



lent 2:
take UP

what r u up 2?

Lent 2: ***“Take Up”***

Wednesday, March 19, 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

Jesus was very clear that following him might not be a smooth ride. He was bound to choose the just way, not the easy way, through life. To take up the cross was to lose one's life — to let go of certain expectations of safety and acceptance in order to stand for the Gospel message of love. How are we to take up the causes of Jesus — justice, righteousness, and mercy in our day?

Please stand as you are comfortable.

****Opening Litany***

Let us pray together:

**Motivating and Invigorating God, you challenge us to walk a difficult path.
Show us, as Jesus did, that letting go of our own security and comfort
is the only way to create space for your justice to move over the earth.
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.**

Brief pause for self-reflection.

Hear assurance in what the Psalmist proclaims (*Excerpts from Psalm 22*):

You who fear the Lord, praise God! All you offspring of Jacob, glorify God; stand in awe of God, all you offspring of Israel! For God did not despise or abhor the affliction of the afflicted; God did not hide God's face from me but heard when I cried out. From you comes my praise in the great congregation; my vows I will pay before those who fear God. The poor shall eat and be satisfied; those who seek God shall praise the Lord. May your hearts live forever!

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.

FILLING UP

The Word Uplifts

Scripture Reading: Mark 8: 31-38

Then he began to teach them that the Son of Man must undergo great suffering and be rejected by the elders, the chief priests, and the scribes and be killed and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples and said to them, "If any wish to come after me, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

Word of God, word of life.

Thanks be to God.

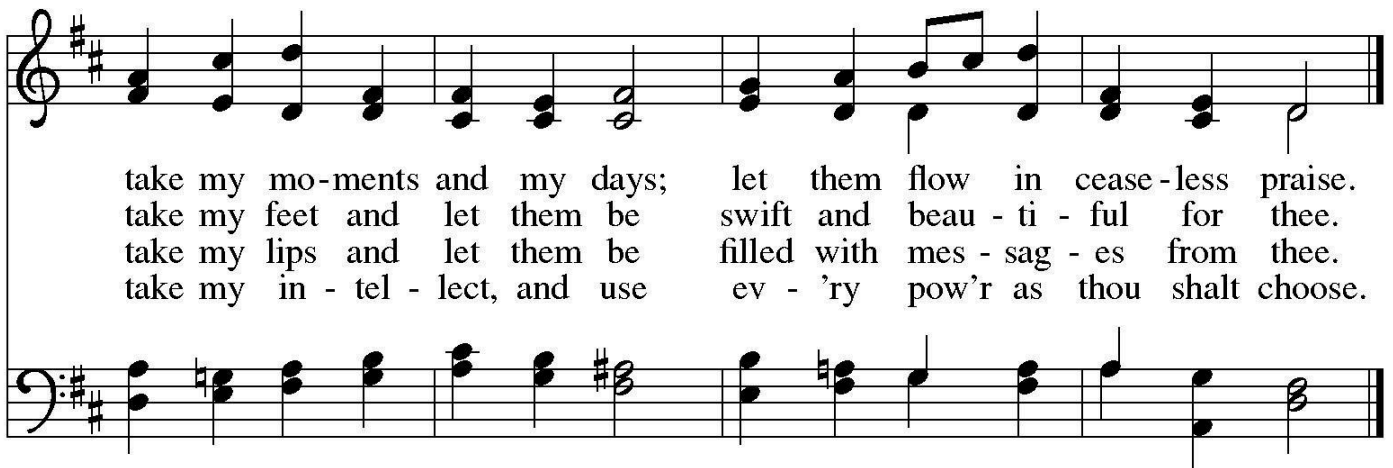
Sermon

Pastor Becky Sells

Hymn: "Take My Life, That I May Be".....ELW 685



1 Take my life, that I may be con - se - crat - ed, Lord, to thee;
2 Take my hands and let them move at the im - pulse of thy love;
3 Take my voice and let me sing al - ways, on - ly, for my King;
4 Take my sil - ver and my gold, not a mite would I with - hold;



take my mo - ments and my days; let them flow in cease - less praise.
take my feet and let them be swift and beau - ti - ful for thee.
take my lips and let them be filled with mes - sag - es from thee.
take my in - tel - lect, and use ev - 'ry pow'r as thou shalt choose.

5 Take my will and make it thine;
it shall be no longer mine.
Take my heart, it is thine own;
it shall be thy royal throne.

6 Take my love; my Lord, I pour
at thy feet its treasure store;
take myself, and I will be
ever, only, all for thee.

Text: Frances R. Havergal, 1836–1879, alt.
Music: PATMOS, William H. Havergal, 1793–1870

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 in - cense be - fore you, the
5
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 pick up where you left off
on the path that God has set before you,
leaving behind your certainty and the need for everything to be “just so,”
trusting your decision to follow the One who taught us the way of love,
knowing that 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

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?

Words: Dr. Marcia McFee

Tune: LAAST UNS ERFREUEN

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