



“Whole Heart Hallelujah”
Week 5

First Lutheran Church, Sandpoint
Worship - January 31, 2021

Prelude

Play meditative instrumental music that helps quiet your mind, body, and spirit for listening to God’s presence with you.

Let us seek to simplify this moment, slow down for a time. Let us worship, leaning on prayer, reflection and sharing with one another.

Threshold

“God is Holding Your Life” - (Inspired by Psalm 121)

[For those of you without access to the online service, we will look into creating a DVD of the music/ videos for these sections. Let the office 208-263-2048 Pastor Steve know if you could use a DVD to support your worship.]

One mode of poetry in the Psalms is all-out praise and thanksgiving, such as the one for today. We also find praise even in Psalms of lament and complaint because “God is good all the time and all the time God is good!” Life is not always good, but when we engage in gratitude, we remember the evidence of God at work in our lives and we remember that indeed, God is holding our lives, even now.

**Venturing out or coming home,
‘neath heat of day or cool of night,
we call the one who hears your voice
and comes to heal and keep your life.**

**God is holding your life
God is holding your life
God is holding your life, we believe
*[repeat refrain]***

Opening Collect Prayer

Leader: Amazing God,
You do wonderful things—big and small—every day.
Open us this day to recognize the miracles of life all around us
so that we might stay resilient and ready to create your reign
on earth as it is in heaven.

***People:* We praise you for your continued good works,
holding our lives together each day.**

Amen.

WORD

God speaks to us in scripture reading, preaching, and song.

Psalm Reading: Psalm 111 (*Lukan Psalter translation*)

Alleluia!

I will thank you, ADONAI, with all my heart
in the meeting of the just and their assembly.
Great are your works,
to be pondered by all who love them.

Majestic and glorious are your works,
and your justice stands firm forever.
You make us remember your wonders—
you are compassion and love.

You give food to those who revere you,
keeping your Covenant ever in mind.
You reveal to your people the power of your actions
by giving them the lands of the nations
as their inheritance.

The works of your hands are truth and justice,
and all your precepts are sure,
standing firm forever and ever,
and carried out uprightly and faithfully.

You have sent deliverance to your people
and established your Covenant forever.
Your Name is holy and awe-inspiring!

Reverence for ADONAI
is the beginning of wisdom—
those who have it prove themselves wise.
Your praise will last forever!

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

Additional Lectionary Scripture for today: Deuteronomy 18:15-20
1 Corinthians 8:1-13; Mark 1:21-28

Reflection

This Psalm is the first of several that begin, “Alleluia!” It is like the moment we hear good news that we have been waiting for and we let out a “hoop and a holler” or a “woo hoo!” The mixture of joy and relief is a powerful emotional combination. And it turns out that the expression of praise and gratitude is important for making it through the bad times. Science tells us that serotonin, the “feel good” chemical in our brains, is one of the essential elements of well-being. In the midst of living with a lot of bad news, we can be depleted in ways that are harmful to our resilience. Offering our whole hearts in praise even for small things can keep us going when the going is rough.

Take some time now and reflect on this. What makes you belly laugh, raise your hands in praise, reminds you that God is holding your life?

Song of the Day. (ELW 655 vs 1,2 & 4)

Son of God, Eternal Savior



1 Son of God, e - ter - nal Sav - ior, source of life and truth and grace,
2 As you, Lord, have lived for oth - ers, so may we for oth - ers live.
3 Come, O Christ, and reign a - mong us, King of love and Prince of peace;
4 Son of God, e - ter - nal Sav - ior, source of life and truth and grace,



Word made flesh, whose birth a - mong us hal - lows all our hu - man race,
Free - ly have your gifts been grant - ed; free - ly may your ser - vants give.
hush the storm of strife and pas - sion, bid its cru - el dis - cords cease.
Word made flesh, whose birth a - mong us hal - lows all our hu - man race:



you our head, who, throned in glo - ry, for your own will ev - er plead:
Yours the gold and yours the sil - ver, yours the wealth of land and sea;
By your pa - tient years of toil - ing, by your si - lent hours of pain,
by your pray - ing, by your will - ing that your peo - ple should be one,



fill us with your love and pit - y, heal our wrong, and help our need.
we but stew - ards of your boun - ty held in sol - emn trust will be.
quench our fe - vered thirst of plea - sure, stem our self - ish greed of gain.
grant, oh, grant our hope's fru - i - tion: here on earth your will be done.

Text: Somerset C. Lowry, 1855–1932

Music: IN BABILONE, *Oude en Nieuwe Hollandse Boerenlities en Contradansen*, 1710

Prayers of the People

“Selah” Moment

A “Selah” pause can also mean taking a moment to breath a prayer of thanksgiving in a random moment in our day, as we come across a flower or a breeze that reminds us to be grateful. As we have done every week in this series, we pause now for a moment.

During this time, you can write what comes to mind and is on your heart today, on small pieces of paper. Then place your prayers into a container [*bowl, box, etc*]-a symbolic action of placing them in God’s hands, God’s care.

Take a moment to do this.

As we continue our prayers. I will offer a category of concern and we will allow a brief pause, then we will respond as indicated.

As a prayer posture for this worship series, I invite you to cup your hands, ready to receive God’s love and peace, and in preparation to be God’s love and peace in the world.

Let us pray for the leaders of this world and this church community... [*pause*]
God of Justice, hear our prayer.

Let us pray for those who live in conflict around the world... [*pause*]
Prince of Peace, hear our prayer.

Let us pray for all who are experiencing loss of any kind in this pandemic...
[*pause*]
Comforting Healer, hear our prayer.

Let us pray for those who are homeless, hungry and alone... [*pause*]
Emmanuel, God-With-Us, hear our prayer.

Let us pray for those who live in comfort,
for Christ-like hospitality and generosity... [*pause*]
Transforming Spirit, hear our prayer.

Let us pray, for those we have named and the ones whose names we do not know,
[*pause and include any other petitions you might have*]
hear our prayer.

Holy and Living One, as we gather to break bread once again, break us open to your love, to your peace, to your presence, to your transformative power. In the name of the One who invites us time and again, Jesus the Christ.

Let the people say, “Selah”
Selah! Amen.

MEAL

God feeds us with the presence of Jesus Christ.

Confession and Assurance

We are all invited to the gift of this table of grace. As a response to the invitation, we are asked to let go of all that separates us from accepting this grace. We confess the ways we have placed hardship in the hands of others, rather than peace.

[sung]

**Put peace into each other's hands
and like a treasure hold it,
protect it like a candle flame,
with tenderness enfold it.**

**Put peace into each other's hands
with loving expectation;
be gentle in your words and ways,
in touch with God's creation.**

[music continues to underscore]

When we place peace in each other's hands, we place love in all the hands of the world.

In the name of Jesus Christ, you are forgiven!
In the name of Jesus Christ, you are forgiven!
Glory to God! Amen!

The Peace and Thanksgiving

The Peace of Christ be with you.
And also with you.

Will you make a gesture of peace toward others who may be with or near you as a sign of offering the peace that Christ gives us.

Then, write here what you are thankful for today and/or how you sense God calling you to respond to this gracious gift of peace and forgiveness today.

OFFERING

If you would like to offer financial support for the ministries of First Lutheran, you can mail them to the church. 526 S. Olive, Ave. Sandpoint, ID 83864 or online at <https://firstlutheransandpoint.breezechms.com/give/online>

[sung]

**Give thanks for strong yet tender hands
held out in trust and blessing.
Where words fall short let hands speak out;
the heights of love expressing.**

If you are with someone or on the phone with friends or family, Holy Communion can be shared now. Choose a leader and follow the liturgy included here. If you would like a pastor to share this meal with you by phone, arrange through the church office.

THE GREAT THANKSGIVING

***DIALOGUE**

The Lord be with you.

And also with you.

Open your hearts, your lives to the Holy One.

We long for this communion.

Let us give our greatest thanks to the Holy One.

It is a good and joyful thing to give our thanks and praise.

Gift of Life, Creator of All That Is,
You have breathed life into us,
filled our emptiness,
loved us through our resistance.

Time and again you say, Listen!

Time and again you say, Live!

Time and again you say, Love!

And so we gather and give thanks in this moment.
We stop so we may listen,
we breathe so we may live,
we open so we may love.

**Holy , holy, holy Lord, God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is the one who comes in the name of the Lord.
Hosanna in the highest.**

Holy are you God,
And blessed be your work in Jesus,
Peace-Giver, Life-Healer.
Spirit-Anointer, do your work in us, as in him.

For Jesus gathered with his disciples, his friends, his family.
He took bread, gave thanks, broke it and gave it to his companions saying,
“Take, eat, this is my body. My life given for you.
And after the supper he lifted his cup, gave thanks over it,
and offered it to his companions, saying,
“Drink from this cup, all of you. This is my life, my love poured out for you.
Whenever you gather together, stop... *Selah*... think of me. I am here.”

And so,
in remembrance of your mighty acts in Jesus Christ,
we offer ourselves as a holy and living sacrifice,
in union with Christ’s offering for us,
as we proclaim the mystery of faith.

Christ has died; Christ is risen; Christ will come again.

[sung]

**As at communion shape your hands,
into a waiting cradle;
the gift of Christ receive, revere,
united round the table.**

Let us pray the Lord’s Prayer together.

**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.**

We who are many are one body, one loaf, rising in Spirit together.
Even if we cannot be physically in the same space,
we are one in love.
We are one in the grace of Christ broken open for us.

While we have many cups,
God's love is poured upon us from the one cup of salvation.
It is in this sharing beyond all time and space that we are drawn close,
that we are made whole,
that we are made free.

As you are served by those with you,
or served by your own hand,
know that the hand that serves you is the hand of all Christ's Body,
through mystical union with the Divine.
You are not alone.

INVITATION TO COMMUNION

*Share bread with each person at your table saying,
"The body of Christ given for you."*

*Then share the wine or grape juice with each person saying,
"The blood of Christ shed for you."*

*For those at the table who do not yet receive Communion, you can offer this or a
similar blessing, "You are a child of God. God's love is always with you."*

Prayer After Receiving

God of all that is too deep for words,
we give you thanks that, at this table of grace,
you offer your holiness, your steadfast love.
Open us often to your *Selah*, your pause,
to hear the needs of your people.
We pray this in the name of the Host of this Table,
Jesus the Christ. **Amen.**

SENDING

God blesses us and sends us in mission to the world.

Benediction

Now go in the knowledge that
God is holding your life
even as we hold each other.
You are not alone.
You are loved.
Amen.

Postlude

Worship Notes:

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Songs:

Psalm Songs for 121 “God is Holding Your Life” and 139 “Where Can I Go?” by Richard Bruxvoort Colligan; used with permission and license.

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Prayer List: Michelle Thurston, George Marker, Lynn Franck, Martha & Ed Jewell, Chris Ingham; Randy Petersen; Charles Shobe Sr., Nicky Schripsema; Wendi Lies; Gerda Burke; Debbie Haberlock; Kara Schripsema; Kai Haberlock; Tom Taylor; Hunter Taylor; Eugene Kurwicki; Mike Shobe; Marguerite Suttmeier, Sylvia Greenwood; Janet Merrill, and those on your hearts and minds today.

We include prayers for Luther Park - its staff, residents, and families; Our nation, as it struggles with being a democratic republic; our congregation as we meet today for our Annual Meeting. We ask for faith, the ability to learn from the last year, and continue to find our way to do God’s Work with Our Hands in 2021.

FOR YOUR PRAYER AND REFLECTIONS UPON GOD'S WORD



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Evangelical Lutheran Church in America