



SLOW DOWN THIS LENTEN SEASON

SLOW LENT

**MIDWEEK SERMON SERIES
WEDNESDAYS**

“SLOW FOOD” MEANS SAVORING A MEAL.
“SLOW LENT” PAUSES TO REFLECT
ON OUR NEED FOR JESUS TO DIE ON THE CROSS

**SOLITUDE IN COMMUNION
WITH GOD FOR COMMUNITY**

MIDWEEK LENTEN WORSHIP MARCH 4, 2020

BETHEL LUTHERAN CHURCH & PRESCHOOL

5110 Grand Avenue, Gurnee, Illinois 60031 – (847) 244-9647

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WORSHIP SCHEDULE

Sundays 8:00 a.m. & 10:45 a.m.

Holy Communion: 1st, 3rd, 5th Sunday of the month

Becky Lanzito & Karen Leicht - Organists, Ann Souza - Music Director,
Mandi Diver – Choir/New Music Accompanist, David Ziegler - Handbell Director

WELCOME TO OUR VISITORS

We are pleased you chose to be with us in worship today, and pray the Lord blesses you as he has blessed us with your presence. Our goal is to help people find the right place for them to hear God's word and serve His mission. We'd love to support you in that spiritual journey. Please take a moment to complete an attendance card and place it in the Offering plate or give to an usher. This card will help us connect with you.

NURSERY

We have two rooms available for your use. When the service is in the sanctuary, the nursery is down the hall just past the restrooms. If the service is held in the gym, the nursery is in the youth room at the far end of the gym.

SERVING TODAY

Elder: JJ Jones

Asst Elder: OPEN

Ushers: Aaron Ratzburg, Brooke Ratzburg

Acolytes: Holly Faitsch

Lay Readers: Sue Bandman, Karen Kozlik

Greeter: Al Diercks

VESPERS

Adapted from the Lutheran Service Book, "vespers" is a Latin word meaning "evening." Originally one of eight daily offices prayed during the Middle Ages, Vespers was retained at the time of the Reformation as one of two chief daily services, the other being Matins (Morning Prayer). "Sunset marks the end of the day and also the beginning of the next day so that the days roll on without interruption. The hours of darkness are experienced as a time of waiting and watching... the unknown, isolation, fear, death, night... but also stillness, rest, peace, and promise. In Christ, the grave is transformed into the morning of new and unending life"



(quotes from Journey into the Heart of God).

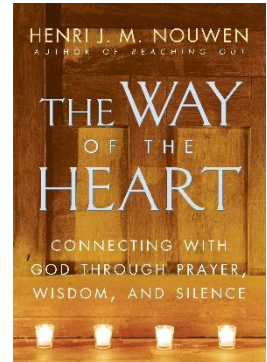
“Slow Lent” Series Overview

The Way of the Heart

Connecting with God through Prayer, Wisdom and Silence

by Henri J.M. Nouwen

In this short but profound book, published in 1981, Henri turns to the spirituality of the Desert Fathers to show his readers a spiritual path away from the noise, busyness and consumerism of modern life toward a life centered in God. He divides this path into three disciplines: **solitude, silence and prayer**, the practice of which leads the individual from preoccupation with the superficiality of ordinary existence into the depth of life devoted to God. **Portions of this series are also inspired by Nouwen’s *Making All Things New* (copies available at Bethel).**



Beginning Hymn

Be Still, My Soul, before the Lord

LSB 771



1 Be still, my soul, be - fore the Lord, For
2 You need not mul - ti - ply your words Nor
3 Wait, then, in qui - et con - fi - dence, Your
4 Be still, my soul, be - fore the Lord; On



God is al - ways near. Be - fore your mind is
pray with prac - ticed art. Be - yond all speech, God
anx - ious thoughts at rest. God knows your needs be -
God in pa - tience wait. God's love, un - seen, sur -



moved to pray, God lis - tens and will hear.
un - der - stands The hun - ger of your heart.
fore you ask And works for what is best.
rounds your life; God's help will not be late.

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Invocation and Opening Words

P: In the Name of the Father and of the Son and of the Holy Spirit.

C: Amen.

P: O Lord, open my lips,

C: *and my mouth will declare Your praise.*

P: Make haste, O God, to deliver me;

C: *make haste to help me, O Lord.*

P: O Lord,

C: *have mercy.*

P: O Christ,

C: *have mercy.*

P: O Lord,

C: *have mercy.*

P: Be gracious to us.

C: *Spare us, good Lord.*

P: Be gracious to us.

C: *Help us, good Lord.*

P: Christ, the Lamb of God, who takes away the sin of the world,

C: *have mercy.*

P: Christ, the Lamb of God, who takes away the sin of the world,

C: *have mercy.*

P: Christ, the Lamb of God, who takes away the sin of the world,

C: *grant us Your peace.*

Confession of Sins

LSB 254

P: Holy and gracious God,

C: *I confess that I have sinned against You this day. Some of my sin I know—the thoughts and words and deeds of which I am ashamed—but some is known only to You. In the name of Jesus Christ I ask forgiveness. Deliver and restore me that I may rest in peace.*

P: By the mercy of God we are redeemed by Jesus Christ, and in Him we are forgiven. We rest now in His peace and rise in the morning to serve Him.

C: Amen.

Opening Hymn

O Lord, throughout These Forty Days

LSB 418



1 O Lord, through - out these for - ty days You
2 You strove with Sa - tan, and You won; Your
3 Though parched and hun - gry, yet You prayed And
4 Be with us through this sea - son, Lord, And



prayed and kept the fast; In - spire re - pen - tance
faith - ful - ness en - dured; Lend us Your nerve, Your
fixed Your mind a - bove; So teach us to de -
all our earth - ly days, That when the fi - nal



for our sin, And free us from our past.
skill and trust In God's e - ter - nal Word.
ny our - selves, Since we have known God's love.
Eas - ter dawns, We join in heav - en's praise.

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Greeting and Collect (Prayer of the Day)

P: The Lord be with you.

C: And also with you.

P: O Lord God, You led Your ancient people through the wilderness and brought them to the promised land. Guide the people of Your Church that following our Savior we may walk through the wilderness of this world toward the glory of the world to come; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

C: Amen.

Psalm Reading

Psalm 68:4–5,7–8 (ESV)

⁴Sing to God, sing praises to his name;
lift up a song to him who rides through the deserts;
his name is the LORD;
exult before him!
⁵Father of the fatherless and protector of widows
is God in his holy habitation.
⁷O God, when you went out before your people,
when you marched through the wilderness,
⁸the earth quaked, the heavens poured down rain,
before God, the One of Sinai,
before God, the God of Israel.

L: This is the Word of the Lord.

C: **Thanks be to God.**

Epistle (New Testament Letter)

Romans 5:12-19 (ESV)

¹²Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned— ¹³for sin indeed was in the world before the law was given, but sin is not counted where there is no law. ¹⁴Yet death reigned from Adam to Moses, even over those whose sinning was not like the transgression of Adam, who was a type of the one who was to come.

¹⁵But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man Jesus Christ abounded for many. ¹⁶And the free gift is not like the result of that one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brought justification. ¹⁷If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ.

¹⁸Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. ¹⁹For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

L: This is the Word of the Lord.

C: **Thanks be to God.**

Holy Gospel

Matthew 4:1-11 (ESV)

¹Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²And after fasting forty days and forty nights, he was hungry. ³And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” ⁴But he answered, “It is written,

*‘Man shall not live by bread alone,
but by every word that comes from the mouth of God.’”*

⁵Then the devil took him to the holy city and set him on the pinnacle of the temple ⁶and said to him, “If you are the Son of God, throw yourself down, for it is written,

*‘He will command his angels concerning you,’ and
‘On their hands they will bear you up,
lest you strike your foot against a stone.’”*

⁷Jesus said to him, “Again it is written,

‘You shall not put the Lord your God to the test.’”

⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. ⁹And he said to him, “All these I will give you, if you will fall down and worship me.” ¹⁰Then Jesus said to him, “Be gone, Satan! For it is written, *‘You shall worship the Lord your God*

and him only shall you serve.’”

¹¹Then the devil left him, and behold, angels came and were ministering to him.

P: This is the Gospel of the Lord.

C: ***Thanks be to God.***

Responsory

LSB 230

P: Teach me Your way, O Lord, that I may walk in Your truth.

C: ***Your Word is a lamp to my feet and a light to my path.***

P: Unite my heart to fear Your name that I may walk in Your truth.

C: ***Your Word is a lamp to my feet and a light to my path.***

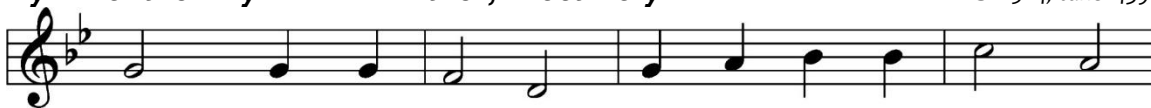
P: Glory be to the Father and to the Son and to the Holy Spirit.

C: ***Your Word is a lamp to my feet and a light to my path. Amen.***

Hymn of the Day

Father, Most Holy

LSB 504; tune: 439



1 Fa - ther most ho - ly, mer - ci - ful, and ten - der;
2 Trin - i - ty bless - ed, u - ni - ty un - shak - en,
3 Mak - er of all things, all Thy crea - tures praise Thee;
△ 4 Lord God Al - might - y, un - to Thee be glo - ry,



Je - sus, our Sav - ior, with the Fa - ther reign - ing;
Good - ness un - bound - ed, ver - y God of heav - en,
All for Thy wor - ship were and are cre - at - ed;
One in three per - sons, o - ver all ex - alt - ed!



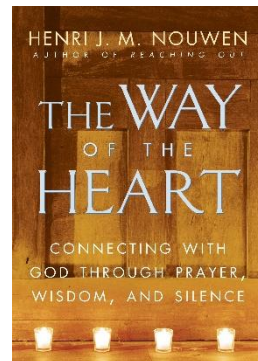
Spir - it of com - fort, ad - vo - cate, de -
Light of the an - gels, joy of those for -
Now, as we al - so wor - ship Thee de -
Glo - ry we of - fer, praise Thee and a -



fend - er, Light nev - er wan - ing;
sak - en, Hope of all liv - ing,
vout - ly, Hear Thou our voic - es.
dore Thee, Now and for - ev - er.

Sermon **“Slow Lent: Solitude in Communion With God For Community”**
Matthew 4:1-11

Compassion is the fruit of solitude...(33). Compassion is hard because it requires the inner disposition to go with others to the place where they are weak, vulnerable, lonely, and broken....[O]ur greatest gift [to others] is our ability to enter into solidarity with those who suffer.



It is in solitude that this compassionate solidarity grows. In solitude we realize that nothing [in the human experience] is alien to us, that the roots of all conflict, war, injustice, cruelty, hatred, jealousy, and envy are deeply anchored in our own heart. In solitude our heart of stone can be turned into a heart of flesh, a rebellious heart into a contrite heart, and a closed heart into a heart that can open itself to all suffering people in a gesture of solidarity.

[I]n and through solitude we do not move away from people. On the contrary, we move closer to them through compassionate ministry.

Offering—followed by the Offertory

Create in Me

LSB 192

Cre - ate in me a clean heart, O God, and re -
 new a right spir - it with - in me. Cast me not a -
 way from Thy pres - ence, and take not Thy Ho - ly Spir - it
 from me. Re - store un - to me the joy of Thy sal - va -
 tion, and up - hold me with Thy free spir - it. A - men.

Prayers of the Church

P: Let my prayer rise before You as incense,

C: *and the lifting up of my hands as the evening sacrifice.*

P: Merciful Father, whose guiding hand has brought us to the completion of this day, we humbly pray You to stay with us and shelter us in quiet hours of this night that we, who are wearied by the changes and chances of this passing world, may rest in Your changeless peace. Lord, in Your mercy,

C: *hear our prayer.*

P: Eternal God, the hours both of day and night are Yours, and to You the darkness is no threat. Be present, we pray, with those who labor in these hours of night, especially those who watch and work on behalf of others. Grant them diligence in their watching, faithfulness in their service, courage in danger, and competence in emergencies. Help them to meet the needs of other with confidence and compassion; Lord, in Your mercy,

C: *hear our prayer.*

P: Gracious Lord, we give You thanks for the day, especially for the good we were permitted to give and to receive. The day is now past, and we commit it to You. We entrust to You the night and rest in Your peace, for You are our help, and You neither slumber nor sleep. Lord, in Your mercy,

C: *hear our prayer.*

P: Let us pray together.

C: *I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.*

(Silence for meditation)

The Lord's Prayer

P: Lord, remember us in Your kingdom, and teach us to pray:

All: *Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory forever and ever. Amen.*

Benediction

P: The grace of our Lord Jesus Christ and the love of God and the communion of the Holy Spirit be with you all.

C: Amen.

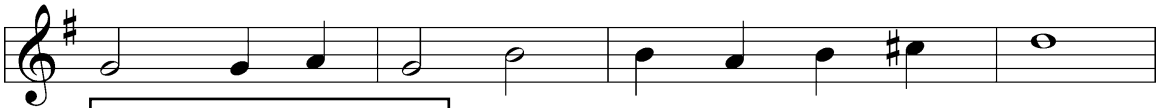
Closing Hymn

Savior, Again to Thy Dear Name We Raise

LSB 917



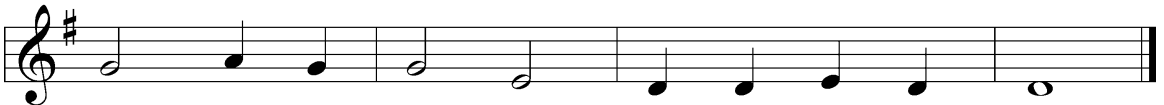
1 Sav - ior, a - gain to Thy dear name we raise
2 Grant us Thy peace up - on our home - ward way;
3 Grant us Thy peace, Lord, through the com - ing night;
4 Grant us Thy peace through - out our earth - ly life,



With one ac - cord our part - ing hymn of praise;
With Thee be - gan, with Thee shall end, the day.
Turn Thou for us its dark - ness in - to light.
Our balm in sor - row and our stay in strife;



Once more we bless Thee ere our wor - ship cease,
Guard Thou the lips from sin, the hearts from shame,
From harm and dan - ger keep Thy chil - dren free;
Then, when Thy voice shall bid our con - flict cease,



Then, low - ly bend - ing, wait Thy word of peace.
That in this house have called up - on Thy name.
For dark and light are both a - like to Thee.
Call us, O Lord, to Thine e - ter - nal peace.

Acknowledgments

Adapted from "Vespers" in *Lutheran Service Book*.

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We pride ourselves on the ZCenter experience. Our locations are designed to operate on the principle that a holistic environment, composed of safe, tranquil, and nurturing physical surroundings and compassionate staff, can significantly enhance the healing process so that all survivors can heal, safely, in their own way.

zcenter services

Sexual assault and abuse can happen anywhere and affect anyone. All ages, all races, all genders, all walks of life. Girls, boys, men and women. Zacharias Sexual Abuse Center, also known as ZCenter, is committed to providing free counseling and advocacy services to survivors of sexual abuse and assault, and non-offending loved ones.

It takes courage to ask for help. But we are always here for you. If you or a loved one has been sexually abused or assaulted, we have supportive services to help you on your healing journey.

SURVIVOR SERVICES

24-Hour Support Line

(847) 872-7799

- **Referral Services**
- **Counseling**
 - Adult Counseling (Individual or Group)
 - Children’s Counseling (Individual or Group)
- **Advocacy** (Medical, Court)

It takes courage to bring an often-avoided subject to the forefront of your community. Through awareness and education, ZCenter aims to mobilize a community, change a culture and end sexual violence.

*take the
courageous next step*

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