



**Reconnecting  
with an  
Unhurried God**

**BUSY**

***Calvary Lutheran Church  
Lenten Services***

***March 25, 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

Our world has been turned upside down, our thoughts, our lives, our well-being, is consumed by uncertainty. Our call to slow down and make space for God, to be renewed by the very breath of God has never been more timely.

### 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 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 very anxious, that's OK.

Just notice the feeling and give it some thought.

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.*

### Jeremiah 17:7-8

<sup>7</sup>Blessed are those who trust in the LORD,  
whose trust is the LORD.

<sup>8</sup>They shall be like a tree planted by water,  
sending out its roots by the stream.  
It shall not fear when heat comes,  
and its leaves shall stay green;  
in the year of drought it is not anxious,  
and it does not cease to bear fruit.

The Word of the Lord  
**Thanks be to God**

**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***

Let us now spend a few minutes in our prayer chair, making space for God,  
using the 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 (or Breath) is nearer to us than our own breath.

Our hope is that you will find time each day to make space for God’s presence,  
and connect with the very breath of God through each week’s breath prayer.

So take time now 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 Jesus’ prayer for us: *‘Blessed are those,’*  
and as you exhale, pray in the same manner *‘who trust in the Lord.’*

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 think we are too busy to make time for you...**forgive us.**

For the times when we trust in our strength, instead of yours...**forgive us.**

For the times when we do not sink our roots deep into your living water...**forgive us.**

O Lord, help us to celebrate and embrace the ebbs and flow of life.

Give us the ability to find joy and rest in the midst of our labors.

In this moment we pray with Jesus...

***“Blessed are those who trust in the Lord.”***

O Lord, 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 night, gracious 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)*

....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.**

**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**

If you have not already done so, find a chair that will be your Prayer Chair for the remainder of Lent. Maybe put a candle next to it to light for your prayer time.

You will find tonight's bulletin and prayer handout on our website.

Again, if you have not already done so, we encourage you to create your own God Box, using the instructions provided on the handout.

Continue to use the God 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.**

**Dismissal**

Go in peace. Serve the Lord.

**Thanks be to God.**

**Postlude**

*Copyright Permissions:* Liturgy: © www.worshipdesignstudio.com

## ‡In Our Thoughts and Prayers‡

Prayers for healing: **Florence Kasza** (Hospice—Fran Johnson’s sister) **Alan** (recovery of vision after surgery--Kathy Randall’s cousin). **Kenny & Alice Shriver** (recovering), **Linda Spomer** (heart tests), **Mylah Buckley** (RSV—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)

Prayer of thanks: For successful surgery for **Nancy**.

Prayers for comfort and peace: For the family and friends of **Reva Loeks** (Maunette Loeks mother), and **Judy Lutz** (Tammy Lutz’ mother).

Prayers for our church, community, nation and world: in this time of Covid-19.