



what r u up 2?

Lent 1: "Come Up"

March 12, 2025

Lord of Love Lutheran Church
10405 Fort St., Omaha, NE 68134

"Celebrating and sharing God's Love in a welcoming community of faith, while serving others"

Worship 7:00 p.m.

Bold type indicates Congregational responses

** Indicates where congregation is invited to stand*

Lenten Theme Introduction, "what r u up 2?": 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.

GATHERING UP

Prelude

Welcome and Announcements

We Acknowledge What's Up

Setting Tonight's Theme

The first Wednesday of this series brings us to the moment at which Jesus comes up out of the waters of baptism to hear, "You are my beloved." We are called to come up out of the depths of whatever seeks to keep us under and know that we are beloved of God. Come up, for now is the time to be fully who you are created to be for the sake of the world.

Please stand as you are comfortable.

****Opening Litany***

Let us pray together,
**Loving God, 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.**

Hear assurance in what the Psalmist proclaims (*Excerpts from Psalm 25*):

To you, O Lord, I lift up my soul. O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me... Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. Be mindful of your mercy, O Lord, and of your steadfast love, for they have been from of old. Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O Lord! Good and upright is the Lord.

In the name of Jesus Christ, you are forgiven.

Glory to God, Amen!

***Opening Song: "You Raise Me Up"**



When I am down and oh, my soul so wea-ry,



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 stor-my



seas. I am strong when I am on your shoul - ders.



You raise me up to more than I can be.

Please be seated.

FILLING UP

The Word Uplifts

Scripture Reading: Mark 1: 9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven,

“You are my Son, the Beloved; with you I am well pleased.”

And the Spirit immediately drove him out into the wilderness.

He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

Word of God, word of life.

Thanks be to God.

Sermon

Pastor Becky Sells

Hymn: “Rise Up, O Saints of God!”.....ELW 669

1 Rise up, O saints of God! From vain am - bi - tions turn;
2 Speak out, O saints of God! De - spair en - gulf's earth's frame;
3 Rise up, O saints of God! The king - dom's task em - brace;
4 Give heed, O saints of God! Cre - a - tion cries in pain;
5 Com - mit your hearts to seek the paths which Christ has trod;

Christ rose tri - um - phant that your hearts with no - bler zeal might burn.
as heirs of God's bap - tis - mal grace, the word of hope pro - claim.
re - dress sin's cru - el con - se - quence; give jus - tice larg - er place.
stretch forth your hand of heal - ing now, with love the weak sus - tain.
and, quick - ened by the Spir - it's pow'r, rise up, O saints of God!

BUILDING UP Up to Something Good

****Prayers of the People***

Tonight, as we pray the prayers of the people, each prayer petition will conclude with us singing together the refrain of “Let My Prayer Rise Up.” Let our prayer begin by singing the refrain together :

Let my prayer rise up like incense before you, the
lif-ting up of my hands as an of-fer-ing to you.

We call upon you, O God, in the midst of all the contours of our lives — those that feel life-giving as well as those that bring us pain. All of life is filled with the joy and sorrow of living and loving. Especially in times when it feels like we are journeying through life in desert conditions, we pray that we can be “up to something good” for ourselves, our neighborhoods, and our world. And so, we pause and offer with thanksgiving the acts of uplifting goodness we have seen being done in your name around us... (*pause for a time for us to name or recall these acts aloud or in our hearts*).

For all these acts remembered, may our hearts be uplifted and filled with joy and thanksgiving:

Repeat refrain.

We call upon you, O God, to bring healing to those who are hurting, broken, fearful, or ill. Bring peace to those struggling in the midst of conflict. We especially lift up to you those we hold in our heart and name either silently or aloud now... (*pause for naming aloud and reflecting in our hearts*).

For all these people:

Repeat refrain

We call upon you, O God, to give us the strength and courage to be up to something good for the sake of The Good. In this moment — in our mind’s eye — we imagine and offer our commitment to do at least one small thing this week to lift someone up, to elevate and affirm the good when we see it happening, and bring a bit more calm or joy where we are. And if we find we are not up to doing it, we pray we can accept the goodness of others and feel your encouraging love filling us up until we are able to look up and reach out to do something good again (*pause for a few moments for self-reflection*).

Repeat refrain

***The Lord's Prayer**

We lift all these things up to you in the name of Jesus, who taught us to pray...

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.**

***Doxology: "What R U Up 2 for My Sake?"**

What are you up to for my sake? What are you up to "for the
4 Good?" Would you come now, fol-low, join, up? Let us take up, wake up a -
8 new; Let us build up, fill up with you! Let us lift up the gifts we
12 raise up. For the sake of, for the shape of, heav-en on earth.

****Blessing for the Journey***

And so now go into the world,
knowing that as a disciple of Jesus,
as a beloved child of the Holy One,
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,
"With God's help, I'm up to something good!"

Let the people say, Amen!
Amen!

Postlude

Rise Up, O Saints of God

Text: Norman O. Furness, b. 1936

Music: FESTAL SONG, William G. Walter, 1825-1893

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You Raise Me Up

Text: Brendan Graham

Music: Rolf Løvland; arr. Jon Novak

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What R U Up 2 for My Sake?

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Tune: LAAST UNS ERFREUEN

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