

First Sunday of Lent

A Container for the Soul

February 22, 2026

Trinity Lutheran

PRELUDE: *10,000 Reasons* (J. Myrin & M. Redman)

WELCOME

GATHERING HYMN:

I Want Jesus to Walk with Me (ELW 325)

1 I want Je - sus to walk with me;
2 In my tri - als, Lord, walk with me; walk with
3 When I'm in trou - ble, Lord, walk with me;
me; I want Je - sus to walk with me;
when in my tri - als, Lord, walk with me; walk with
me; when I'm in trou - ble, Lord, walk with me;
all a - long my pil - grim jour - ney,
me; when my heart is al - most break - ing,
when my head is bowed in sor - row,
Lord, I want Je - sus to walk with me.
Lord, I want Je - sus to walk with me. walk with me.
Lord, I want Je - sus to walk with me.

CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, ✚ one God,
Who creates us, meets us in our weakness,
And raise us to new life.

Amen.

Let us confess our sin in the presence of God and of one another.

Gracious God,
we confess that we spend much of our lives trying to climb upward—
seeking control, success, certainty, and approval.

We want faith without risk,
growth without struggle,
and glory without the cross.

We confess that when life brings loss, failure, or change,
we resist instead of trusting.

We hide our brokenness,
deny our limits,
and fear the very places where you long to meet us.

Forgive us for believing that falling means you have abandoned us.

Forgive us for mistaking strength for self-sufficiency
and faith for having all the answers.

Teach us to let go of what no longer gives life,
To trust you in the downward places,
and to believe that you are still at work
when we do not feel strong, certain or whole.

God does not wait for us at the top of the ladder.

In Jesus Christ, God comes down into our lives,
into our suffering, our failures, and our fears.

At the cross, God meets us at our lowest
and transforms even death into the door way of life.

By grace, you are forgiven.

By mercy, you are made new.

By love, you are invited to rise—not by climbing higher,

But by trusting deeper.

In the name of Jesus Christ,

you are forgiven.


Amen.

PRaise AND THANKSGIVING: *Holden Evening Prayer (M. Haugen)*


All: a tempo



1. Joy - ous light of heav - 'nly glo - ry, lov - ing
 2. In the stars that grace the dark - ness, in the
 3. You who made the heav - en's splen - dor, ev - 'ry



glow of God's own face, you who sing cre - a - tion's
 blaz - ing sun of dawn, in the light of peace and
 danc - ing star of night, make us shine with gen - tle



sto - ry, shine on ev - 'ry land and race. Now as
 wis - dom, we can hear your qui - et song. Love that
 jus - tice, let us each re - flect your light. Might - y



eve - ning falls a - round us, we shall raise our songs to
 fills the night with won - der, love that warms the wea - ry
 God of all cre - a - tion, gen - tle Christ who lights our




you, God of day - break, God of shad - ows, come and
 soul, Love that bursts all chains a - sun - der, set us
 way, Lov - ing Spir - it of sal - va - tion, lead us



light our hearts a - new.
 free and make us whole.
 on to end - less day.

Leader:



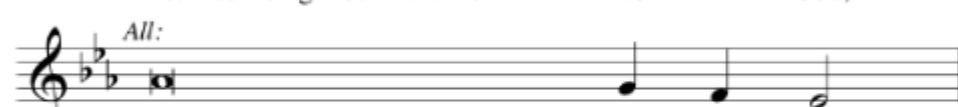
May God be with you all, and al - so with you;

Leader:




Let us sing our thanks to — God,

All:



It is right to give God thanks and praise.

Leader: Blessed are you, Creator of the universe—from old you have led your people by night and day. May the light of your Christ make our darkness bright, for your Word and your presence are the light of our pathways, and you are the light and life of all creation.



A — men.

PRAYER OF THE DAY

The Lord be with you.

And also with you.

Let us pray together.

Holy One,

You formed us in love and called us your own.

When we wander through temptation and trial,

remind us that your word is enough and your grace sufficient.

**Build in us a heart that trusts you more than itself,
 through Jesus Christ, our Lord.**

Amen.

FIRST READING: Genesis 2:15-17; 3:1-7

¹⁵ The LORD God took the man and put him in the garden of Eden to till it and keep it. ¹⁶ And the LORD God commanded the man, "You may freely eat of every tree of the garden, ¹⁷ but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die."

^{3:1} Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden’?”

² The woman said to the serpent, “We may eat of the fruit of the trees in the garden, ³ but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’”

⁴ But the serpent said to the woman, “You will not die, ⁵ for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” ⁶ So when the woman saw that the tree was good for food and that it was a delight to the eyes and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband, who was with her, and he ate.

⁷ Then the eyes of both were opened, and they knew that they were naked, and they sewed fig leaves together and made loincloths for themselves.

Word of God, word of life.

Thanks be to God.

PSALM: *Psalm 141* (M. Haugen)

All:

Let my prayer rise up like in - cense be -
fore you, the lift - ing up of my
hands as an of - fer - ing to you.

Leader or Group One:

O God, I call to you, come to me

All or Group Two:

O God, I

now; O hear my voice when I
call to you, come to me now; O
cry to you. Let my prayer rise
hear my voice when I cry to you.
up like in - cense be - fore you, the
Let my prayer rise up like in - cense be -
lift-ing up of my hands as an of - fer-ing to
fore you, the lift - ing up of my hands as an
you. Keep watch with - in me, God;
of - fer-ing to you. Keep

deep in my heart may the light of your love be
 watch with - in me, God; deep in my heart may the
 burn - ing bright. ——— Let my prayer rise
 light of your love be burn - ing bright.

up like in - cense be - fore you, the
 Let my prayer rise up like in - cense be -

lift - ing up of my hands as an of - fer - ing to
 fore you, the lift - ing up of my hands as an

you. ——— All praise to the God of all- Cre -
 of - fer - ing to you. All

a - tor of life; all praise be to Christ and the
 praise to the God of all- Cre - a - tor of life; all
 Spir - it of love. ——— Let my prayer rise
 praise be to Christ and the Spir - it of love.

up like in - cense be - fore you, the
 Let my prayer rise up like in - cense be -

lift - ing up of my hands as an of - fer - ing to
 fore you, the lift - ing up of my hands as an

you. ———
 of - fer - ing to you.

SECOND READING: Romans 5:12-19

¹² Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned ¹³ for sin was indeed in the world before the law, but sin is not reckoned when there is no law. ¹⁴ Yet death reigned from Adam to Moses, even over those who did not sin in the likeness of Adam, who is a pattern of the one who was to come.

¹⁵ But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the gift in the grace of the one man, Jesus Christ, abounded for the many. ¹⁶ And the gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the gift following many trespasses brings justification. ¹⁷ If, because of the one man's trespass, death reigned through that one, much more surely will those who receive the abundance of grace and the gift of righteousness reign in life through the one man, Jesus Christ.

¹⁸ Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all.

¹⁹ For just as through the one man's disobedience the many were made sinners, so through the one man's obedience the many will be made righteous.

Word of God, word of life.

Thanks be to God.

GOSPEL ACCLAMATION



GOSPEL: Matthew 4:1-11

The holy gospel according to Saint Matthew, the fourth chapter.

Glory to you, O Lord.

¹ Then Jesus was led up by the Spirit into the wilderness to be tested by the devil. ² He fasted forty days and forty nights, and afterward he was famished. ³ The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."

⁴ But he answered, "It is written,
'One does not live by bread alone,
but by every word that comes from the mouth of God.'"

⁵ Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶ saying to him, "If you are the Son of God, throw yourself down, for it is written,
'He will command his angels concerning you,'
and 'On their hands they will bear you up,
so that you will not dash your foot against a stone.'"

⁷ Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'"

⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory, ⁹ and he said to him, "All these I will give you, if you will fall down and worship me."

¹⁰ Then Jesus said to him, "Away with you, Satan! for it is written,
'Worship the Lord your God,
and serve only him.'"

¹¹ Then the devil left him, and suddenly angels came and waited on him.

The gospel of the Lord.

Praise to you, O Christ.

SERMON

HYMN OF THE DAY:

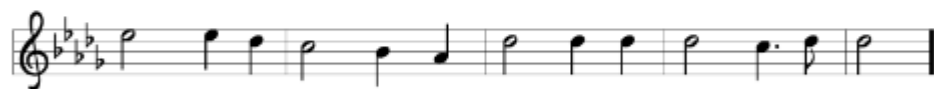
It Is Well with My Soul (ELW 785)



1 When peace like a riv - er at - tend - eth my way, when
2 Though Sa - tan should buf - fet, though tri - als should come, let
3 He lives—oh, the bliss of this glo - ri - ous thought; my
4 Lord, has - ten the day when our faith shall be sight, the



sor - rows like sea bil - lows roll, what - ev - er my lot, thou hast
this blest as - sur - ance con - trol, that Christ hath re - gard - ed my
sin, not in part, but the whole, is nailed to his cross and I
clouds be rolled back as a scroll, the trum - pet shall sound and the



taught me to say, it is well, it is well with my soul.
help - less es - tate, and hath shed his own blood for my soul.
bear it no more. Praise the Lord, praise the Lord, O my soul!
Lord shall de - scend; e - ven so it is well with my soul.



It is well with my soul, it is well, it is well with my soul.

APOSTLES' CREED

**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.**

INTERCESSIONS



In peace, in peace, we pray to you:

For peace and salvation, we pray to you:

For peace between nations, for peace between peoples:

For us, who are gathered to worship and praise you:

For all of your servants who live out your gospel:

For all those who govern, that justice might guide them:

For all those who labor in service to others:

Grant weather that nourishes all of creation:

Keep watch on our loved ones and keep us from danger:

For all the beloved who rest in your mercy:



PEACE

The peace of Christ be with you always.

And also with you.

The people may greet one another with a sign of Christ's peace, and may say, "Peace be with you," or similar words.

ANNOUNCEMENTS

OFFERTORY:

Annunciation and Magnificat (M. Haugen)

An angel went from God to a town called Nazareth to a woman whose name was Mary. The angel said to her, "Rejoice, O highly favored, for God is with you. You shall bear a child, and his name shall be Jesus, the Chosen One of God Most High."

And Mary said, "I am the servant of my god, I live to do your will."

All:
1., 3. My — soul pro - claims your
2. You have cast the might - y
great - ness, O God, and my spir - it re - joic - es in
down from their thrones, and up - lift - ed the hum - ble of
you, You have looked with love on your
heart, You have filled the hun - gry with
fine last time
ser - vant here, and blessed me all my life through.
won - drous things, and left the wealth - y no part.

Great and might - y are you, O Ho - ly One,
Great and might - y are you, O Faith - ful One,
strong is your kind - ness ev - er - more.
strong is your jus - tice strong your love,
How you fa - vor the weak — and low - ly one,
As you prom - ised to Sar - ah and A - bra - ham,
hum - bling the proud of heart.
kind - ness for - ev - er - more.

OFFERING PRAYER

Let us pray together.

God our provider, you have not fed us with bread alone, but with words of grace and life. Bless us and these your gifts, which we receive from your bounty, through Jesus Christ our Lord. Amen.

THE GREAT THANKSGIVING

The Lord be with you. **And also with you.**

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

EUCCHARISTIC PRAYER

LORD'S PRAYER

Lord, remember us in your kingdom and teach us to pray.

**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.**

COMMUNION

All are welcome to join in the gift of Holy Communion.

White grape juice is available and all altar bread is gluten-free.

When giving the bread and cup, the communion ministers say

The body of Christ, given for you.

The blood of Christ, shed for you.

and each person may respond

Amen.

LAMB OF GOD



COMMUNION SONGS:

The Table (C. Tomlin/E. Cash/W. Jolley)

Here Is Bread (ELW 483)

POST COMMUNION BLESSING

Now may the body and blood of our lord and savior Jesus Christ
strengthen you and keep you in His grace.

Amen.

PRAYER AFTER COMMUNION

Let us pray together.

Compassionate God, 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 Jesus Christ, our Savior and Lord. Amen.**

BLESSING



SENDING HYMN:

Goodness Is Stronger Than Evil (ELW 721)



DISMISSAL

Go in peace. Serve the Lord.
Thanks be to God!

POSTLUDE: *Send Us Out* (Dakota Road)

LENT IS INTENTIONAL
TIME TO GROW IN CHRIST.

Join a small group at Trinity
and grow with your neighbor
and with God.

Serving in Worship

TODAY — Feb 22, 2026

Altar Month: **Al & Bobbie Schimek**
Livestream: **OPEN**
Welcome: **OPEN**
Reader: **OPEN**
Assistant: **OPEN**
Fellowship: **Bobbie & Al Schimek**

NEXT SUNDAY — Mar 1, 2026

Altar Month: **James Apronti**
Livestream: **OPEN**
Welcome: **OPEN**
Reader: **OPEN**
Assistant: **OPEN**
Fellowship: **OPEN**

Trinity Happenings:

Sun, Feb 22: 9:00am

Sun, Feb 22: 9:00am
Sun, Feb 22: 10:15am

Mon, Feb 23: 9:00am

Wed, Feb 25: 10:00am
11:30am

Thu, Feb 26: 11:30am

Sun, Mar 1: 9:00am

10:15am

Mon, Mar 2: 9:00am

Tue, Mar 3: 5:30pm

Wed, Mar 4: 10:00am
11:30pm

Thu, Mar 5: 11:30pm

Band Lenten Worship:
Building a Container for the Soul
Sunday School in Downstairs Youth Rm
Fellowship in Gruver Rm

Becoming in Gruver Rm

Women's Study in Gruver Rm
Campus Cabinet Hours til 1:30pm

MUGG Campus Lunchtime

Holden Lenten Worship:
When the Container Breaks
Fellowship in Gruver Rm

Becoming in Gruver Rm

TheologyPUB
@ Front Street Tavern

Women's Study in Gruver Rm
Campus Cabinet Hours til 1:30pm

MUGG Campus Lunchtime



Sun, Mar 8: 9:00am

Sun, Mar 8: 9:00am
Sun, Mar 8: 10:15am
10:30am



Set your clock forward one hour

SUNDAY MARCH 8TH!

Band Lenten Worship:
Living From the Center
Sunday School in Downstairs Youth Rm
Fellowship in Gruver Rm
Confirmation Class

You Belong



Welcome to
TRINITY LUTHERAN

LISA OUT OF THE OFFICE
MARCH 2 – 5, 2026

Contact Cards available in your pew!
Office: (307) 745-4222 ✚ telcoffice manager@gmail.com



Worship **WELCOME**

Welcoming people as they come to worship is a great gift to newcomers. Please sign up in the Gruver Room to assist with this ministry.