

LENT MAR 22



come, follow me.

Jesus



Call to Worship | Psalm 95 + 23



Play Psalm 95

Sheet music is available [here](#).

**Come, let us sing for joy unto the Lord
Let us shout to the rock of our salvation
O, let us sing to him with thankful hearts
Shout for joy with music and song**

**For the Lord is a great God (2x)
In his hands are the earth, the seas (2x)
For the Lord is the great king (2x)
The seas are his, he has made them (2x)**

Leader: The Lord is my shepherd; I shall not want.

He makes me lie down in green pastures.

All: He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness
for his name's sake.

Even though I walk through the valley of the shadow of death,

I will fear no evil,

for you are with me;

your rod and your staff,

they comfort me.

You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

forever.



Hymn | Be Thou My Vision



Play Be Thou My Vision

Sheet music is available [here](#).

**Be Thou my vision, O Lord of my heart
Naught be all else to me, save that Thou art
Thou my best thought, by day or by night
Waking or sleeping, Thy presence my light**

**Be Thou my wisdom and Thou my true Word
I ever with Thee and Thou with me, Lord
Thou, my great Father and Spirit and Son**

Thou in me dwelling, and I with Thee one

Riches I heed not, nor man's empty praise

Thou mine inheritance, now and always

Thou and Thou only, first in my heart

High King of heaven, my Treasure Thou art

High King of heaven, my victory won

May I reach heaven's joys, O bright heaven's son

Heart of my own heart, whatever befall

Still be my vision, O ruler of all



Prayer of Confession

A prayer from the 4th century by Augustine, a North African Bishop:

For your mercies' sake, O Lord my God, tell me what you are to me. Say to my soul: "I am your salvation." Say it so that I may hear it, O Lord. My heart is listening, open it that it may hear you, and say to my soul: "I am your salvation."

After hearing this word, may I come in haste to take hold of you. Hide not your face from me. Let me see your face even if I die, lest I die with longing to see it. The house of my soul is too small to receive you; let it be enlarged by you. It is all in ruins; I ask you to repair it. There are things in it, I confess and I know, that must offend your sight. But who shall cleanse it? Or to what others

besides you shall I cry out? From my secret sins cleanse me, O Lord, and from those of others spare your servant.

Lord, we come to you now, abandoning our self-trust, and, because of what Christ has done, ask you to receive us, embrace us, and hold us.

Let's take a few moments to reflect silently on these words and to be directed into prayer, offering confession before the Lord, knowing forgiveness and rest are freely available in Jesus.



Receiving of Grace

I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. (Psalm 32:5)

In the life, death, and resurrection of Jesus, we are assured that there is
no sin so terrible that God cannot forgive,
no hurt so terrible that God cannot heal.

In Christ, God accepts, God forgives, and God sets free.

Let us live in light of the gospel and receive the forgiving love of God. **Amen.**



Matthew 4:17-25

17 From that time Jesus began to preach, saying, “Repent, for the kingdom of heaven is at hand.”

18 While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen. 19 And he said to them, “Follow me, and I will make you fishers of men.” 20 Immediately they left their nets and followed him. 21 And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. 22 Immediately they left the boat and their father and followed him.

23 And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people. 24 So his fame spread throughout all Syria, and they brought him all the sick, those afflicted with various diseases and pains, those oppressed by demons, those having seizures, and paralytics, and he healed them. 25 And great crowds followed him from Galilee and the Decapolis, and from Jerusalem and Judea, and from beyond the Jordan.

A Reflection from R.J.



Prayers of the People



Play Prayers of the People

Blessed are the merciful (x3)

for they shall receive, mercy, mercy

Forgive us as we forgive those who sin against us (x2)

Lord have mercy on us

show Your mercy through us

**Lord have mercy on us
show Your mercy through us
Mercy**

A prayer from Rachel Pelander, Admiral

**Lord have mercy on us
show Your mercy through us
Lord have mercy on us
show Your mercy through us
Mercy**

A prayer from Chris Ball, Morgan Junction

**Lord have mercy on us
show Your mercy through us
Lord have mercy on us
show Your mercy through us
Mercy**

A prayer from Shiyun Chen, Columbia City and Ruby Libolt, White Center

**Blessed are the merciful (x3)
for they shall receive, mercy, mercy
Forgive us as we forgive those who sin against us (x2)
Lord have mercy on us
show Your mercy through us
Lord have mercy on us
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Mercy**



Grateful Giving

Freely you have received; freely give. (Matthew 10:8)

All we have is given to us by God. Our offerings express this joyful dependance and our commitment to join God in his work of renewal.

Whether we have much or little, God calls us to treasure and trust Him above all. So we are to give as generously as we are able, knowing that He who met our most dire need through Christ will continue to provide for every need we have. All gifts go toward ministry initiatives of All Souls and the relief of those in need.

Giving Link



Benediction

May God sustain you and fill you with joy
so that you may abound in hope

by the power of the Holy Spirit.

Let us rejoice in the Lord always. **Amen.**

Let us go forth and serve our world as those who love our Lord and Savior Jesus Christ. **Thanks be to God!**



Lord's Supper

Given the data that gathering in smaller spaces— even in smaller numbers— may put folks at greater risk than in a larger space, and the advice to allow so much space between each other (six feet?), the logistics are challenging. But, your pastors would like to still make the Supper available to all who would like to receive it **today starting at 1p at the All Souls Loft** in batches of 10 or fewer people, on the quarter hour (please rsvp for a time slot— 1, 1:15, 1:30, etc.). Please consider this option thoughtfully, and feel no compulsion to join us. Please wash your hands upon entering the Loft. If you are sick, including fever and/or cough, please stay home. And, too, let us know how the community can support you.

RSVP



Made for you by [All Souls Church of Seattle](#).
All Souls Loft: 4138 California Ave SW, 2nd fl. Seattle, WA 98116

Sources: The Book of Common Prayer / ESV Bible

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