



lent 3:
raise UP

what r u up 2?

Lent 3 "Take Up"

Wednesday, March 26, 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: *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 story of Jesus' response to the temple being made into a marketplace was profound and may have been another step toward his ultimate demise on the cross. He refers to raising up a new temple in three days — something his disciples later remembered as a foretelling of his resurrection. How might we raise up as the Body of Christ and be a holy temple — a holy dwelling place of God — in the world?

Please stand as you are comfortable.

****Opening Litany***

Let us pray together:

**God of restoration and rebuilding,
we are here today seeking resurrection and renewal
for our tired and worn-out bodies
and the body of this community.
In this moment of quiet, we lift up to you**

Brief pause for self-reflection.

Hear assurance in what the Psalmist proclaims (*Excerpts from Psalm 19*):
The heavens are telling the glory of God, and the firmament proclaims God's handiwork. Day to day pours forth speech, and night to night declares knowledge. There is no speech, nor are there words; their voice is not heard; yet their voice goes out through all the earth and their words to the end of the world. . . . The law of the Lord is perfect, reviving the soul; the decrees of the Lord are sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is clear, enlightening the eyes; the fear of the Lord is pure, enduring forever; the ordinances of the Lord are true and righteous altogether. Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer.

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: John 2: 13-22

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, with the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me."

The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body.

After he was raised from the dead, his disciples remembered that he had said this, and they believed the scripture and the word that Jesus had spoken.

Word of God, word of life.

Thanks be to God.

Sermon

Pastor Becky Sells

Hymn: "Build Us Up, Lord".....ELW 670



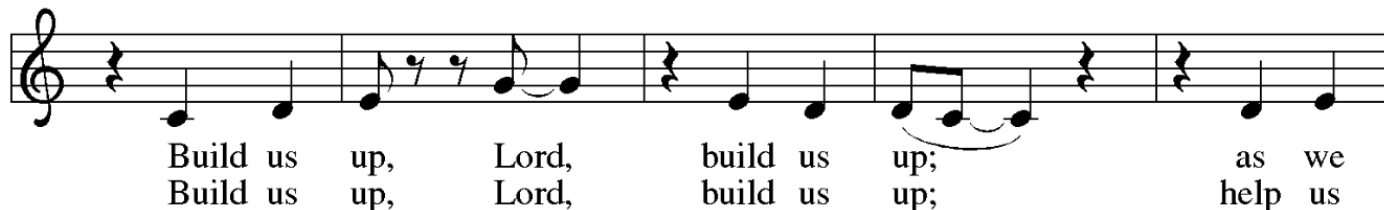
1 Build us up, Lord, build us up; set in
2 Build us up, Lord, build us up; let our



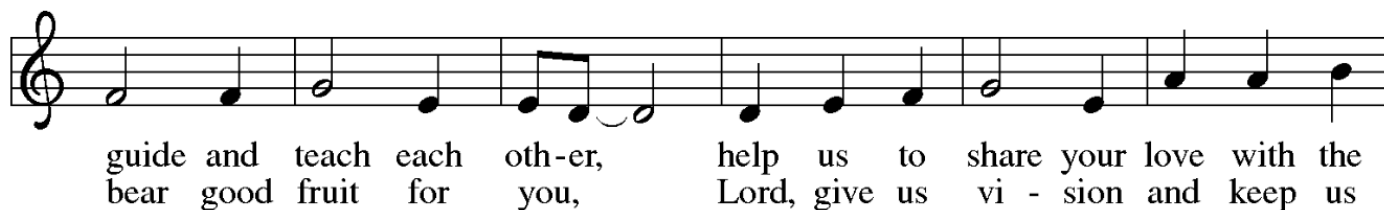
us a strong foun - da - tion. Lead us to do your
lives re - flect your glo - ry. Cast a - way all our



ho - ly will; form and shape your new cre - a - tion.
doubts and fears; help us tell the world your sto - ry.



Build us up, Lord, build us up; as we help us
Build us up, Lord, build us up; help us



guide and teach each other, help us to share your love with the
bear good fruit for you, Lord, give us vision and keep us



world: ev - 'ry sis - ter, ev - 'ry broth-er.
sure. Grant us faith that's stead-fast and true.

Refrain



Grow-ing in Christ, we plant seeds for the king-dom; we fol-low in



faith what's be - gun! Lord, set in our hearts the pow'r of your



word to spread the news of your Son!

Text: Mark Glaeser, b. 1956, and Donna Hanna, b. 1952
Music: BUILD US UP, Mark Glaeser and Donna Hanna
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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
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 from this holy dwelling place,
ready to encourage and raise your neighbors up
from a foundation built on grace,
holding fast to the vision for God's kingdom on earth,
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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