



# St John's

Third Wednesday of Lent

*The Rhythm of Rest*

March 4, 2026

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# ✠ GATHERING ✠

*The Holy Spirit gathers us into a community of prayer.*

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## WELCOME

## PRELUDE

## GREETING

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.**

## PRAYER OF THE DAY

*Let us pray.* O God, rich in mercy, full of kindness, out of your great love, you raise us up from sin and death and make us alive together with Christ. Write your word upon our hearts and restore in us the image of your love that, by your Spirit, our way of life may become the way of Christ, through whom we pray. **Amen.**

## HYMN

*Bless Now, O God, the Journey*

ELW #326



1 Bless now, O God, the jour - ney that all your peo - ple make,  
2 Bless so - journ-ers and pil - grims who share this wind-ing way;  
3 Di - vine e - ter - nal lov - er, you meet us on the road.



the path through noise and si - lence, the way of give and take.  
your hope burns through the ter - rors, your love sus-tains the day.  
We wait for lands of prom - ise where milk and hon - ey flow,



The trail is found in des - ert and wīnds the moun-tain round,  
We yearn for ho - ly free - dom while of - ten we are bound;  
but wait-ing not for plac - es, you meet us all a - round.



then leads be-side still wa - ters, the road where faith is found.  
to - geth-er we are seek - ing the road where faith is found.  
Our cov - e - nant is writ - ten on roads, as faith is found.

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✠ WORD ✠

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

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**READING: EXODUS 20:8-11**

A reading from Exodus.

<sup>8</sup> “Remember the Sabbath day and keep it holy. <sup>9</sup> Six days you shall labor and do all your work. <sup>10</sup> But the seventh day is a Sabbath to the Lord your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. <sup>11</sup> For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the Sabbath day and consecrated it.

The word of the Lord. **Create in me a clean heart, O God, and renew a right spirit within me.**

**SERMON**

The Rev. Matt Hansen

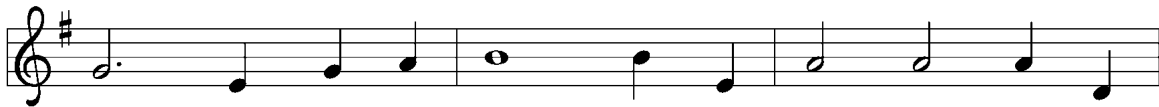
**SILENT PRAYER**

**LORD’S PRAYER**

*As our Savior Christ taught us, we are bold to say:* **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.**



1 Je - sus calls us; o'er the tu - mult of our  
 2 As of old Saint An - drew heard it by the  
 3 Je - sus calls us from the wor - ship of the  
 4 In our joys and in our sor - rows, days of  
 5 Je - sus calls us! By your mer - cy, Sav - ior,



life's wild, rest - less sea, day by day his clear voice  
 Gal - i - le - an lake, turned from home and toil and  
 vain world's gold - en store, from each i - dol that would  
 toil and hours of ease, still he calls, in cares and  
 may we hear your call, give our hearts to your o -



sound - ing, say - ing, "Chris - tian, fol - low me:"  
 kin - dred, leav - ing all for Je - sus' sake.  
 keep us, say - ing, "Chris - tian, love me more."  
 plea - sures, "Chris - tian, love me more than these."  
 be - dience, serve and love you best of all.

### ✠ SENDING ✠

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

### BLESSING & DISMISSAL

Almighty God, Father, ✠ Son, and Holy Spirit, bless you now and forever. **Amen.**

Go in peace. Believe the Good News. **Thanks be to God.**