**Asbury United Methodist Church**

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**February 18, 2024**

Worship Leader: Lee Arnold Chancel: Marilyn Blanche

\* Please rise in body or in spirit

**“Come Up”**

*Lent 1*

**GATHERING UP**

**Music for Centering**

*Prelude “As the Deer” Hanna Noh*

***Welcome and Asbury Mission Statement***

We are Asbury! Abundantly thankful to God; Saved by Christ’s resurrection; Blessed by God; United by Christ’s love for each of us; Reaching out to our church family and our community; Yearning to tell the Good News to all by being Christ’s voice, hands, and feet in the world.

**Announcements**

**We Acknowledge What’s Up**

*Confession/Assurance*

*Leader:* Lent is often known as a time of giving something up in order to make room in our lives for spiritual pursuits. Rather than just “giving up” in Lent, the scriptures ask us to consider all that Jesus is “up to” and all that he asks us to be up to in his name. Instead of bemoaning what we can’t do, or used to do, in a culture where “measuring up” to external standards seems impossible, this Lent we will celebrate the small things that we can do right now to respond to God's call in our place, for our time.

The first Sunday of this series brings us to the moment at which Jesus comes up out of the waters of baptism to hear, “You are my beloved.” We are called to come up out of the depths of whatever seeks to keep us under and know that we are beloved of God. Come up, for now is the time to be fully who you are created to be for the sake of the world.

**When I am down and, oh my soul, so weary**

**When troubles come and my heart burdened be**

**Then, I am still and wait here in the silence**

**Until You come and sit awhile with me**

**You raise me up, so I can stand on mountains**

**You raise me up, to walk on stormy seas**

**I am strong, when I am on Your shoulders**

**You raise me up to more than I can be**

*Leader:*

Let us pray together:

**Loving God, we come before you needing to feel lighter.**

**We are weighed down with expectations and difficult news.**

**Sometimes it is our own doing that weighs us down.**

**In this moment of quiet, we lift up to you**

**those things we’d like to give up for good…**

**for the sake of The Good.**

*Meditative Moment*

*Leader:* Hear assurance in what the Psalmist proclaims:

To you, O Lord, I lift up my soul. O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me… Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. Be mindful of your mercy, O Lord, and of your steadfast love, for they have been from of old. Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O Lord! Good and upright is the Lord. *(Psalm 25, excerpts)*

In the name of Christ, you are forgiven.

**In the name of Christ, you are forgiven.**

**Glory to God, Amen!**

I invite you to stand as you are comfortable.

**You raise me up, so I can stand on mountains**

**You raise me up, to walk on stormy seas**

**I am strong, when I am on Your shoulders**

**You raise me up to more than I can be**

**The Peace**

As a people forgiven and freed,

we reach out to lift others up, offering the peace of Christ.

Peace be with you!

**And also with you!**

You are invited to share the Peace with those around you [remembering to send your peace through the camera to those worshiping remotely].

**Opening Hymn/Song**

*"*[*Lord, Who Throughout These Forty Days*](https://hymnary.org/text/lord_who_throughout_these_forty_days)*"*

*(UMH 269, vs. 1,2,4)*

**FILLING UP**

*Scripture*

Psalm 25:1-10

25:1 To you, O LORD, I lift up my soul.

25:2 O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me.

25:3 Do not let those who wait for you be put to shame; let them be ashamed who are wantonly treacherous.

25:4 Make me to know your ways, O LORD; teach me your paths.

25:5 Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.

25:6 Be mindful of your mercy, O LORD, and of your steadfast love, for they have been from of old.

25:7 Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O LORD!

25:8 Good and upright is the LORD; therefore he instructs sinners in the way.

25:9 He leads the humble in what is right, and teaches the humble his way.

25:10 All the paths of the LORD are steadfast love and faithfulness, for those who keep his covenant and his decrees.

**Music for Soaring**

Choir*“Lord you are near me”*

**The Word Uplifts**

*Scripture*

Mark 1: 9-15

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. 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. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.” And the Spirit immediately drove him out into the wilderness.

He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

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

**Song of Illumination**

**UMH#454 Open My Eyes, That I May See vs1**

Open my eyes that I may see / glimpses of truth thou hast for me.

Place in my hands the wonderful key that shall unclasp and set me free.

Silently now I wait for thee, ready, my God, thy will to see.

Open my eyes, illumine me, Spirit divine!

**Sermon** “Come Up!” Rev. Yohan Go

**BUILDING UP**

**Up to Something Good**

*Prayers of the People*

*“*[*Let My Prayer Rise Up*](https://hymnary.org/text/o_god_i_call_to_you_come_to_me_now)*"*

*Leader:* Lent is traditionally a time when the church focuses on spiritual practices that can take many forms: various ways of praying, meditating, journaling… any repeated practice that makes more room for relationship with the Holy to grow and to deepen. This year we are providing you with a journal that you can use each day in a quiet time of reflection. The entries are brief and you don’t need to spend a long time each day, but carving out a regular moment to stop and offer your intentions to God can build us up in ways we never imagined.

If you like incense, or candles, we encourage you to light them at home each day when you spend time in reflection and prayer. This connects our practice to an ancient practice mentioned by the Psalmist in chapter 141: *“I call upon you, O Lord; come quickly to me; give ear to my voice when I call to you.**Let my prayer rise up as incense before you and the lifting up of my hands as an evening sacrifice.”*

Let us sing Psalm 141 as our prayer song. This first Sunday, we’ll listen to our choir/ensemble/soloist sing it once and then we’ll repeat the refrain:

Let my prayer rise up

like incense before you,

the lifting up of my hands

as an offering to you.

**Let my prayer rise up**

**like incense before you,**

**the lifting up of my hands**

**as an offering to you.**

We call upon you, O God, in the midst of all the contours of our lives — those that feel life-giving as well as those that pain us. All of life is filled with the joy and sorrow of living and loving. Especially in times when life feels like the difficulties of journeying in the desert, we pray that we can be “up to something good” for our selves, our neighborhoods, and our world. And so this week we start with thanksgiving for these acts of uplifting goodness:

***Sharing Joy***

**Let my prayer rise up**

**like incense before you,**

**the lifting up of my hands**

**as an offering to you.**

***Sharing Concerns***

We call upon you, O God, to incline your ear and extend your love and healing power for these laments:

**Let my prayer rise up**

**like incense before you,**

**the lifting up of my hands**

**as an offering to you.**

**Pastoral Prayer** Rev. Yohan Go

We call upon you, O God, to give us the strength and courage to be up to something good for the sake of The Good. In this moment — in our mind’s eye — we imagine and offer our commitment to one small thing this week that will lift someone up, elevate and affirm the good when we see it, and bring a bit more calm or joy where we are. And if we find we are not up to it, we pray we can accept the goodness of others and feel your encouraging love.

We pray this in the name of Jesus, who taught us to pray…

**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, the power and the glory,  
for ever and ever. Amen.

**Let my prayer rise up**

**like incense before you,**

**the lifting up of my hands**

**as an offering to you.**

***Offering/Offertory***

**Offertory Music** “Give Thanks”

**Doxology**

*“What R U Up 2 for My Sake?”*

**What are you up to for my sake?**

**What are you up to “for the Good?”**

**Would you come now, follow, join up?**

**Let us take up, wake up anew,**

**Let us build up, fill up with you!**

**Let us lift up**

**the gifts we raise up.**

**For the sake of,**

**for the shape of,**

**heaven on earth.**

**Offertory Prayer**

Spirit of Belovedness, we ask you to multiply these gifts

in ways that extend what we can do exponentially.

Through them may many be uplifted —

our gifts transformed into your voice of love in the world.

**LIVING IT UP**

**Closing Hymn/Song**

*“*[*O Love, How Deep, How Broad, How High”*](https://hymnary.org/text/o_love_how_deep_how_broad_how_high)

*UMH 267, vs. 1,3,6*

**Blessing for the Journey**

And so now go into the world,

knowing that as a disciple of Jesus,

as a beloved child of the Holy One,

and an heir of the Holy Spirit with angels attending you,

you have all you need to be up to something.

When someone asks you, “What are you up to?”

you can respond,

**“With God’s help, I’m up to something good!”**

Let the people say,Amen!

**Amen!**

**Music for Movin’ on Up**

*Postlude “To God Be the Glory” Hanna Noh*

**Announcements**

1. Sign up for the Lenten book study: “The Third Day: Living the Resurrection” by Tom Berlin and Mark A. Miler.

Tuesday Group: Starting from February 27th at 10 a.m. in the pastor's office.

Wednesday Group: Starting from February 21st at 10 a.m. in the library.

1. "Please join the gospel reading throughout the Lenten season: Matthew, Mark, and John. You can pick up the reading schedule at the narthex."
2. Sunday, February 25th Worship Leader – Marian Styles-McClintock

**Birthdays**

19th Nathan Bradbury & David Keene

22nd Linda Cameron, & Lee Williams

24th Harry Jones

**Flowers** *The flowers on the altar this week are given to the glory of God and in loving memory of Marge Thornton, beloved Aunt, by the Arnold Family.*