KOUNTZE MEMORIAL LUTHERAN CHURCH A CITY-WIDE CHURCH WITH A WORLD-WIDE MINISTRY

Olaf Roynesdal, Senior Pastor H. Ashley Hall, Associate Pastor Paul H. Moessner, Associate Pastor Inba Inbarasu, Visitation Pastor 2650 Farnam Street Omaha, NE 68131-3616 402-341-7761 www.kmlchurch.org

February 18, 2018

9:00 & 11:00 AM

FIRST SUNDAY in LENT



On Ash Wednesday we began our journey toward baptismal immersion in the death and resurrection of Christ. This year, the Sundays in Lent lead us to focus on five covenants God makes in the Hebrew Scriptures and to use them as lenses through which to view baptism. First Peter connects the way God saved Noah's family in the flood with the way God saves us through the water of baptism. The baptismal covenant is made with us individually, but the new life we are given in baptism is for the sake of the whole world.

GATHERING

WELCOME AND ANNOUNCEMENTS

(stand)

CONFESSION AND FORGIVENESS

- **P** In the name of the Father, and of the + Son, and of the Holy Spirit.
- Amen.
- P God of heaven and earth, you come in close and make us yours. Equip us by your Spirit to confess our sin, embrace your forgiveness, and seek the way you set before us in your Son, Jesus Christ our Lord.
- **G** Amen.
- P With honesty of heart, let us confess our sin.

Silence is kept for reflection and self-examination.

- P Merciful God,
- forgive us.

Our will is handcuffed to sin, and we cannot break free.

We have spoken when we should have kept quiet.

We were silent when we should have said something.

We acted when we knew better.

We were still when we know we should have moved.

For the wrong we have done,

for the good we have failed to do, have mercy on us, through Jesus Christ our Lord. Amen.

- People of God, look to + Jesus Christ, given to heal you and set you free because God loved the world so much, because God loved you so much. Take hold of life—eternal life!
- C Amen.

PROCESSIONAL HYMN

"A Mighty Fortress Is Our God"

ELW 504

Verse 1 & 2: All Verse 3: *Choir* Verse 4: All

APOSTOLIC GREETING

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

KYRIE

P In peace let us pray to the Lord.



P For the peace from above, and for our salvation, let us pray to the Lord.



P For the peace of the whole world, for the well-being of the church of God, and for the unity of all, let us pray to the Lord.



P For this holy house, and for all who offer here their worship and praise, let us pray to the Lord.



P Help, save comfort and defend us gracious Lord.



PRAYER OF THE DAY

- P Lord God, our strength,
- the struggle between good and evil rages within and around us, and the devil and all the forces that defy you tempt us with empty promises. Keep us steadfast in your word, and when we fall, raise us again and restore us through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

WORD

(sit)

FIRST READING Genesis 9:8-17

Today's reading is the conclusion to the flood story. Because of human sin, the Lord destroys the earth by flood, saving only Noah, his family, and the animals on the ark. Yet divine destruction gives way to divine commitment. As in the first creation, God blesses humanity and establishes a covenant with all creatures.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, "and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. "I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

A The word of the Lord.

☑ Thanks be to God.

PSALM 25:1–10 (read responsively)

¹To you, O LORD, I lift up my soul.

²My God, I put my trust in you; let me not be put to shame, nor let my enemies triumph over me.

³Let none who look to you be put to shame; rather let those be put to shame who are treacherous.

⁴Show me your ways, O LORD, and teach me your paths.

⁵Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.

⁶Remember, O LORD, your compassion and love, for they are from everlasting.

⁷Remember not the sins of my youth and my transgressions;

remember me according to your steadfast love and for the sake of your goodness, O LORD.

⁸You are gracious and upright, O LORD; therefore you teach sinners in your way.

⁹You lead the lowly in justice and teach the lowly your way.

¹⁰All your paths, O LORD, are steadfast love and faithfulness to those who keep your covenant and your testimonies.

SECOND READING 1 Peter 3:18-22

As God acted through Christ's suffering and death to bring us to God, so God acts through baptism to save us from a sinful existence. This spiritual cleansing marks our new life in Christ.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, ¹⁹in which also he went and made a proclamation to the spirits in prison, ²⁰who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. ²¹And baptism, which this prefigured, now saves younot as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, ²²who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

A The word of the Lord.

⚠ Thanks be to God.

(stand)

LENTEN VERSE

"Thy Word"

Chorus: Thy Word is a lamp unto my feet And a light unto my path

Thy Word is a lamp unto my feet And a light unto my path

Verse 1: When I feel afraid And I think I've lost my way

Still You're there right beside me

Nothing will I fear As long as You are near

Please be near me to the end

Verse 2: I will not forget Your love for me and yet

My heart forever is wandering

Jesus be my guide And hold me to Your side

I will love You to the end

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P The Holy Gospel according to St. Mark.

G Glory to you, O Lord.

THE HOLY GOSPEL Mark 1:9-15

The Spirit that comes upon Jesus at his baptism sustains him when he is tested by Satan so that he might proclaim the good news of God's reign.

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan.

10 And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. 11 And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

¹²And the Spirit immediately drove him out into the wilderness. ¹³He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

¹⁴Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵ and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

P The Gospel of our Lord

☑ Praise to you, O Christ.

(sit)

CHILDREN'S BLESSING

Children (aged 3 years through 5^{th} grade) are invited to come forward for a blessing. Then, they may either follow the teacher upstairs for an extended children's sermon (joining us again later in time for Communion) or they may return to their seat and use the Spark Bible and/or activity bags during the regular sermon.

(stand)

HYMN OF THE DAY

"Lord, Keep Us Steadfast in Your Word"

ELW 517

THE APOSTLES' CREED

G I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended to the dead.

On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

THE PRAYERS OF THE CHURCH

Response: P Lord, in your mercy,

© hear our prayer.

(In our prayers today, during a time of silence, pray for those listed below and for others according to their needs)

Illness: Lois Carlsen, Emalee Gardels, Jr Green, Eunice Grunberg, Lavern Larkowski, Susan Muchmore, Gary Rodene, Ed White, Darlene Wilson

Sympathy: To the family and friends of Edith Lenners, mother of Colleen Lenners

Other Prayers: *Those serving in the military* – Amy Dyer, Brennan Hron, Michael McNeill, Daniel Milstead, Sheldon Skovgaard, Michael Vutov, and Joel Woosley

Other Prayers: *Those serving in mission* — Rev. Chandran Paul Martin, India; Dr. Stephen & Jodi Swanson, Tanzania; Krystle Moraska & Ignacio Madrussan, Argentina; Lindsay Mack, Mexico; Our sister congregation, the American Church in Berlin

THE PEACE IS SHARED

- **P** The peace of Christ be with you always.
- **And also with you.**

(sit)

THE OFFERING IS RECEIVED

We glorify God in our giving. Our offering is an act of worship that makes the ministries of this church possible. We encourage everyone to give. If you are visiting with us today, please do not feel obligated to participate in this portion of worship. If you would like, use the QR code scanner on your smart phone to give online or use the giving kiosk in the Fellowship Hall.



THE TABLE IS PREPARED

OFFERTORY ANTHEM

"Drink from the Well of Life"

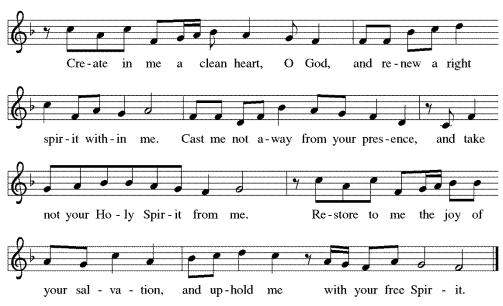
Matthew Armstrong

(stand)

OFFERTORY HYMN

"Create in Me a Clean Heart"

ELW 186

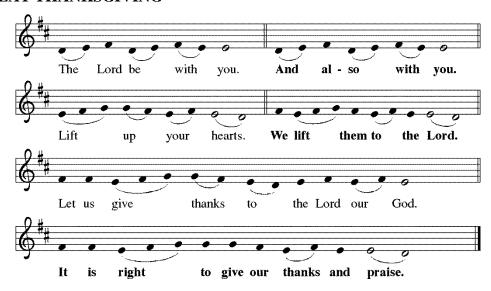


Music: Richard W. Hillert, b. 1923 Music © 1978 Lutheran Book of Worship, admin. Augsburg Fortress.

OFFERING PRAYER

- P Merciful God,
- receive the sacrifice of our praise and thanksgiving and the offering of our lives, that following in the way of the cross, we will know the joy of the resurrection; through Christ our Lord. Amen.

THE GREAT THANKSGIVING

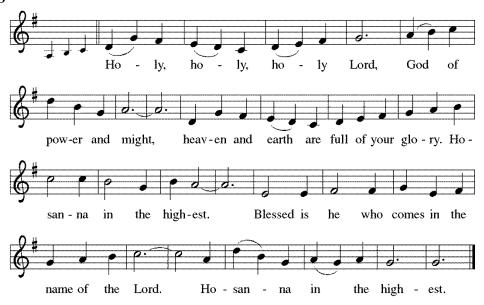


(The Thanksgiving continues)

P It is indeed right ...

...and join their unending hymn:

SANCTUS



THE WORDS OF INSTITUTION

THE LORD'S PRAYER

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.

INVITATION TO COMMUNION

- P Return to God with all your heart.
- Receive bread for the journey, drink for the desert.

All baptized Christians who confess Jesus Christ as Lord and his Real Presence in, with and under the bread and wine, are welcome to the Lord's Supper. We believe that this is the Lord's table and is he who invites you. So you who are strong in faith, come with gratitude. You feel weak in faith, come to be strengthened. And you who feel you have no faith, come so that the God of steadfast love will touch your heart with hope and joy.

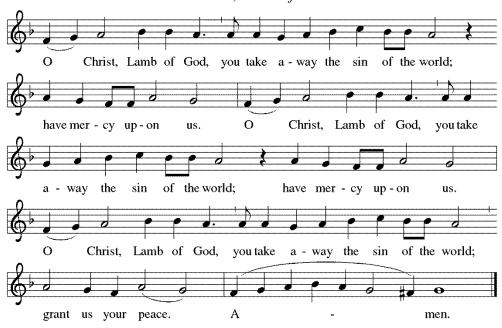
The form of distribution is **intinction**, You will receive the consecrated brad and you may then dip it in the wine. Gluten free bread is available; simply request it.

(sit)

AGNUS DEI

"O Christ, Lamb of God"

ELW 196



Music: J. Bugenhagen, Christliche Ordnung, 1528

HYMNS DURING COMMUNION

"O Lord, throughout These Forty Days"
"Thy Holy Wings"

ELW 319 ELW 613

(stand)

PRAYER AFTER COMMUNION

- P Compassionate God,
- **9** you have fed us with the bread of heaven. Sustain us in our Lenten pilgrimage: may our fasting be hunger for justice, our alms, a making of peace, and our prayer, the song of grateful hearts; through Christ our Lord. Amen.

SENDING

BLESSING

- Almighty God who has called us forth from the dust of the earth, and claimed us as children of the light, will indeed strengthen you on your journey into life renewed. The Lord bless you and keep you. The Lord's face shine upon you with grace and mercy. The Lord look upon you with favor and give you peace. In the name of the Father and of the Son + and of the Holy Spirit.
- Amen.

HYMN "Eternal Father, Strong to Save"

ELW 756

Verse 1: All Verse 2: *Men* Verse 3: **Women** Verse 4: All

DISMISSAL

- P Marked with the cross of Christ, go forth to love and serve the Lord.
- **9** Thanks be to God.

POSTLUDE

+ + +

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KOUNTZE STAFF

Pr. Olaf Roynesdal Senior Pastor Pr. Paul Moessner Associate Pastor Pr. Ashlev Hall **Associate Pastor** Pr. Inba Inbarasu **Visitation Pastor** Kristin Boe Christian Ed Coordinator Office Manager Debbie Bogue Amanda Zasada Administrative Assistant Lauri Askew Staff Treasurer Sheri Rose Financial Secretary Søren Johnson Custodian Barbara Carlsen Dir. of Music & Fine Arts Donna Moessner Director of Children's Music Danny Bos Handbell Director/Custodian Mark Jones **Organist** Saturday Accompanist David Gerard Night Security Manager Sheri Lynn Tipton Norma Pafford **Nursery Superintendent** Joyce Palmer **Urban Ministries Coordinator**



2650 Farnam Street 402-341-7761

Omaha, NE 68131 www.kmlchurch.org

February 17 & 18, 2018

Kountze Memorial Lutheran Church is a vibrant, historic faith community that welcomes all and provides ministries for all ages and walks of life. We are a "City-wide Church with a World-wide Ministry" and have been worshiping, growing, and serving in downtown Omaha for nearly 160 years. If you are new to Kountze Memorial, we invite you to visit the Welcome Desk in Fellowship Hall for more information about who we are and what we do.

WORSHIP ASSISTANTS

SUNDAY, 9:00 AM

Comm. Asst. Scott Henneman

Kevin Larkowski

Lector Liz Pemberton
Ushers Dick Nelson
Donna Crouse
Ralph Diggins

Ralph Diggins
Brad Madison
Rodney Nord
Dan Troxel
Sharon West
Dean Winther
Bob Johnson

Greeters Carole Meilahn

Lois Sorensen

Crucifer Carter Wachholtz Acolytes Kenyon Martis

Cameron Miller

SUNDAY, 11:00 PM

Comm. Asst. June Anderson

Deb Hinrichs

Lector Bruce Nissen Ushers Norm Sack

> Ken Johnson Linda Johnson

Lee Johnson

Greeters Barb Chrisman

Jo Kayton

Crucifer Nicole Campbell Acolytes Charlie Campbell

Grace Penrod

TODAY AT KOUNTZE

KOUNTZE CAFÉ Join us on Sundays for a hot breakfast buffet served from 8-11 AM prepared by Jim West and the kitchen crew. The suggested donation for the hot breakfast is \$5 adults, \$2.50 children 12 and younger. If you're able to help set up, prep/cook, and/or clean up after breakfast on Sunday mornings, please talk to Jim, or let the church office know. We would appreciate your help! Thanks.

ADULT FORUM Join us on Sunday mornings in the Fellowship Hall from 10:10-10:50 AM. **THIS WEEK:** Children's Music **NEXT WEEK:** Guest Speaker President Jodi Horner of Midland University

BLOOD PRESSURE CHECKS This Sunday, February 18, 10:00-11:00 AM in the Fellowship Lounge. Trained volunteers provide blood pressure checks free of charge on the 1st Saturday and 3rd Sunday of each month.

CHILDREN & YOUTH MINISTRIES TODAY

<u>SUNDAY SCHOOL</u> Join us each Sunday on the 2^{nd} floor for children 2 years— 8^{th} grade. Preschool 1 (2-4 yrs) meets from 9—10 AM (child care for those too old for the nursery). Sunday School (2 yrs— 8^{th} grade) is held from 10:10-10:50 AM.

<u>CHILDREN'S CHOIR</u> Grades K—5th grade. We meet at 9 AM in the Joyful Sounds Studio. Preschool (and grades K—5th that are not in choir) will continue with Kristin Boe for the Children's Sermon Lesson.

HIGH SCHOOL FORUM Join us each Sunday in the Youth Center at 10:10 AM.

MIDDLE SCHOOL/HIGH SCHOOL YOUTH CHOIR rehearsal in the Adult Choir room each Sunday from 11—11:40 AM. Come and sing!

February 18 Sunday

7:45 AM & 10:00 AM Adult Choir Rehearsal

8:00 AM - 11:00 AM Breakfast

9:00 AM & 11:00 AM Worship

9:00 AM Nursery (0-2 yrs)

9:00 AM Joyful Sounds Choir (K-5th gr)

10:00 AM Blood Pressure Checks

10:10 AM Adult Forum

10:10 AM Youth Forum (gr 9-12)

10:10 AM Sunday School (2yr-8th gr)

10:30 AM Executive Committee

11:00 AM MS/HS Choir Rehearsal

8:30 PM LCM Worship @ CU (Halley Chapel)

February 19 Monday

President's Day

OFFICE CLOSED - No Pantry

6:00 PM Clinic Board Meeting

February 20 Tuesday

9:00 AM Staff Meeting

11:30 AM Property Committee

1:00 PM Prayer Shawl Group

6:00 PM Church Council (notice time change)

February 21 Wednesday

11:15 AM Lenten Lunch

12:15 PM Midweek Lenten Worship/Holy Communion

5:00 PM Communion @ deFreese Manor

6:00 PM Lenten Dinner

6:00 PM Handbell Choir Rehearsal

7:00 PM Lenten Worship

February 22 Thursday

1:30 PM Circle 4

4:00 PM Healing Gift Free Clinic

8:15 PM Taize Service @ St. John's

February 24 Saturday

5:00 PM Worship

February 25 Sunday

7:45 AM & 10:00 AM Adult Choir Rehearsal

8:00 AM - 11:00 AM Breakfast

9:00 AM & 11:00 AM Worship

9:00 AM Nursery (0-2 yrs)

9:00 AM Joyful Sounds Choir (K-5th gr)

10:10 AM Adult Forum

10:10 AM Youth Forum (gr 9-12)

10:10 AM Altar Flower Delivery Meeting

10:10 AM Sunday School (2yr-8th gr)

11:00 AM MS/HS Choir Rehearsal

12:00 PM Stephen Ministry

8:30 PM LCM Worship @ CU (Halley Chapel)

<u>HOLY COMMUNION</u> All who are baptized and trust in Christ's presence in Holy Communion are invited to commune at the Lord's Table. Children not yet communing will receive a blessing. Instructions will be provided during worship. It is the understanding of the universal Church that those who wish to commune with bread only (especially for health reasons) have communed fully. **CHILDREN IN WORSHIP** We believe that all are welcome in worship and encourage families to worship together. Quiet activity bags, children's bibles, and bulletins are available, as well as a Quiet Room, just off the west side of the main sanctuary, that includes a TV and a variety of toys, games, and books for young children.



NURSERY is available from 9 AM—noon for children 0—2 years. Please ask an usher if you are unsure as to where our nursery is and would like to use it.

ATTENDANCE CARDS All those attending worship are encouraged to fill out the card included in your bulletin and place in the offering plate.

LARGE PRINT BULLETINS AND LISTENING DEVICES Please speak to an usher if you would like a large print bulletin or an assisted listening device.

E-NEWS & SOCIAL MEDIA If you would like to receive our weekly e-news and monthly e-newsletter, add your e-mail address to the card in your bulletin or text your e-mail address to 22828.

<u>ALTAR FLOWERS AND ETERNAL CANDLE</u> Altar Flowers are provided by Janousek Florist and cost \$20 a bouquet. The Eternal Candle is \$7.50. Please sign up in the narthex if you would like to help us beautify the altar by donating altar flowers or the eternal candle.

NEW MEMBER CLASS If you are interested in joining our congregation, the next class will be held April 15 & 22 from 12—2 PM. Plan to attend both sessions. Lunch will be served and childcare is provided. Please indicate your attendance plans on your attendance card or call the church office and let us know if you will need childcare when you register.

<u>WHERE DO ALL THE FLOWERS GO?</u> The leadership for our Altar Flower Delivery ministry has transitioned frequently over the past year due to a variety of reasons. The current structure is allowing the ministry to "limp along" but is not conducive to a flourishing ministry. We would like to hold a collective conversation to discuss its future—are there volunteers interested in helping to lead?—might the ministry take a new shape? To discuss these questions and more, please join Amanda Zasada (Administrative Assistant and current Altar Flower Delivery Coordinator) and Pastor Paul Moessner in the fellowship lounge on Sunday, February 25 at 10:10 AM. All past and current flower delivery volunteers are welcome, as well as those interested in possible future participation.

KMLC COLLEGE SCHOLARSHIPS Scholarship are funds available to any eligible college-bound student member. Active members of Kountze Memorial planning or continuing to attend ANY college, university or seminary may submit an application. Additional eligibility requirements are noted on the application. Applications can be picked up after the first of the year in the Church Office, or downloaded at www.kmlchurch.org. Applications are due March 1. Applications received after this date will not be accepted. Please note: Scholarships are not automatically renewable, and recipients must re-apply each year.

BAPTISM SEMINAR Noon, Sunday, March 11. Meet with Pr. Hall in the Nave immediately after the liturgy, and then he will walk through the baptismal liturgy. To register, call the church office at 402-341-7761.

FIRST COMMUNION CLASS Sunday, March 18, 12:00 PM. Communion is open to all baptized Christians. Those children who are already communing or those children interested in receiving Holy Communion are invited to a First Communion class. We will begin with lunch in the conference room followed by instruction in the Nave with Pastor Hall. Participants will receive their First Communion on Maundy Thursday, March 29 at 7:00 PM. A good guide for determining when your children are ready to receive Communion is when they begin to ask about receiving it during the liturgy. Please register with the church office at 402-341-7761 or info@kmlchurch.org.

ORDER OF SAINT JOHN COMMISSIONING AND APPRECIATION LUNCHEON Mark your calendars for April 15. Commissioning will be held at the 11:00 AM Worship Service with a luncheon to follow at 12:15 PM in the Fellowship Hall. There is no cost for the luncheon. The OSJ Sponsors are hosting an appreciation luncheon for all current OSJ members, alums, and parents. Acolytes will take part in a special commissioning during the 11:00 AM worship service. Then, we will gather in Fellowship Hall at 12:15 PM for an appreciation luncheon and present the 2018 *Outstanding Acolyte Award*. A group photo will also be taken. Please plan to attend this event as we honor all those who serve in this very meaningful ministry. Make your reservations by calling or texting Jeff and Robin Perkins at 402-917-2461 by Sunday, April 8.

MEMBERSHIP INFO UPDATES Please help us keep our records up to date and let us know

- if you have moved recently or had a phone number or email address change
- if you are receiving offering envelopes but give electronically and don't need them to be mailed to you any longer (pew envelopes are always available for special offerings)
- if you're not already giving electronically, but would like more information

LENT AT KOUNTZE

Theme: Being Lutheran Together

February 21 - Faith Alone

February 28 - Grace Alone

March 7 - Scripture Alone

March 14 - To the Glory of God Alone

March 21 - The Gospel-Evangelical Alone

Lunch – 11:15 AM – 12:15 PM; **Dinner** - 6 - 7 PM

Cost - Free-will Offering

Worship - 12:15 PM and 7 PM (child care at 7 PM)



if you read the Good News online and don't need a paper copy anymore

ATTENDANCE & GIVING

Saturday Attendance: 36

Sunday Attendance: 9:00: 159 11:00: 104

Midweek - Noon: 90 Evening: 180

Total: 569

Pantry Guests Served: 326 Medical Clinic Guests Served: 38

Offering:

\$13,792.13 (Regular) \$916.86 (Specials)

\$1,357.00 (In the City for Good)

God's steadfast love is committed to us at all times.

These passages are related to the Lectionary texts for this Sunday.

Sunday Mark 1:9-15 Temptation of Jesus
Monday Genesis 9:8-17 God's promise to Noah
Tuesday 1 Peter 3:18-22 Suffering for doing right
Wednesday Matthew 4:1-11 Jesus' temptation
Thursday Jeremiah 31:31-34 A new covenant

Friday 1 Corinthians 10:1-13 God will provide a way out

Saturday Psalm 25:1-10 Prayer for guidance
Sunday Mark 8:31-38 Jesus predicts his death



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Written by Pr. Greg Priebbenow and edited by Vibrant Faith Ministries.

Go to www.vibrantfaithathome.org for more faith-forming activities.

Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O LORD. **Psalm 25:7 (NRSV)**

A Prayer for the Week:

Dear God, we give you thanks for your steadfast love and goodness that forgives and renews us in Christ. Amen. **Mealtime Prayer:**

We give you thanks for this gift of food, a sign of your constant love for us. Amen.

A Blessing to Give:

May the God of steadfast love

Discuss in your home or small group:

- Tell about a time you made a promise to someone that was hard to keep.
- How is God's promise to us different from our promises to others?
- How is it good news to have a God who is committed to us, even when we are sinful?

Read: Mark 1:9-15.

Lent is a special time to focus on what God in Christ has done for us. In Genesis 9:8-17, God makes a covenant with Noah on behalf of all people and all creation. God starts over with humanity and this time promises never to destroy what God has created again (Genesis 8:21). God acknowledges the sinfulness of humanity and from now on works with a broken and sinful world to bring God's steadfast love to it. God chooses to save us in spite of our sinfulness (1 Peter 3:18). Reflect on how God chooses to show mercy to us and how that mercy is fulfilled in the life and work of Jesus (Mark 1:9-15).

Pray: Dear God, we give you thanks for your steadfast love and goodness that forgives and renews us in Christ. Amen.

At the end of the flood story God makes a promise not to destroy the earth, including every living creature (Genesis 9:8-17). Today we know that human lifestyles endanger plant and animal life. Look at your daily routines and follow the "Three R's" of Reduce, Reuse, and Recycle as a way to conserve natural resources, landfill space, and energy. Commit to ways you can practice conservation in order to protect and care for the earth and all living things.

Lent is a time to simplify our lives as a way to enjoy God's steadfast love and faithfulness. Prayer, fasting, and almsgiving are traditional Lenten practices. Consider some of the following faith practices to become part of your daily routine: Pray daily and include the Lord's Prayer and a *Prayer for the Week*; read the Bible regularly; sit in silence for prayer and meditation; eat meals with others and include a mealtime prayer; fast by eating smaller portions or simpler foods; nurture relationships by spending time together; listen to others as you engage in conversations; give a donation of time and/or money to a service organization; and commit to daily acts of kindness.