

But...
This is sooooo
HAAARRRDDD!



August 25, 2024

14th Sunday after Pentecost



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

In today's gospel many people take offense at Jesus' invitation to eat his flesh and drink his blood; even many of Jesus' disciples peel off. This is the backdrop in John's gospel for Peter's confession of faith. "To whom can we go?" asks Peter, in words we sometimes sing just before the gospel is read. "You have the words of eternal life." In order to take such a stand, as Peter and Joshua did, Paul tells us to arm ourselves with the word of God. We pray in the Spirit that we might be bold ambassadors of the gospel.

Welcome to Worship

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

All And also with you.

Kyrie eleison

All Refrain Ky - ri - e e - lei - son, on our world and on our way.

Ky - ri - e e - lei - son, ev - 'ry day. Last time

- 1 For peace in the world, for the
- 2 That we may live out your im -
- 3 For peace in our hearts, for
- 4 For your Spir - it to guide; that you

health of the church, for the u - ni - ty of all;
 passionate re - sponse to the hun - gry and the poor;
 peace in our homes, for friends and fam - i - ly;
 cen - ter our lives in the wa - ter and the word;

for this ho - ly house, for all who wor - ship and praise,
 that we may live out . . . truth and jus - tice and grace,
 for life and for love, . . . for our work and our play,
 that you nour - ish our souls . . . with your bo - dy and blood,

let us pray to the Lord, ₃ let us pray to the Lord. *Refrain*

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 is kept 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.

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.

Amen.

Prayer for This Day

P Holy God, your word feeds your people with life that is eternal.

All Direct our choices and preserve us in your truth,
that, renouncing what is false and evil, we may live in you,
through your Son, Jesus Christ, our Savior and Lord. Amen.

[You may be Seated](#)

A Reading from Ephesians, the 6th chapter

Like a general giving a rousing speech to troops before battle, this letter closes by calling on Christians to be equipped for spiritual warfare against evil. The full armor of God includes truth, righteousness, peace, faith, the gift of salvation, and the word of God inspired by the Spirit.

¹⁰ Be strong in the Lord and in the strength of his power. ¹¹ Put on the whole armor of God, so that you may be able to stand against the wiles of the devil.

¹² For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. ¹³ Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴ Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵ As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶ With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

¹⁸ Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. ¹⁹ Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, ²⁰ for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Ephesians 6:10-20

L The Word of the Lord,

All Thanks be to God!

Gospel Acclamation

Please stand in body or spirit.



Thy Word is a lamp un-to___ my feet and a light un-to my path.



Thy Word is a lamp un-to___ my feet and a light un-to my path.

Gospel Reading

P The Holy Gospel according to St. John, the 6th chapter.

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

The “hard saying” that offends Jesus’ disciples is his claim that his followers must eat his flesh and drink his blood. The followers who return to their old lives know something about how odd this sounds. Simon Peter, on the other hand, knows something about the scarcity of living, gracious words. He asks the most important question: “To whom shall we go?”

[Jesus said,] ⁵⁶ “Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live forever.” ⁵⁹ He said these things while he was teaching in the synagogue at Capernaum.

⁶⁰ When many of his disciples heard it, they said, “This teaching is difficult; who can accept it?” ⁶¹ But Jesus, being aware that his disciples were complaining about it, said to them, “Does this offend you? ⁶² Then what if you were to see the Son of Man ascending to where he was before? ⁶³ It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴ But among you there are some who do not believe.” For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵ And he said, “For this reason I have told

you that no one can come to me unless it is granted by the Father.”

⁶⁶ Because of this many of his disciples turned back and no longer went about with him. ⁶⁷ So Jesus asked the twelve, “Do you also wish to go away?” ⁶⁸ Simon Peter answered him, “Lord, to whom can we go? You have the words of eternal life. ⁶⁹ We have come to believe and know that you are the Holy One of God.”

John 6:56-69

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.

I Surrender All



1. All to Je - sus I sur - ren - der, All to Him I free - ly give;
2. All to Je - sus I sur - ren - der, Lord, I give my - self to Thee,



I will ev - er love and trust Him, In His pres - ence dai - ly live.
Fill me with Thy love and pow - er, Let Thy bless - ing fall on me.



I sur - ren - der all, I sur - ren - der all.



All to Thee, my bless - ed Sav - ior, I sur - ren - der all.

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 Calling on the spirit of Wisdom to guide our hearts and our minds, let us pray for the church, the world, and all in need.



O Lord, hear my prayer, O Lord, hear my prayer: when I call, an - swer me.



O Lord, hear my prayer, O Lord, hear my prayer: come and lis - ten to me.

(each prayer petition ends with)

WA: Merciful God,

All: receive our prayer.

Passing of the Peace

P Jesus Christ become peace with you.

All And also with you.

Offertory



What have we to of - fer? What have we to share?



Coins from the cof - fer, hearts filled with care.



God will not fal - ter; so let us dare



lay it at the al - tar there.

Offertory Prayer

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

***All* Accept the gifts 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.

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!

Be Still And Know

Words and Music by
Steven Curtis Chapman



1 Be still___ and know___ that He___ is God.____
 2 Be still___ and know___ that He___ is God.____
 3 Be still___ and know___ that He___ is God.____



Be still___ and know___ that He___ is___ ho - ly.____
 Be still___ and know___ that He___ is___ faith - ful.____
 Be still___ and know___ He is___ our___ Fa - ther.____

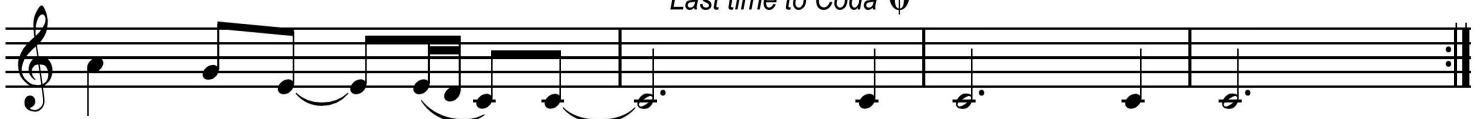


Be still,___ oh, rest - less soul___ of mine.____
 Con - sid - er all___ that He___ has done.____
 Come rest___ your head___ up - on___ His breast;____

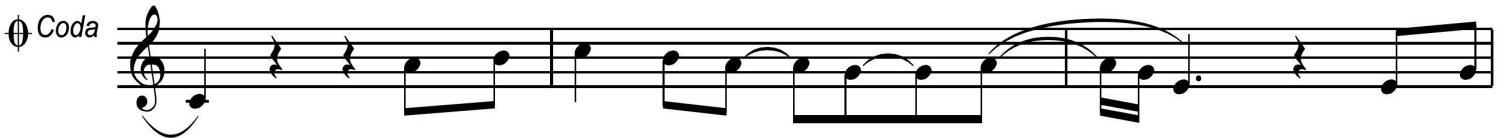


___ Bow be - fore the Prince___ of___ Peace.____ ♪ Let the
 ___ Stand in awe and be___ a - mazed,____ and know that
 ___ Lis - ten to the rhy - thm___ of___ ♪ His un -

Last time to Coda ⊕



noise and clam - or___ cease.____ Be still.
 He will nev - er___ change.____ Be still. Be still.
 fail - ing heart___ of___ love,____



- beat - ing for His lit - tle___ ones,____ call - ing



each of us___ to___ come.____ Be still.

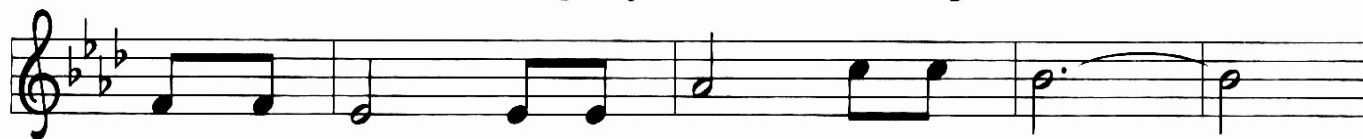


Be still.

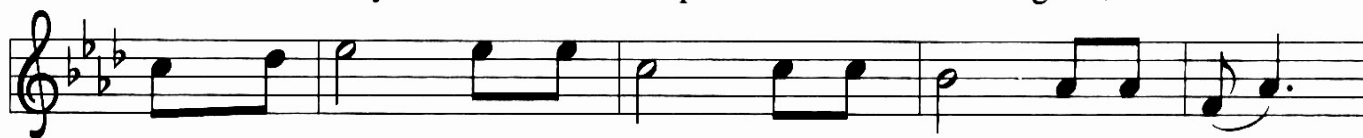
Precious Lord, Take My Hand



1 Pre - cious Lord, take my hand, lead me on, let me stand,
 2 When my way grows . . drear, pre-cious Lord, lin - ger near,
 3 When the dark - ness ap - pears and the night draws . . near,



I am tired, I am weak, I am worn.
 when my life is . . . al - most . . gone,
 and the day is . . . past and . . . gone,



Through the storm, through the night, lead me on to the light.
 hear my cry, hear my call, hold my hand lest I fall.
 at the riv - er I stand, guide my feet, hold my hand.



Take my hand, pre-cious Lord, lead me home.

Text: Thomas A. Dorsey, 1899-1993

Music: George N. Allen, 1812-1877, adapt. Thomas A. Dorsey

Text and music © 1938, 1966 Unichappell Music Inc., admin. Hal Leonard Corp.

Oh How He Loves You And Me

Words and Music by
 Kurt Kaiser



1. Oh, how He loves you and me, _____ Oh, how He



loves you and me. _____ He gave His life, what _____



more could He give? Oh, how He loves you; Oh, how He



loves me; Oh, how He loves you and me. _____

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

Please stand in body or spirit.

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

I Believe In Jesus Words and Music by
Marc Nelson



I _____ be - lieve _____ in _____ Je - sus. _____
I _____ be - lieve _____ in _____ You Lord. _____



I be - lieve He is the Son of _____ God. I be - lieve He died and
I be - lieve You are the Son of _____ God. I be - lieve You died and



rose a - gain. _____ I be - lieve He paid for us _____ all. _____
rose a - gain. _____ I be - lieve You paid for us _____ all. _____



I be - lieve He is here now, _____ stand - ing in our midst.
I be - lieve You are here now, _____ stand - ing in our midst.



Here with the pow - er to heal _____ now, _____ and the grace to for - give.
Here with the pow - er to heal _____ now, _____ and the grace to for - give.



and the grace _____ to for - give. give.

Dismissal

P Go in peace. We are the body of Christ.

All Thanks be to God!

Front Cover:

Photo by [Christian Erfurt](#) on [Unsplash](#)

Readings for next Sunday,
September^{1st}
15th Sunday after Pentecost
Come to the Table

First Reading:

Romans 12: 9-21

Gospel:

Matthew 16: 24-25 (MSG)

Music licenses covered by these subscriptions

Used by Permission OneLicense.net A-705915

Used by Permission CCLI LiscenSing License # 1924512