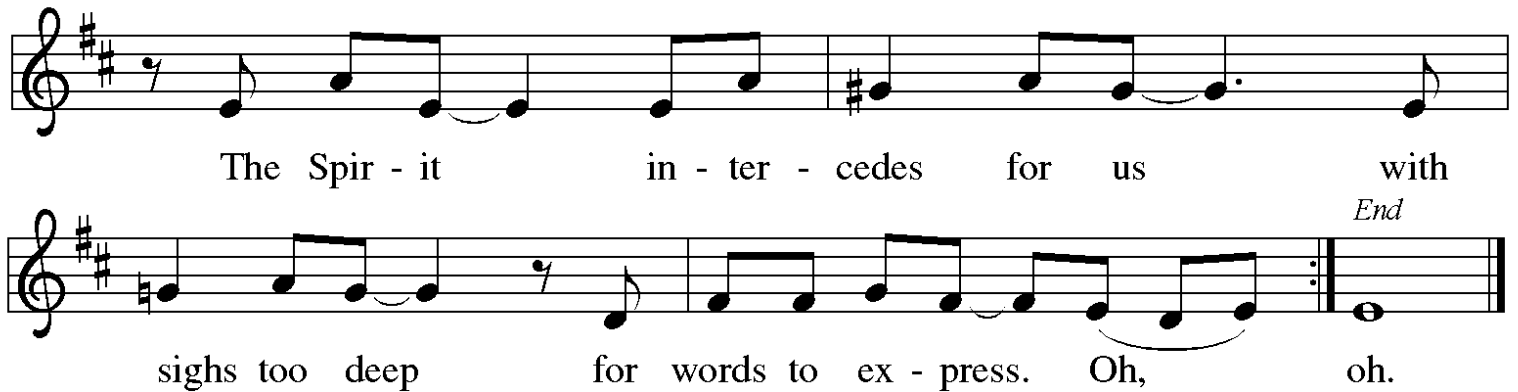
**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of 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.**

[You may be Seated](#)

Prayers of The People

WA We come before the triune God to pray for our communities, ourselves, and our world.



The Spir - it in - ter - cedes for us with
sighs too deep for words to ex - press. Oh, oh.

End

(each prayer petition ends with)

WA: Merciful God,

All: receive our prayer.

Please stand in body or spirit.

Passing of the Peace

P Jesus Christ become peace with you.

All And also with you.

Offertory

You may be Seated

♪ ♪ Praise God from whom all blessings flow ♪ ♪
Praise Him all creatures here below
Praise God above, Praise God above ye heavenly host
Praise Father Son and Holy Ghost

Offertory Prayer

P God of abundance, you cause streams to break forth in the desert and manna to rain from the heavens.

***All* Accept these gifts that you have first given us.
Unite them with the offering of our lives
to nourish the world you love so dearly;
through Jesus Christ, our Savior and Lord. Amen.**

Holy Communion

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 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.

P Again, 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.

The Lord's Prayer

Please stand in body or spirit.

P God in Community, Holy and One,
we lift our prayers to you, saying ...

***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 Christ has set the table with more than enough for all.
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

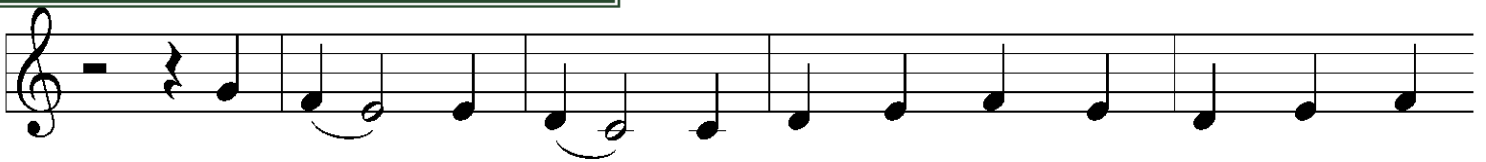
shed for you and
for all people
for the forgiveness of sin



All are Welcome!

Communion Songs

The Lamb



1 The Lamb, the Lamb, O Fa - ther, where's the sac - ri - fice?
2 The Lamb, the Lamb, one per - fect fi - nal of - fer - ing.
3 The Lamb, the Lamb, as way - ward sheep their shep - herd kill.
4 He sighs, he dies, he takes my sin and wretch - ed - ness.
5 He rose, he rose, my heart with thanks now o - ver - flows.



Faith sees, be - lieves God will pro - vide the Lamb of price!
The Lamb, the Lamb, let earth join heav'n his praise to sing.
So still, his will on our be - half the Law to fill.
He lives, for - gives, he gives me his own righ - teous - ness.
His song pro - long till ev - 'ry heart to him be - long.

Refrain



Wor - thy is the Lamb whose death makes me his own!



The Lamb is reign - ing on his throne!

I Love to Tell the Story



1 I love to tell the sto - ry of un - seen things a - bove,
 2 I love to tell the sto - ry: how pleas - ant to re - peat
 3 I love to tell the sto - ry, for those who know it best



of Je - sus and his glo - ry, of Je - sus and his love.
 what seems, each time I tell it, more won - der - ful - ly sweet!
 seem hun - ger - ing and thirst - ing to hear it like the rest.



I love to tell the sto - ry, be - cause I know it's true;
 I love to tell the sto - ry, for some have nev - er heard
 And when, in scenes of glo - ry, I sing the new, new song,



it sat - is - fies my long - ings as noth - ing else would do.
 the mes - sage of sal - va - tion from God's own ho - ly word.
 I'll sing the old, old sto - ry that I have loved so long.

Refrain



I love to tell the sto - ry; 'twill be my theme in glo - ry



to tell the old, old sto - ry of Je - sus and his love.

Text: Katherine Hankey, 1834-1911

Music: HANKEY, William E. Fischer, 1849-1936

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,
Jesus, Bread of life,

**All we have received from your table more than we could ever ask.
As you have nourished us in this meal,
now strengthen us to love the world with your own life.
In your name we pray. Amen**

You may be Seated

Stewardship of Life & Ministry Announcements

Benediction

P The blessing of God,
who provides for us, feeds us, and journeys with us,
✠ be upon you now and forever.

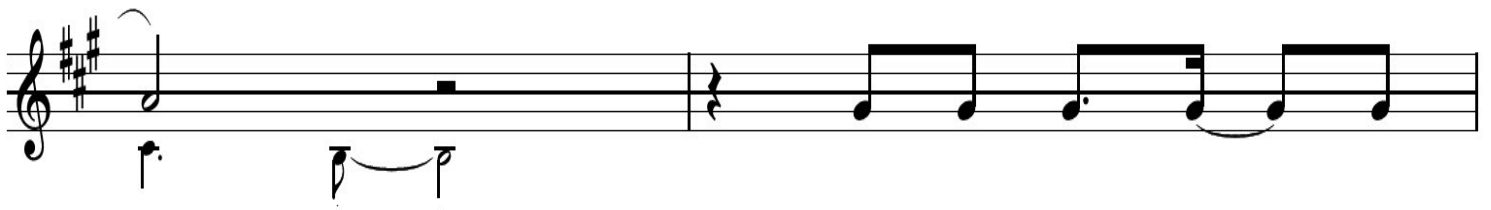
All Amen.

Sending Song

Trading My Sorrows

Words and Music by
Darrell Evans

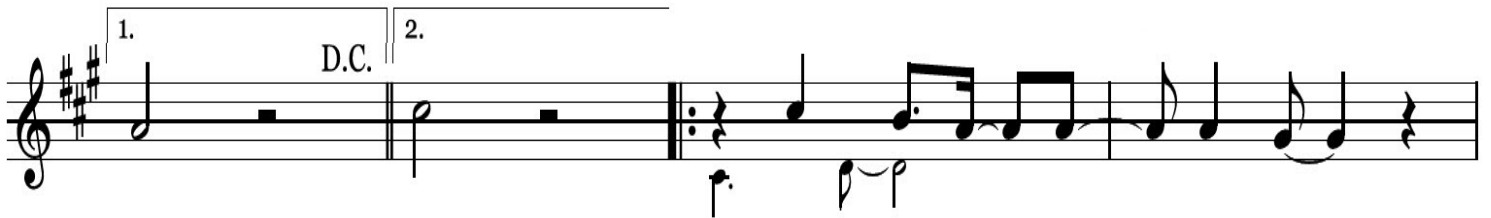
The musical score is written in treble clef with a key signature of three sharps (F#, C#, G#) and a 4/4 time signature. It consists of seven staves of music with lyrics underneath. The lyrics are: "I'm trad-ing my sor-rows, I'm trad-ing my I'm trad-ing my sick-ness, I'm trad-ing my shame, I'm lay-ing them down for the joy of the pain, I'm lay-ing them down for the joy of the Lord. Yes, Lord, yes, Lord, yes, yes, Lord; Lord. Yes, Lord, yes, Lord, yes, yes, Lord; Yes, Lord, yes, Lord, yes, yes, Lord, a-men. I am pressed but not crushed, per-se-cut-ed, not a-ban-doned, struck down, but not de-stroyed; I am blessed. be-yond the curse, for His prom-ise will en-dure, that His joy's gon-na be my strength."



Though the sor - row ___ may



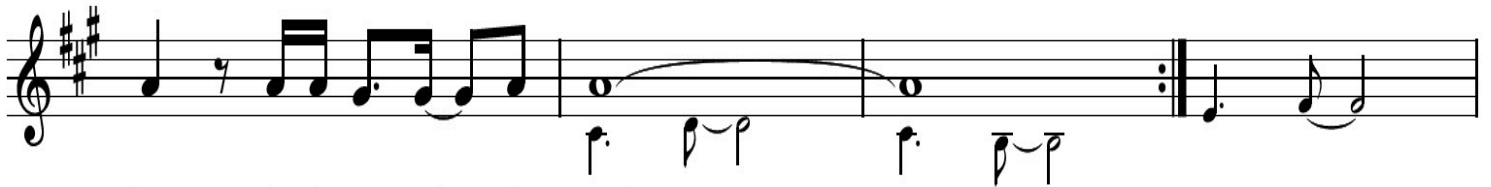
last for ___ the night, His joy ___ comes with the morn -



-ing. ing. I'm trad - ing ___ my ___ sor - rows, ___
I'm trad - ing ___ my ___ sick - ness, ___



I'm trad - ing ___ my ___ shame, ___ I'm lay - ing ___ them
I'm trad - ing ___ my ___ pain, ___ I'm lay - ing ___ them



down for the joy of ___ the Lord. ___
down for the joy of ___ the Lord. ___

Dismissal

P God, who created us to join in His work also created us to rest in his peace.

Go in peace, celebrate God's love!

All Thanks be to God!

BOY, JESUS
REALLY *GIVES IT*
TO THOSE
SABBATH GUYS!



WWW.AGNLISDAY.ORG

THEY'D FORGOTTEN
THAT THE SABBATH
IS FOR LIFE-GIVING,
NOT RULE-KEEPING.



I WONDER IF WE HAVE A
DIFFERENT PROBLEM. WE'RE
SO TASK-ORIENTED THAT
EVEN OUR VACATIONS HAVE
TO-DO LISTS.



OH, I *NEVER*
WORRY ABOUT
BEING TASK-
ORIENTED.



MARK 2:23-3:6

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Readings for next Sunday,
June 9th
Third Sunday after Pentecost

First Reading:

Genesis 3:8-15

Psalm:

Psalm 130

Second Reading:

2 Corinthians 4:13—5:1

Gospel:

Mark 3:20-35

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