



What R U Up 2?

Lent 4: *“Light Up”*

Wednesday, April 2, 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

John 3:16 is probably one of the most infamous and oft-quoted scriptures in the Bible. What follows that verse is important for our Lenten journey. God did not send Jesus to condemn the world, but to offer it saving light. As believers in that light, we are called to be those who will continue to light up the world through our lives so that the world might see the hope it yearns for.

Please stand as you are comfortable.

***Opening Litany**

Let us pray together:

**Illuminating God, we gather together today
to call one another in from the shadows
and bask in the light of your mercy.**

**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 107*):

O give thanks to the Lord, for God is good, for God's steadfast love endures forever. Let the redeemed of the Lord say so, those God redeemed from trouble and gathered in from the lands, from the east and from the west, from the north and from the south Some were sick through their sinful ways and because of their iniquities endured affliction; they loathed any kind of food, and they drew near to the gates of death. Then they cried to the Lord in their trouble, and God saved them from their distress; God sent out God's word and healed them and delivered them from destruction. Let them thank the Lord for God's steadfast love, for God's wonderful works to humankind. And let them offer thanksgiving sacrifices and tell of God's deeds with songs of joy.

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 3:14-21

And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that God gave God's only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world but in order that the world might be saved through him. Those who believe in him are not condemned, but those who do not believe are condemned already because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

Word of God, word of life.

Thanks be to God.

Sermon

Pastor Becky Sells

Hymn: "Christ Be Our Light" ELW 715



1 Long - ing for light, we wait in dark - ness. Long - ing for
2 Long - ing for peace, our world is trou - bled. Long - ing for
3 Long - ing for food, man - y are hun - gry. Long - ing for
4 Long - ing for shel - ter, man - y are home - less. Long - ing for
5 Man - y the gifts, man - y the peo - ple, man - y the



truth, we turn to you. Make us your own,
hope, man - y de - spair. Your word a - lone
wa - ter, man - y still thirst. Make us your bread,
warmth, man - y are cold. Make us your build - ing,
hearts that yearn to be - long. Let us be ser - vants



your ho - ly peo - ple, light for the world to see.
has pow'r to save us. Make us your liv - ing voice.
bro - ken for oth - ers, shared un - til all are fed.
shel - ter - ing oth - ers, walls made of liv - ing stone.
to one an - oth - er, signs of your king - dom come.



Refrain

Christ, be our light! Shine in our hearts. Shine through the



dark - ness. Christ, be our light! Shine in your



church gath - ered to - day.

Text: Bernadette Farrell, b. 1957

Music: CHRIST, BE OUR LIGHT, Bernadette Farrell

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***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.

The image shows two staves of musical notation in G major (one sharp) and 3/4 time. The first staff contains the first four measures of the refrain, and the second staff contains the next four measures. The lyrics are written below the notes.

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*).

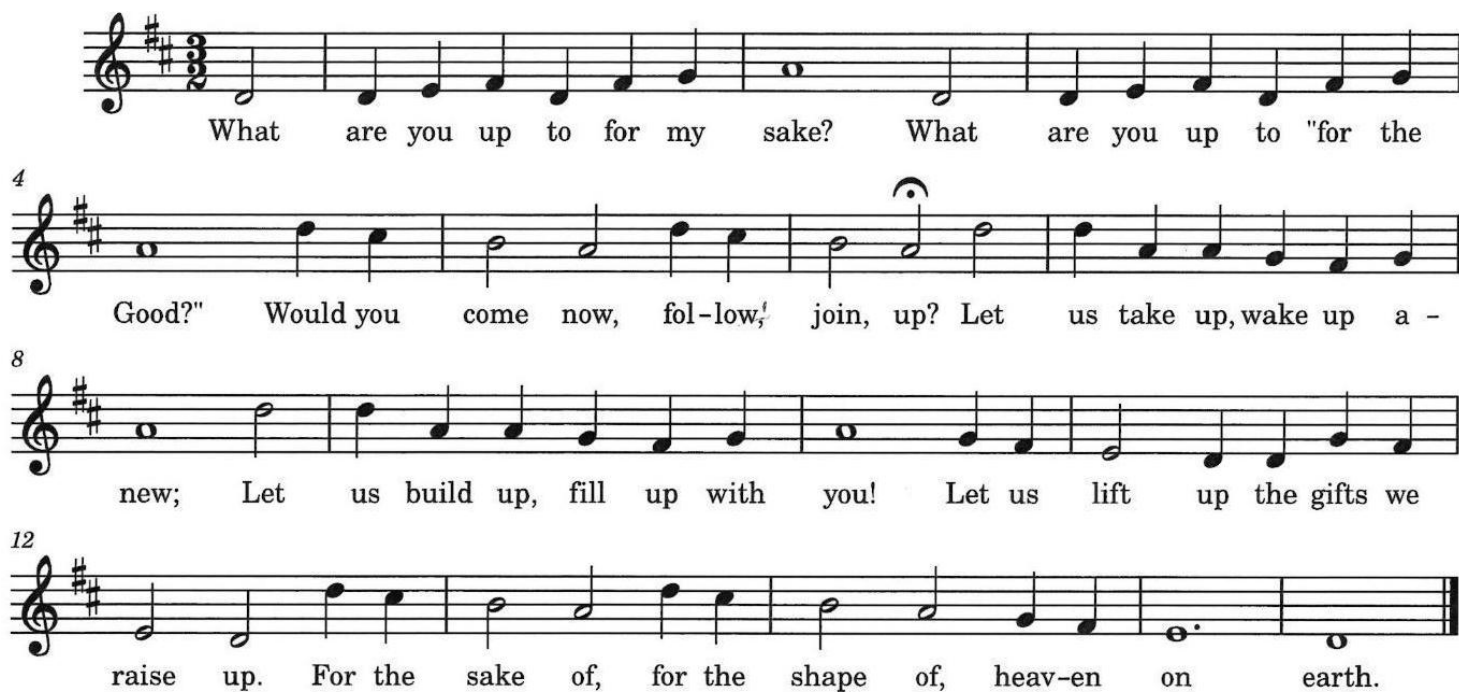
Repeat refrain

****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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