

Trinity Lutheran Church



*A 2nd Chance
to Face a Fear*



April 6, 2025
Fifth Sunday of Lent

GATHERING HYMN:

How Firm a Foundation (ELW 796)

♩ = 110



1 How firm a foun - da - tion, O saints of the Lord,
2 "Fear not, I am with you, oh, be not dis - mayed,
3 "When through fi - ry tri - als your path - way shall lie,
4 "Through - out all their life - time my peo - ple shall prove



is laid for your faith in Christ Je - sus, the Word!
for I am your God and will still give you aid;
my grace, all - suf - fi - cient, shall be your sup - ply.
my sov - 'reign, e - ter - nal, un - change - a - ble love;



What more can he say than to you he has said
I'll strength - en you, help you, and cause you to stand,
The flames shall not hurt you; I on - ly de - sign
and then, when gray hairs shall their tem - ples a - dorn,



who un - to the Sav - ior for ref - uge have fled?
up - held by my righ - teous, om - nip - o - tent hand."
your dross to con - sume and your gold to re - fine."
like lambs they shall still in my bo - som be borne."

CONFESSION AND FORGIVENESS

Let us come before God in honesty and humility, confessing our sins, facing our fears, and seeking His mercy.

We pray together.

Almighty and merciful God, we confess that we are often ruled by fear instead of faith. You have called us to trust in Your goodness, yet we cling to control. You have promised to be our refuge, yet we doubt Your presence in our struggles. Fear keeps us from loving boldly, from serving joyfully, and from trusting fully in Your grace. We confess that we have let fear silence our witness, weaken our love, and shake our confidence in Your promises. Forgive us, Lord. Strengthen our hearts, that we may walk by faith and not by fear. Restore to us the joy of Your salvation and the peace that surpasses all understanding, through Jesus Christ, our Lord. Amen.

Jesus often says, “Do not be afraid,” yet there are many things to fear in life. May the grace and presence of God wash away your unrealized and realized fears and replace them with peace. God’s grace has washed you with mercy, so that you can be the person God created you to be. And God says, “Do not fear me, for I am the God of compassion.”

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.

KYRIE

Leader

In peace, in peace, let us pray to the Lord.

Assembly

Lord, have mer - cy,

3rd time to Coda ⊕

For the reign of God, and for
 For your peo - ple here who have

Christ, have mer - cy, Lord, have mer - cy.

peace through-out the world, for the u - ni - ty of all, let us pray to the
 come to give you praise, for the strength to live your word, let us pray to the

⊕ *Coda*

Help, save, and de - fend us, O God.

cy. A - men.

NOW THE FEAST

Refrain



Now the feast and cel - e - bra - tion, all of cre - a - tion
sings for joy to the God of life and love and free - dom;
praise and glo - ry for - ev - er - more!

1 Now is the feast of the Lamb once slain, whose blood has
freed and u - nit - ed us to be one great peo - ple of God.

Refrain

2 Pow - er and rich - es, wis - dom and might, all hon - or and
glo - ry to Christ for - ev - er.

Refrain

3 For God has come to dwell with us, to make us peo - ple of
God; to make all things new.

Refrain

PRAYER OF THE DAY

Let us pray together.

We come before You today with hearts that sometimes tremble with fear. The worries of life, the unknowns of tomorrow, and the burdens we carry can feel overwhelming. But You, O Lord, are our refuge and strength, our ever-present help in times of trouble. Let our hearts rest in the promise that You are with us, that You go before us, and that You will never leave nor forsake us. Amen.

FIRST READING: Exodus 13:17-18, 21-22, 14:1-14

¹⁷ When Pharaoh let the people go, God did not lead them by way of the land of the Philistines, although that was near; for God said, “Lest the people repent when they see war, and return to Egypt.” ¹⁸ But God led the people round by the way of the wilderness toward the Red Sea. And the people of Israel went up out of the land of Egypt equipped for battle. ²¹ And the Lord went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night; ²² the pillar of cloud by day and the pillar of fire by night did not depart from before the people.

Then the Lord said to Moses, ² “Tell the people of Israel to turn back and encamp in front of Pi-ha-hi’roth, between Migdol and the sea, in front of Ba’al-ze’phon; you shall encamp over against it, by the sea. ³ For Pharaoh will say of the people of Israel, ‘They are entangled in the land; the wilderness has shut them in.’ ⁴ And I will harden Pharaoh’s heart, and he will pursue them and I will get glory over Pharaoh and all his host; and the Egyptians shall know that I am the Lord.” And they did so.

⁵ When the king of Egypt was told that the people had fled, the mind of Pharaoh and his servants was changed toward the people, and they said, “What is this we have done, that we have let Israel go from serving us?” ⁶ So he made ready his chariot and took his army with him, ⁷ and took six hundred picked chariots and all the other chariots of Egypt with officers over all of them. ⁸ And the Lord hardened the heart of Pharaoh king of Egypt and he pursued the people of Israel as they went forth defiantly. ⁹ The Egyptians pursued them, all Pharaoh’s horses and chariots and his horsemen and his army, and overtook them encamped at the sea, by Pi-ha-hi’roth, in front of Ba’al-ze’phon.

¹⁰ When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them; and they were in great fear. And the people of Israel cried out to the Lord; ¹¹ and they said to Moses, “Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us, in bringing us out of Egypt? ¹² Is not this what we said to you in Egypt, ‘Let us alone and let us serve the Egyptians’? For it would have been better for us to serve the Egyptians than to die in the wilderness.” ¹³ And Moses said to the people, “Fear not, stand firm, and see the salvation of the Lord, which he will work for you today; for the Egyptians whom you see today, you shall never see again. ¹⁴ The Lord will fight for you, and you have only to be still.”

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

PSALM: Psalm 91 (J. Talbot)

Please join in the bolded refrains at the cantor's signal.

You who dwell in the shelter
You who abide in the shadow
Under the wings
Of the Most High the Almighty

Say to the LORD my Refuge
Say to the LORD my Fortress
Say to the LORD my God
In Whom I trust.

Say to the LORD my Refuge
Say to the LORD my Fortress
Say to the LORD my God
In Whom I trust .

For He will rescue you
From the snare of the fowler
And you shall be healed.

With My pinions I cover you
Under My wings you'll find refuge
You shall not fear in the night
Or in the day.

Come unto Me, I deliver you
Come unto Me, I will raise you
Come unto Me, I have called
You by your name.

Come unto Me, I deliver you
Come unto Me, I will raise you

**Come unto Me, I have called
You by your name.**

For I will rescue you
And glorify you
And you shall live forever
To know My salvation.

We who dwell in the shelter
We who abide in the shadow
Under the wings
Of the Most High the Almighty

**Say to the LORD our Refuge
Say to the LORD our Fortress
Say to the LORD our God
In Whom we trust.**

SECOND READING: Exodus 14:15-25

¹⁵ The Lord said to Moses, “Why do you cry to me? Tell the people of Israel to go forward. ¹⁶ Lift up your rod, and stretch out your hand over the sea and divide it, that the people of Israel may go on dry ground through the sea. ¹⁷ And I will harden the hearts of the Egyptians so that they shall go in after them, and I will get glory over Pharaoh and all his host, his chariots, and his horsemen. ¹⁸ And the Egyptians shall know that I am the Lord, when I have gotten glory over Pharaoh, his chariots, and his horsemen.”

¹⁹ Then the angel of God who went before the host of Israel moved and went behind them; and the pillar of cloud moved from before them and stood behind them, ²⁰ coming between the host of Egypt and the host of Israel. And there was the cloud and the darkness; and the night passed without one coming near the other all night.

²¹ Then Moses stretched out his hand over the sea; and the Lord drove the sea back by a strong east wind all night, and made the sea dry land, and the waters were divided. ²² And the people of Israel went into the midst of the sea on dry ground, the waters being a wall to them on their right hand and on their left. ²³ The Egyptians pursued, and went in after them into the midst of the sea, all Pharaoh’s horses, his chariots, and his horsemen. ²⁴ And in the morning watch the Lord in the pillar of fire and of cloud looked down upon the host of the Egyptians, and discomfited the host of the Egyptians, ²⁵ clogging their chariot wheels so that they drove heavily; and the Egyptians said, “Let us flee from before Israel; for the Lord fights for them against the Egyptians.”

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

GOSPEL VERSE

Congregation:

Re - turn to God with all your heart, the
Source of grace and mer - cy; Come, seek the ten - der
faith - ful - ness of God. *Repeat optional*

GOSPEL: Mark 4:35b-40a

The holy gospel according to St. Mark the fourth chapter.

Glory to you, O Lord.

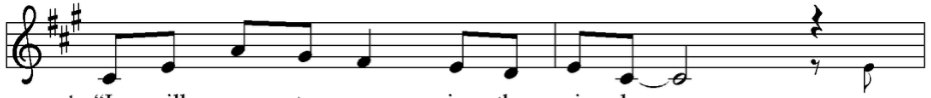
When evening had come, he said to them, “Let us go across to the other side.”³⁶ And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him.³⁷ And a great storm of wind arose, and the waves beat into the boat, so that the boat was already filling.³⁸ But he was in the stern, asleep on the cushion; and they woke him and said to him, “Teacher, do you not care if we perish?”³⁹ And he awoke and rebuked the wind, and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm.⁴⁰ He said to them, “Why are you afraid?”

The gospel of the Lord.

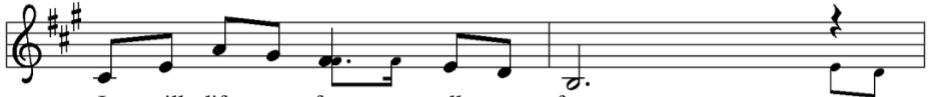
Praise to you, O Christ.

SERMON

HYMN OF THE DAY: *You Are Mine* (ELW 581)



1 "I will come to you in the si - lence,
 2 "I am hope for all who are hope - less,
 3 "I am strength for all the de - spair - ing,
 (4) am the Word that leads all to free - dom, I



I will lift you from all your fear.
 I am eyes for all who long to see. (2) In the
 heal - ing for the ones who dwell in shame.
 am the peace the world can - not give.



You will hear my voice, I claim you as my choice. Be
 shad - ows of the night, I will be your light.
 All the blind will see, the lame will all run free, and
 I will call your name, em - brac - ing all your pain. Stand



still and know I am here. *To stanza 2*
 Come and rest in me. *To refrain*
 all will know my name. *To refrain*
 up, now walk and live! *To refrain*



Do not be a - fraid, I am with you. I have called you each by



name. Come and fol - low me, I will bring you home; I



love you and you are mine." *To stanzas 3 and 4*

APOSTLE'S 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.

PRAYERS OF INTERCESSION

Gracious and loving God, we come before You today as individuals carrying fears: some spoken, some silently held within. As we pray, may we find courage to face the darkness, knowing that You are our guiding light and that Your perfect love casts out fear.

Dear God, many of your children are afraid this day. We are afraid in chapels and in cathedrals, in neighborhood churches and in megachurches. We are afraid of change. Grant us grace to be still before this fear, to be still in the heart of your whirlwind. Dear God, **make us your transformation.**

Dear God, many of your children are afraid this day. We are afraid in small offices and in large public spaces. We are afraid of the swaggering Other, and we are afraid of the creeping Other. Grant us grace to be still before these fears, to be still while You unite all of us together in your kingdom. Dear God, **make us your reconciliation.**

Dear God, many of your children are afraid this day. We are afraid of heatwaves and droughts, heavy downpours and severe floods, hurricanes and wildfires. Grant us grace to be still before these fears, to be still in your earth. Dear God, **make us your healing.**

Dear God, many of your children are afraid this day. We are afraid in homes and in hospitals, on the road and on the street. We are afraid in loneliness, in pain, in disease, and in grief. Grant us grace to be still in our sufferings, to be still while You are there with us. Dear God, **make us your peace.**

Dear God, many of your children are afraid this day. We are afraid we are inadequate. Sometimes this fear is at the front of our minds, and it paralyzes us. Sometimes we stuff this fear away, and we lash out at others' inadequacies so we don't have to face it. Grant us grace to be still before this fear, to be still while you are sufficient for all of us. Dear God,

make us your grace.

Almighty God, we thank You for hearing our prayers, for walking with us in our fear, and for comforting us with Your steadfast love. As we go forth, may we be instruments of Your peace and hope to others who face their own fears, always trusting in Your eternal presence with us. In Your name we pray.

Amen.

PEACE

The peace of the Lord 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

OFFERING

Please place offering in one of the Bulletin Stand offering plates at the end of worship as you leave the church.

OFFERTORY:

Souvenirs for Piano Four Hands, Op. 28, VI. Galop
(S. Barber)

OFFERING PRAYER

Let us pray together.

**God of good gifts, receive these and all our offerings
as we present them in faithful service for the sake of your gospel.
Prepare our hearts to receive you in this meal
as you pour out your very presence
through Christ Jesus, the wellspring of eternal life. Amen.**

COMMUNION HYMN:

Be Still, My Soul (K. von Schlegel/J. Sibelius)



1 Be still, my soul: the Lord is on your side.
2 Be still, my soul: your God will un - der - take
3 Be still, my soul: the hour is has - t'ning on



Bear pa - tient - ly the cross of grief or pain;
to guide the fu - ture, as in a - ges past.
when we shall be for - ev - er with the Lord,



leave to your God to or - der and pro - vide;
Your hope, your con - fi - dence let noth - ing shake;
when dis - ap - point - ment, grief, and fear are gone,



in ev - 'ry change God faith - ful will re - main.
all now mys - te - rious shall be bright at last.
sor - row for - got, love's pur - est joys re - stored.



Be still, my soul: your best, your heav'n - ly friend
Be still, my soul: the waves and winds still know
Be still, my soul; when change and tears are past,



through thorn - y ways leads to a joy - ful end.
the Christ who ruled them while he dwelt be - low.
all safe and bless - ed we shall meet at last.

DISTRIBUTION: *Abide with Me* (ELW 629)

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.

Generous Host,

you have shared your feast with us and made us new.

**Send us now to set tables of love and grace in our communities,
that your liberating love might nourish the world,
in the name of the crucified one, Jesus Christ our Lord. Amen.**

BLESSING

Jesus said

“Do not be afraid for I am with you.”

“Remember, I am with you always, to the end of the age.”

Go, in the name of the Father, and of the ✝ Son, and of the Holy Spirit.
Amen.

SENDING HYMN:

Guide Me, O Thou Great Jehovah

(W. Williams/J. Hughes)

♩ = 120



1 Guide me, O thou great Je - ho - vah, pil - grim through this
2 O - pen now the crys - tal foun - tain where the heal - ing
3 When I tread the verge of Jor - dan, bid my anx - ious



bar - ren land. I am weak, but thou art might - y; hold me with thy
stream doth flow; let the fire and cloud - y pil - lar lead me all my
fears sub - side; death of death and hell's de - struc - tion, land me safe on



pow'r - ful hand. Bread of heav - en, bread of heav - en,
jour - ney through. Strong de - liv - 'rer, strong de - liv - 'rer,
Ca - naan's side. Songs of prais - es, songs of prais - es,



feed me till I want no more, feed me till I want no more.
be thou still my strength and shield, be thou still my strength and shield.
I will ev - er give to thee, I will ev - er give to thee.

DISMISSAL

Go in peace. Serve the Lord.

Thanks be to God!

Trinity Happenings:

Sun, Apr 6:	9:00am	Lenten Worship "Second Chance to Face a Fear"
	10:15am	Fellowship in Gruver Rm
	10:15am	First Communion Preparation



Mon, Apr 7:	9:00am	Becoming in Gruver Rm
Tue, Apr 8:	6:00pm	Church Council in Gruver Rm
Wed, Apr 9:	10:00am	Women's Bible Study in Gruver Rm
	6:30pm	Lenten Worship w/ P. Rabon "Take a Second Chance"
Thu, Apr 10:	11:30am	MUGG Campus Meeting @ Rendezvous Café
Sun, Apr 13:	9:00am	Lenten Worship "Second Chance on Church"
	10:15am	Fellowship in Gruver Rm
Mon, Apr 14:	9:00am	Becoming in Gruver Rm
Tue, Apr 15:	5:30pm	NO TheologyPUB
Wed, Apr 16:	10:00am	Women's Bible Study in Gruver Rm
Thu, Apr 17:	11:45am	NO MUGG Campus Meeting
	5:30pm	Maundy Thursday Agape Meal followed by First Communion
Fri, Apr 18:	6:30pm	Good Friday Worship
Sun, Apr 20:	9:00am	Easter Worship w/ Band and Choir
	10:15am	Pot-Luck Brunch in Fellowship Hall



Is this your ministry?

Trinity Tools

A handyman group to help members fix small things in their homes.

Contact ► pastornate3421@gmail.com



“When the recent high winds started to tear the siding off the second story of our house I was at a loss as to how to get up there to even begin a repair. I greatly appreciate the help and quick response of the church’s handyman group and Jamie specifically. Without their help the problem would not have been addressed. Thank you!”

LENT FOOD DRIVE BASKETS AT SANCTUARY ENTRANCES

*Stock our
Cabinet with
2nd Chances!*

Mr. Jack might teach us all a little about participation. He visits the Cabinet when his Social Security runs out at the end of the month. At the beginning of the month though, he donates, just a little, but “something different”.

For his birthday, with the Director’s permission, Mr. Jack bought ice cream at the Co-Op and walked directly here with it--tamper transparent--for the Sunflower Day School kids to enjoy!

HOLY WEEK



Apr 13

9:00am Lenten Worship
“2nd Chance on Church”

Apr 14

9:00am *Becoming Study*

Apr 16

10:00am Women’s Study

Apr 17

5:30pm

Maundy Thursday

Potluck Agape
1st Communion

Apr 18

6:30pm

Good Friday

Worship

Apr 20

9:00am

Easter Sunday

Worship
Potluck Brunch



Agape Meal

Sign up in the Gruver Rm to bring simple finger foods, especially crusty breads, olive oil, cheeses, fresh or dried figs/apricots/dates, and fresh vegetables. Hummus and/or lentil soup is also popular. Water and some wine and some grape juice will be provided.



*Good Friday Readings
sign-up available in the
Gruver Room.*



Easter Brunch
Sign Up in Gruver Rm

Serving in Worship

TODAY — Apr 6, 2025

Altar: Conyers Family

Accompanists:

Soyeon Kang with Jiwon Han

Reader: Martha Leonard

Communion Assistant:

Stuart Guarnieri

Fellowship:

Martha Leonard

NEXT SUNDAY — Apr 13, 2025

Altar: Conyers Family

Accompanist:

Soyeon Kang

Reader: Trey Sherwood

Communion Assistant:

OPEN

Fellowship:

Samantha Weatherston

EXTENDED TABLE

TRINITY
LUTHERAN

A trained lay ministry to bring
Sunday's Communion to
those unable to attend.

+307-745-4222 + pastornate3421@gmail.com



TRINITY EVANGELICAL LUTHERAN CHURCH

Office: (307) 745-4222 + telcofficermanager@gmail.com

Pastor Nate: (307) 231-5371 + pastornate3421@gmail.com

IF YOU WOULD LIKE OR NEED A VISIT FROM PASTOR NATE PLEASE EMAIL OR CALL!

QUESTIONS ABOUT GIVING? If you ever have any questions about your financial gifts to Trinity, please contact Trinity's financial secretary, Alison Lebeda, at alebeda@uwyo.edu. If you need an up-to-date statement of giving, please contact the church office.

2025 as of February 28

Income - \$41,291.89

Expenses - \$36,929.00

