



**Reconnecting
with an
Unhurried God**

BUSY

***Calvary Lutheran Church
Lenten Services***

April 1, 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 and grief as school and graduations and businesses are shut down. Indeed our call to slow down and make space for God, to be strengthened by God's presence and 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.

Psalm 84

- ¹How lovely is your dwelling place, O LORD of hosts!
²My soul longs, indeed it faints for the courts of the LORD;
my heart and my flesh sing for joy to the living God.
³Even the sparrow finds a home, and the swallow a nest for herself,
where she may lay her young, at your altars, O LORD of hosts,
my King and my God.
⁴Happy are those who live in your house, ever singing your praise.
⁵Happy are those whose strength is in you,
in whose heart are the highways to Zion.
⁶As they go through the valley of Baca they make it a place of springs;
the early rain also covers it with pools.
⁷They go from strength to strength; the God of gods will be seen in Zion.
⁸O Lord GOD of hosts, hear my prayer; give ear, O God of Jacob!
⁹Behold our shield, O God; look on the face of your anointed.
¹⁰For a day in your courts is better than a thousand elsewhere.
I would rather be a doorkeeper in the house of my God
than live in the tents of wickedness.
¹¹For the Lord GOD is a sun and shield; he bestows favor and honor.
No good thing does the LORD withhold from those who walk uprightly.
¹²O LORD of hosts, happy is everyone who trusts in you.

The Word of the Lord
Thanks be to God

The Message

Pastor Chris

(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 even as Lent ends
to make space for God's presence,

and connect with the very breath of God through an ongoing practice of 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 pray: *'Breathe on me,'*
and as you exhale, pray in the same manner *'Breath of 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 have put our anxieties before our trust in you... **forgive us.**

For the times when we turn inward instead of seeking you...**forgive us.**

For the times we strive to rely on our own strength instead of yours...**forgive us.**

Help us find the place of balance, O God.

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...

“Breathe on me breath of God”

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 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.

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, designate a chair that will be your Prayer Chair not just for the remainder of Lent, but on into the future.

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.

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

Be intentional this week of giving 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 before you celebrate Easter 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. Rest in God's presence.

Thanks be to God.

Postlude

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‡In Our Thoughts and Prayers‡

Prayers for healing: **Betty Kenyon** (recovering from emergency surgery—friend of Valerie Rahrs), **Florence Kasza** (Hospice—Fran Johnson & Barb Tallmon's sister), **Alan** (recovery of vision after surgery--Kathy Randall's cousin). **Kenny & Alice Shriver** (recovering), **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 Lueningborg** (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)

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