



**Reconnecting  
with an  
Unhurried God**

**BUSY**

***Calvary Lutheran Church  
Lenten Services***

***March 4, 2020***

## Taking a Breather

*As we gather together, we will use the first part of our service to slow down, to settle our souls so that we might reconnect with an “unhurried God.”*

### Prelude Music

We live in a fast-paced world; in fact, being “busy” has become a measure of worth in our society. But what does it cost us to be so busy? This Lent, we invite you, not so much to ‘give something up’ for Lent, but to slow down and make space for God, to be renewed by the very breath of God.

### Opening Verse

### “Come and Find the Quiet Center”

### Verse 1

Tune: ELW # 712

**Come and find the quiet center in the crowded lives we lead  
Find the room for hope to enter, find the frame where we are freed:  
Clear the chaos and the clutter, clear our eyes that we can see  
All the things that really matter, be at peace, and simply be...**

### The Invitation to Lent: Catching our Breath

I invite you to take a deep breath...

*[take a moment to breathe in and out slowly a few times]*

If you have a watch on, I invite you to take it off for this time of worship.

If you have a phone, I invite you to turn it off or put it away now.

If that makes you anxious, that’s OK.

Just notice the feeling and give it some thought.

As Lent begins, let these simple acts (or maybe not-so-simple acts)

be a sign of the commitment to give ourselves a break,

to give ourselves just a moment to catch our breath,

to give ourselves time to make space for God.

*(Time for silence and reflection)*

## Taking Note

*The second part of our service invites us to “take note” of what God is saying to us this day, through scripture, music and sermon.*

### Genesis 2:1-3

*Response after the announcement of the gospel:*

**Glory to you, O Lord.**

<sup>1</sup>Thus the heavens and the earth were finished, and all their multitude. <sup>2</sup>And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. <sup>3</sup>So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

*Response after the gospel reading:*

**Praise to you, O Christ.**

**The Message**

**Pastor Sheryl**

*(Silence for reflection and meditation)*

## Taking Care

*The third part of our service is our response to having listened for God’s word. We “take care” to focus through prayer, offering [and communion] on what’s really important, really essential, to lives lived with depth.*

## ***Making Space for God: ‘Time Out’ in the Prayer Chair***

Each Wednesday night during Lent, we will spend a few minutes, in our prayer chair, making space for God in our busy lives, using an ancient prayer practice called the Breath Prayer. Breath prayer reminds us that each breath we are given is a gift from God to us and that God’s Spirit (Breath) is nearer to us than our own breath. Our hope is that you will designate a prayer chair at home and find time each day to give yourself a “time out in your Prayer Chair”, to make space for God’s presence, and connect with the very breath of God through each week’s breath prayer.

So take a moment to get comfortable...if you are holding anything in your hands you may want to put it down for the moment. Now intentionally place yourself before God. Become aware of your breathing. In rhythm with your breathing, gratefully inhale the breath of life. Exhale remembering that Jesus gave his last breath for love of you....

Now as you breathe in, pray silently or perhaps with a whisper *‘Be still and know’* and as you exhale, pray in the same manner *‘that I am God.’*

Continue in this manner until you hear the music begin....

*(A Time of Silence and Reflection)*

**Centering Verse**

**“Come and Find the Quiet Center”**

**Verse 2**

Tune: ELW # 712

**Silence is a friend who claims us, cools the heat and slows the pace,  
God it is who speaks and names us, knows our being, touches base  
Making space within our thinking, lifting shades to show the sun,  
Raising courage when we’re shrinking, finding scope for faith begun.**

### **Prayers of the People**

For the times when we take for granted this world you created... forgive us.  
For the times when we have not been good stewards of your world... forgive us.  
For the times we neglect to follow your example and rest from our labors...forgive us.  
O Lord, help us to step back when the toxic and overbearing pace of life threatens to  
tear down our connections to life, love and you.  
Help us to learn to rest in your presence, O God.

In this moment we hear your invitation:  
*“Be still and know that I am God.”*

You do not ask us to wear ourselves out in order to please you.  
We are your children, created by you, and you love us...just as we are.

We bring our petitions to you this day, O God. Here are the people and things we are  
worried about and yet know that we cannot control:

*(prayers for those on the bulletin prayer list and prayer cards)*

....through Jesus Christ our Lord.

**\*Lord's Prayer**

(Contemporary Version)

**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.**

**The Offering**

**Offertory Response**

**Tune: Doxology ELW # 884**

**For time to savor God's good gifts  
For space to breathe and hearts to lift  
For ways to reach out and to give  
We offer thanks and vow to live!**

**Taking It Out**

*The final movement of our service is a time of committing to take a bit of  
this serenity and peace out into the busy world. We are reminded to  
"keep the main thing the main thing."*

**Invitation to Lenten Practices**

When you get home, find a chair that will be your Prayer Chair for Lent, if you have not  
already done so. Maybe put a candle next to it to light for your prayer time.

You should have received a handout this evening with your bulletin for your own prayer time at home and each week we will have the prayer from worship for you to take home. You will also be able to find it on our website, should you need it.

Also, when you get home, we encourage you to create your own God Box, using the instructions provided in the handout.

Use the box throughout Lent to give God your worries and concerns.

This God Box will also be available here in the sanctuary throughout Lent whenever you need or wish to add to it. Then at the end of Lent either burn or throw your worries away having entrusted them to God and we will do the same with those placed in the box here in the sanctuary.

### **Blessing for the Unhurried Life**

May this journey change your way of thinking and being.

May you learn to rest in God's presence and be renewed by his Spirit.

May you know deeply that there is time enough  
for you, for your relationships, for your work AND for prayer.

And may you be reacquainted each day with an unhurried God  
who is calling you to breathe deeply of his loving presence.

**Sending Verse**

**"Come and Find the Quiet Center"**

**Verse 3**

Tune: ELW # 712

**In the Spirit let us travel, open to each other's pain,  
Let our loves and fears unravel, celebrate the space we gain:  
There's a place for deepest dreaming, there's a time for heart to care,  
in the Spirit's lively scheming there is always room to spare.**

**Postlude**

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**WEDNESDAY,**

**March 11**, the Lenten meal is pizza casserole sponsored by the Choir. The meal will be at 5:30 pm with worship to follow at 6:30 pm.

### **2020 ECUMENICAL LENTEN LUNCHESES**

will be held on Tuesdays from Noon to 1 p.m. during Lent. If you are interested in helping with the luncheon for March 17 when Calvary is scheduled to host, please talk to Pastors Sheryl or Chris.

### **SCHEDULE**

- March 10** - WestWay Christian Church  
*1701 W. 27th St., Scottsbluff*
- March 17** - Calvary Lutheran Church  
*17 E. 27th St., Scottsbluff*
- March 24** - St. Francis Episcopal Church  
*14 E. 20th St., Scottsbluff*
- March 31** - First Christian Church  
*2102 Avenue A, Scottsbluff*



## †In Our Thoughts and Prayers†

*Prayers for healing:* **Kenny & Alice Shriver** (hospitalized), **Linda Spomer** (heart tests), **Mylah Buckley** (RSV—great-granddaughter of Jim & Sheila Miller), **Jordan Hein** (cancer surgery—former member of Calvary), **Wes Sell** (recovering), **Neal Blomenkamp** (recovering from surgery), **Dee Brady** (recovering from surgery), **Steve Kaufman** (recovering), **Norman Stevens** (Dave Steven’s brother), **Michael Luenenborg** (heart surgery—brother of Deanna Zweifel), **Ron Hettinger** (heart & medical conditions—Marcy Miller’s father), **Mabel Dedlow** (healing), **Candy** (cancer surgery--friend of Susan Martin), **Michael Dietrich** (friend of Dave & Penny Stevens), **Julie** (cancer treatment--Travis Miller family), **Barb** (cancer--Marlene Downer’s sister-in-law), **Joan** (cancer--niece of Marj Nikont), **Patty** (cancer—Jim Dorn’s sister-in-law), **Kevin Feil** (healing--Melissa Guerrero’s father), **Bonnie Noble** (Leah Nikont’s mother).



## The Generosity Project

&

## Cross+Generational Ministry Lab

Offered at Calvary on Saturday,

March 7, from 9 to 3.

See Pastor Chris for more information.