

Third Sunday of Lent

Living From the Center

March 8, 2026
Trinity Lutheran

PRELUDE: *Adonai* (D. Koch, S. Lewis, & L. Ferro)

WELCOME

GATHERING HYMN:

Lord, Jesus, You Shall Be My Song (ELW 808)

1 *Jé - sus, je vou - drais te chan - ter sur ma rou - te;*
1 Lord Je - sus, you shall be my song as I jour - ney;
2 Lord Je - sus, I'll praise you as long as I jour - ney.
3 As long as I live, Je - sus, make me your ser - vant,
4 I fear in the dark and the doubt of my jour - ney;

Jé - sus, je vou - drais t'an - non - cer à mes voi - sins par - tout,
I'll tell ev - 'ry - bod - y a - bout you wher - ev - er I go:
May all of my joy be a faith - ful re - flec - tion of you.
to car - ry your cross and to share all your bur - dens and tears.
but cour - age will come with the sound of your steps by my side.

car toi seul es la vie et la paix et l'a - mour:
you a - lone are our life and our peace and our love.
May the earth and the sea and the sky join my song.
For you saved me by giv - ing your bod - y and blood.
And with all of the fam - 'ly you saved by your love,

Jé - sus, je vou - drais te chan - ter sur ma rou - te.
Lord Je - sus, you shall be my song as I jour - ney.
Lord Je - sus, I'll praise you as long as I jour - ney.
As long as I live, Je - sus, make me your ser - vant.
we'll sing to your dawn at the end of our jour - ney.

CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, † one God,
Who creates us, meets us in our weakness,
and raises 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 doorway 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.

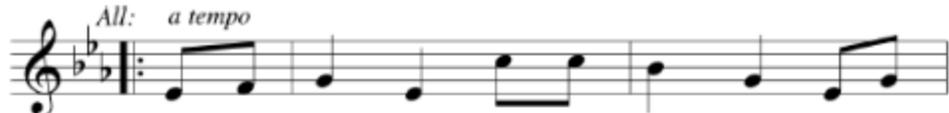
In the name of Jesus Christ,

you are forgiven.

Amen.

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

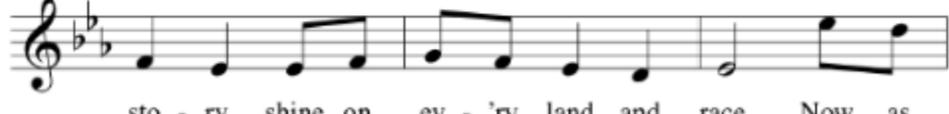
All: a tempo



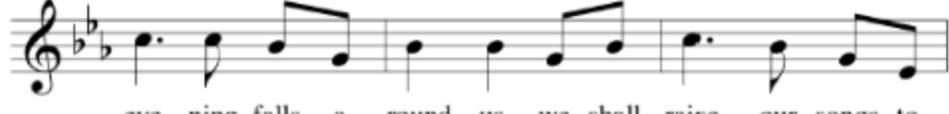
1. Joy - ous light of heav - 'nly glo - ry, lov - ing
 2. In the stars that grace the dark - ness, in the
 3. You who made the heav - en's splen - dor, ev - 'ry



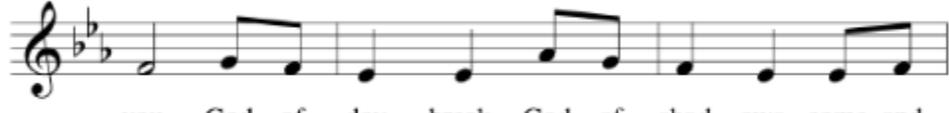
glow of God's own face, you who sing cre - a - tion's
 blaz - ing sun of dawn, in the light of peace and
 danc - ing star of night, make us shine with gen - tle



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: *All:*



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.

All:



A - men.

PRAYER OF THE DAY

The Lord be with you.
And also with you.

Let us pray together.
Centering God,
you call us away from the noise of performance
into the stillness of your heart.
Teach us to loose what cannot last
and to hold fast to your eternal love,
through Jesus Christ, the center of our lives.
Amen.

FIRST READING: Exodus 17:1-7

¹ From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. ² The people quarreled with Moses and said, “Give us water to drink.”

Moses said to them, “Why do you quarrel with me? Why do you test the LORD?”

³ But the people thirsted there for water, and the people complained against Moses and said, “Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?”

⁴ So Moses cried out to the LORD, “What shall I do for this people? They are almost ready to stone me.”

⁵ The LORD said to Moses, “Go on ahead of the people and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile and go. ⁶ I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.”

Moses did so, in the sight of the elders of Israel. ⁷ He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD among us or not?”

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: Philippians 3:7-14

⁷ Yet whatever gains I had, these I have come to regard as loss because of Christ. ⁸ More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law but one that comes through faith in Christ, the righteousness from God based on faith. ¹⁰ I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, ¹¹ if somehow I may attain the resurrection from the dead.

¹² Not that I have already obtained this or have already reached the goal, but I press on to lay hold of that for which Christ has laid hold of me. ¹³ Brothers and sisters, I do not consider that I have laid hold of it, but one thing I have laid hold of: forgetting what lies behind and straining forward to what lies ahead, ¹⁴ I press on toward the goal, toward the prize of the heavenly call of God in Christ Jesus.

Word of God, word of life.
Thanks be to God.

RESPONSIVE READING: Jonah 2:1-10

¹ Then Jonah prayed to the LORD his God from the belly of the fish, ² saying,

**“I called to the LORD out of my distress,
and he answered me;
out of the belly of Sheol I cried,
and you heard my voice.**

³ You cast me into the deep,
into the heart of the seas,
and the flood surrounded me;
all your waves and your billows
passed over me.

⁴ **Then I said, ‘I am driven away
from your sight;
how shall I look again
upon your holy temple?’**

⁵ The waters closed in over me;
the deep surrounded me;
weeds were wrapped around my head

⁶ at the roots of the mountains.

**I went down to the land
whose bars closed upon me forever;
yet you brought up my life from the Pit,
O LORD my God.**

⁷ As my life was ebbing away,
I remembered the LORD,
and my prayer came to you,
into your holy temple.

⁸ **Those who worship vain idols
forsake their true loyalty.**

⁹ **But I with the voice of thanksgiving
will sacrifice to you;
what I have vowed I will pay.
Deliverance belongs to the LORD!”**

¹⁰ Then the LORD spoke to the fish, and it vomited Jonah out onto the dry land.

GOSPEL ACCLAMATION



Let your stead-fast love come to us, O Lord.



Let your stead-fast love come to us, O Lord.



Save us as you prom-ised; we will trust your word.



Let your stead-fast love come to us, O Lord.

GOSPEL: John 4:5-14

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

Glory to you, O Lord.

⁵ [Jesus] came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." ⁸ (His disciples had gone to the city to buy food.)

⁹ The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.)

¹⁰ Jesus answered her, "If you knew the gift of God and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water."

¹¹ The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water?" ¹² Are you greater than our ancestor Jacob, who gave us the well and with his sons and his flocks drank from it?"

¹³ Jesus said to her, "Everyone who drinks of this water will be thirsty again, ¹⁴ but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."

The gospel of the Lord.
Praise to you, O Christ.

SERMON

HYMN OF THE DAY:

I Heard the Voice of Jesus Say (ELW 611)



1 I heard the voice of Je - sus say, "Come un - to me and rest;
2 I heard the voice of Je - sus say, "Be - hold, I free - ly give
3 I heard the voice of Je - sus say, "I am this dark world's light;



lay down, O wea - ry one, lay down your head up - on my breast."
the liv - ing wa - ter, thirst - y one; stoop down and drink and live."
look un - to me, your morn shall rise, and all your day be bright."



I came to Je - sus as I was, so wea - ry, worn, and sad;
I came to Je - sus, and I drank of that life - giv - ing stream;
I looked to Je - sus, and I found in him my star, my sun;



I found in him a rest - ing - place, and he has made me glad.
my thirst was quenched, my soul re - vived, and now I live in him.
and in that light of life I'll walk till trav - ling days are done.

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

[A] *Repeat continuously*



(Hmmm)

[B]



God of mer - cy, hold us in love.

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:

Leader:

Help us, com - fort us, all of our days:

All:

Keep us, hold us, gra - cious God.

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

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



Lamb of God, you take a-way the sin of the world; have
mer-cy on us. Lamb of God, you take a-way the sin of the
world; have mer-cy on us. Lamb of God, you take a-way the sin of the
world; grant us peace, grant us peace, Lamb of God.

COMMUNION SONGS:

In Christ Alone (K. Getty and S. Townend)

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

Leader: *All:*

Let us bless our God: praise and thanks to you.

Presider:

May God, Cre - a - tor bless us and keep us, may
Christ be ev - er light for our lives, may the
Spir - it of Love be our guide and path, for
all of our days.

All:

A - men.

SENDING HYMN:

The Lord Now Sends Us Forth (ELW 538)

En - via - do soy de Dios, mi ma - no lis - ta es - tá
The Lord now sends us forth with hands to serve and give,
pa - ra cons - truir con él un mun - do fra - ter - nal.
to make of all the earth a bet - ter place to live.
Los án - ge - les no son en - via - dos a cam - biar
The an - gels are not sent in - to our world of pain
un mun - do de do - lor por un mun - do me - jor;
to do what we were meant to do in Je - sus' name;
me ha to - ca - do a mí ha - cer - lo rea - li - dad.
that falls to you and me and all who are made free.
A - yú - da - me, Se - ñor, a ha - cer tu vo - lun - tad.
Help us, O Lord, we pray, to do your will to - day.

DISMISSAL

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

POSTLUDE: *Go Make Disciples* (H. Hanson)

Serving in Worship

TODAY — Mar 8, 2026

Altar Month: **James Apronti**
Livestream: **Paul Kunkel**
Welcome: **OPEN**
Reader: **OPEN**
Assistant: **OPEN**
Fellowship: **Lebeda Family**

NEXT SUNDAY — Mar 15, 2026

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



Trinity Happenings:

Sun, Mar 8:	9:00am	Band Lenten Worship: <i>Living From the Center</i>
	9:00am	Sunday School in Downstairs Youth Rm
	10:15am	Fellowship in Gruver Rm
	10:30am	Confirmation Class
Mon, Mar 9:	9:00am	Becoming in Gruver Rm
Tue, Mar 10:	6:00pm	Church Council in Gruver Rm
Wed, Mar 11:	10:00am	Women's Study in Gruver Rm
	11:30am	Campus Cabinet Hours fil 1:30pm
Thu, Mar 12:	11:30am	MUGG Campus Lunchtime
Sun, Mar 15:	9:00am	Holden Lenten Worship: <i>The Wisdom of Descent</i>
	10:15am	Fellowship in Gruver Rm

Have you ever wondered what people mean when they say, "The Bible says so"? Scripture doesn't always speak with one clear voice, so how do we faithfully understand what the Bible is—and isn't—saying? Come and think deeply, ask questions, and discover new ways of engaging with God's Word.

March 15th
10:30-11:30am
Rohr Hall

Does the Bible say...
...there is
only one God?

10:30am

Does the Bible say...
...there is only one God?



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