



what r u up 2?

Lent 5: ***“Lift Up”***

Wednesday, April 9, 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 the Theme:

“When nothing else would help, love lifted me!” says the old Gospel song. To be lifted up is to be drawn into the love of God. Jesus drew all kinds of people to him during his short tenure on earth, drawing no boundaries for who was invited into that love. As his hour to die drew nearer, he spread the message that all things would be enveloped in his love even after he was gone. What uplifting message will we pass on to others?

Please stand as you are comfortable.

***Confession and Forgiveness**

Let us pray together:

**Radically inclusive God, you offer each one of us
a life-changing love that leaves no one out.
Sometimes our hearts feel so heavy
that we struggle to rise up and claim it.
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 51):

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I know my transgressions, and my sin is ever before me... Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit.

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: John 12: 20-33

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew, then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain, but if it dies it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor.

“Now my soul is troubled. And what should I say: ‘Abba, save me from this hour’? No, it is for this reason that I have come to this hour. Abba, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

Word of God, word of life.
Thanks be to God.

Sermon

Pastor Becky Sells

Hymn: “I’m So Glad, Jesus Lifted Me”.....ELW 860



1 I'm so glad I'm so glad
 2 Sa - tan had me bound, Je - sus lift - ed me. Sa - tan had me bound,
 3 When I was in trou - ble, When I was in trou - ble,



Je - sus lift - ed me. I'm so glad
 Sa - tan had me bound, Je - sus lift - ed me,
 When I was in trou - ble,

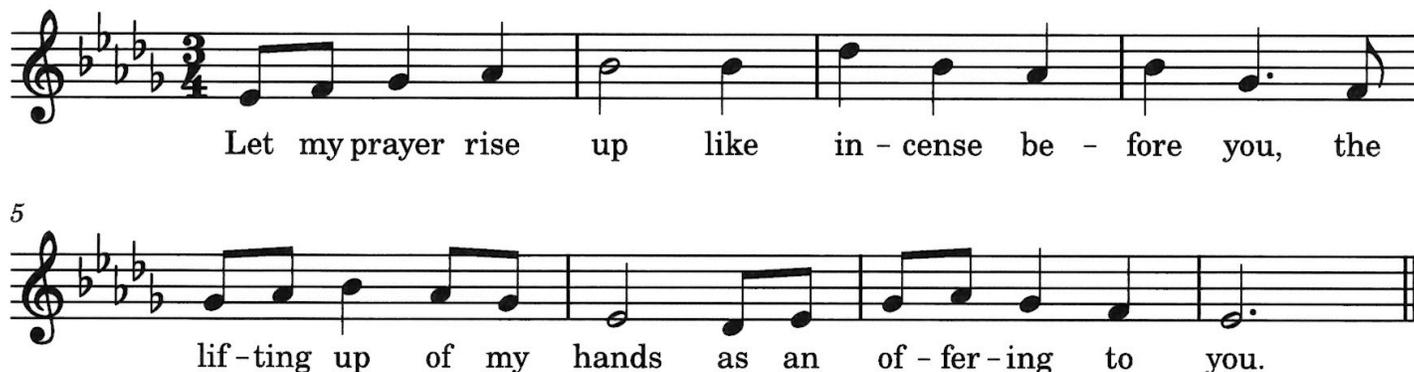


sing - ing glo - ry, hal - le - lu - jah! Je - sus lift - ed me.

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 go forth with no limits on love,
imagining a mighty Spirit wind beneath your wings
that will raise you up to new heights
and give you the assurance
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

I'm So Glad, Jesus Lifted Me

Text: African American spiritual

Music: JESUS LIFTED ME, African American spiritual

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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