



UNITED PRESBYTERIAN CHURCH
Albany, OR

Worship @ Home
March 15, 2020
Third Sunday of Lent

Preparation for Worship

Light a candle to remind you of Christ's light

Breath Prayer

You are invited to sit and recall the line "Be still and know that I am God" (Psalm 46:10). Pray the psalm in 5 consecutively diminishing sentences either aloud or quietly to yourself, taking a few deep breaths between each sentence.

Be still and know that I am God.

Be still and know that I am.

Be still and know.

Be still.

Be.

Call to Worship

O Lord, let our souls rise up to meet you

as the day rises to meet the sun.

The Lord's unfailing love and mercy never cease,

fresh as the morning and sure as the sunrise. (*Lam. 3:22-23*)

Hymn/Song

*<http://www.hymnary.org> has the lyrics and accompaniment to hymns found in *Glory to God Presbyterian Hymnal*. You may also look to online streaming services like Spotify, Pandora, or YouTube for songs and hymns.*

Use one of these suggestions or sing a hymn/song familiar to you:

- "Come, Thou Fount of Every Blessing" (GTG #475)
- "This Is My Father's World" (GTG #370)
- "Come and Fill Our Hearts" (GTG #466)
- "10,000 Reasons (Bless the Lord)" by Matt Redman (*song with lyrics is available on YouTube*)
- "Open the Eyes of My Heart, Lord" (GTG #452)
- "We Shall Overcome" (GTG #379)

Prayer of Confession

If you have children who are not yet readers in your home, teach them the shared refrain before you pray so that they may join their voices with you in prayer.

For failing to love others as you have loved us . . .

God of grace, forgive us.

For wasting your gifts and hoarding our goods . . .

God of grace, forgive us.

For fearing those who are strange to us and ignoring those in need . . .

God of grace, forgive us.

For losing heart and abandoning hope . . .

God of grace, forgive us.

For all the ways we turn from you . . .

God of grace, forgive us.

We offer our prayers in the name of the One who saves us, Jesus Christ. Amen.

Scripture Lesson John 4:5-42

You are invited to practice Lectio Divina (“divine/sacred reading”)—an ancient and prayerful way of reading Holy Scripture.

1. Let yourself grow aware and present. Acknowledge the presence of the Holy Spirit.
2. Read the sacred text.
3. Listen for a word or phrase you hear being spoken to you, or ponder these questions in response to the story:
 - I wonder what my favorite part of the story is...
 - I wonder what the most important part of this story is...
 - I wonder where I am in this story...
 - I wonder what this story teaches us about the wilderness...
4. Share your heart-felt response to God.
5. Rest in your experience with the sacred text with a grateful heart.

Offering of our Gifts

With your household, consider what gifts you could offer to God and to God’s people during this uncertain time. Speak them out loud or write them down and after worship, make a plan to share these gifts.

Prayers of the People

Offer prayers for the needs of the world, paying particular attention to those who are vulnerable in our community, nation, and world.

One idea for prayers of the people is to use a 5-finger prayer...

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|-----------------|--|
| Your thumb: | Pray for those with whom you are closest; your family and friends |
| Pointer finger: | Pray for those who point you in the right direction; teachers, pastors, etc. |
| Tallest finger: | Pray for leaders in our city, nation, and world |
| Ring finger: | Pray for those who are sick or struggling in some way |
| Pinky finger: | Pray for ourselves |

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 debts as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever. Amen.

Hymn/Song

Use the suggestions from page 1 or sing a favorite hymn or song.

Blessing

Whatever wilderness the Spirit has brought you to:
walk in boldness, as a beloved child of God
walk in peace, under the shelter of God
walk in faith, knowing Jesus Christ walks with you. Amen.

Change the Light

To remind you that the light of Christ goes with you wherever you go, extinguish the candle if you lit one at the beginning of worship and allow the smoke to billow as a reminder of Christ's abiding presence.

Brothers and sisters in Christ, know that you are a part of God's beloved family and be at peace.