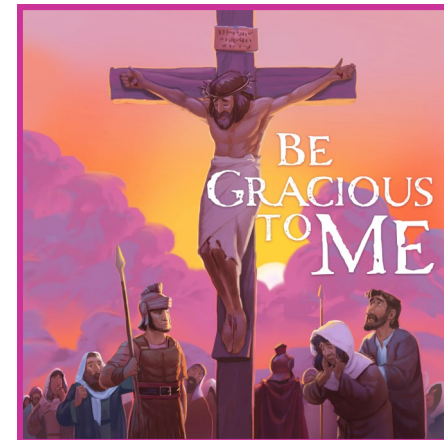


# Zion Lutheran Church



February 21<sup>st</sup>, 2024

Lent -- Week 1

## SUSTAINED IN SICKNESS

Since the fall into sin, no part of our human nature has escaped the ravages of original sin. Not only has sin separated us from God to our spiritual detriment, but our bodies, created for perfect health, endure sickness and injury. King David announces God's answer to this catastrophe in Psalm 41:3: "The LORD sustains him on his sickbed; in his illness You restore him to full health." This is a beautiful promise, but what does it mean for you and your infirmities? As all the Scriptures bear witness to Jesus, the gifts contained in these words are only revealed by your Baptism into Him by whose wounds we are healed.



1 Je - sus, grant that balm and heal - ing In Your ho - ly  
 2 Should some lust or sharp temp - ta - tion Fas - ci - nate my  
 3 If the world my heart en - tic - es With the broad and  
 4 Ev - 'ry wound that pains or grieves me By Your wounds, Lord,  
 5 O my God, my rock and tow - er, Grant that in Your



wounds I find, Ev - 'ry hour that I am feel - ing Pains of  
 sin - ful mind, Draw me to Your cross and pas - sion, And new  
 eas - y road, With se - duc - tive, sin - ful vi - ces, Let me  
 is made whole; When I'm faint, Your cross re - vives me, Grant - ing  
 death I trust, Know - ing death has lost its pow - er Since You



bod - y and of mind. Should some e - vil thought with - in  
 cour - age I shall find. Or should Sa - tan press me hard,  
 weigh the aw - ful load You were will - ing to en - dure.  
 new life to my soul. Yes, Your com - fort ren - ders sweet  
 crushed it in the dust. Sav - ior, let Your ag - o - ny



Tempt my teach-'rous heart to sin, Show the per - il, and from  
 Let me then be on my guard, Say - ing, "Christ for me was  
 Help me flee all thoughts im - pure And to mas - ter each temp -  
 Ev - 'ry bit - ter cup I meet; For Your all - a - ton - ing  
 Ev - er help and com - fort me; When I die be my pro -



sin - ning Keep me from its first be - gin - ning.  
 wound - ed," That the tempt - er flee con - found - ed.  
 ta - tion, Calm in prayer and med - i - ta - tion.  
 pas - sion Has pro - cured my soul's sal - va - tion.  
 tec - tion, Light and life and res - ur - rec - tion.

testament in My ☩ blood, which is shed for you for the forgiveness of sins.  
This do, as often as you drink it, in remembrance of Me.”

### Distribution

*If you are visiting us today from a Christian denomination outside the Lutheran Church -- Missouri Synod, we welcome you to come to the altar to receive a baptismal blessing. Please signify by crossing your arms over your chest upon kneeling.*

### Collects

- P** O Lord, hear my prayer.
- C** **And let my cry come to You.**
- P** Let Your blessing be upon us, heavenly Father, as we pass through these holy days in which we remember the sufferings and death of our dear Lord. Grant that His holy example being ever before us, we follow Him in willing obedience, learn His gracious humility, and being filled with His love and spirit of self-sacrifice, learn the lessons of a life pleasing to You and helpful to all people; through Him who loved us and gave Himself for us, even Jesus Christ, our Lord.
- C** **Amen.**
- P** Let us bless the Lord.
- C** **Thanks be to God.**
- P** The grace of our Lord + Jesus Christ and the love of God and the communion of the Holy Spirit be with you all.
- C** **Amen.**



- P** In the name of the Father and of the ☩ Son and of the Holy Spirit.
- C** **Amen.**
- P** O Lord, open my lips,
- C** **and my mouth will declare Your praise.**
- P** Make haste, O God, to deliver me;
- C** **make haste to help me, O Lord.**
- C** **Glory be to the Father and to the Son and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.**  
**Praise to You, O Christ, Lamb of our salvation.**

### Confession and Absolution

- P** Beloved in the Lord! Let us draw near with a true heart and confess our sins unto God our Father, beseeching Him in the name of our Lord Jesus Christ to grant us forgiveness.
- P** Our help is in the name of the Lord,
- C** **who made heaven and earth.**
- P** I said, I will confess my transgressions unto the Lord,
- C** **and You forgave the iniquity of my sin.**
- P** O almighty God, merciful Father,
- C** **I, a poor, miserable sinner, confess unto You all my sins and iniquities with which I have ever offended You and justly deserved Your temporal and eternal punishment. But I am heartily sorry for them and sincerely repent of them, and I pray You of Your boundless mercy and for the sake of the holy, innocent, bitter sufferings and death of Your beloved Son, Jesus Christ, to be gracious and merciful to me, a poor, sinful being.**
- P** Upon this your confession, I, by virtue of my office, as a called and or dained servant of the Word, announce the grace of God unto all of you, and in the stead and by the command of my Lord Jesus Christ I forgive you all your sins in the name of the Father and of the ☩ Son and of the Holy Spirit.
- C** **Amen.**

## Salutation and Collect of the Day

**P** The Lord be with you.

**C** **And also with you.**

**P** Let us pray.

Let Your blessing be upon us, heavenly Father, as we pass through these holy days in which we remember the sufferings and death of our dear Lord. Grant that His holy example being ever before us, we follow Him in willing obedience, learn His gracious humility, and being filled with His love and spirit of self-sacrifice, learn the lessons of a life pleasing to You and helpful to all people; through Him who loved us and gave Himself for us, even Jesus Christ, our Lord.

**C** **Amen.**

## First Reading -- Psalm 103:1-14

A reading from Psalms, the 103rd chapter.

Bless the LORD, O my soul,  
and all that is within me,  
bless His holy name!

Bless the LORD, O my soul,  
and forget not all His benefits,  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the pit,  
who crowns you with steadfast love and mercy,  
who satisfies you with good  
so that your youth is renewed like the eagle's.

The LORD works righteousness  
and justice for all who are oppressed.

He made known His ways to Moses,  
His acts to the people of Israel.

The LORD is merciful and gracious,  
slow to anger and abounding in steadfast love.

He will not always chide,  
nor will He keep His anger forever.

**P** Christ, the Lamb of God, who takes away the sin of the world,

**C** **grant us Your peace.**

**P** O Christ,

**C** **hear us.**

**P** O Lord,

**C** **have mercy.**

**P** O Christ,

**C** **have mercy.**

**P** O Lord,

**C** **have mercy. Amen.**

## Lord's Prayer

**C** **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.**

**P** In the name of our Lord and Savior Jesus Christ, at His command, and with His own words, we receive His testament:

## The Words of Our Lord

**P** Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take, eat; this is My  $\text{✠}$  body, which is given for you. This do in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the new

**C** have mercy.

**P** O Lord,

**C** have mercy.

**P** O Christ,

**C** hear us.

**P** God the Father in heaven,

**C** have mercy.

**P** God the Son, Redeemer of the world,

**C** have mercy.

**P** God the Holy Spirit,

**C** have mercy.

**P** Be gracious to us.

**C** Spare us, good Lord.

**P** Be gracious to us.

**C** Help us, good Lord.

**P** From all sin, from all error, from all evil; From the crafts and assaults of the devil; from sudden and evil death; From pestilence and famine; from war and bloodshed; from sedition and from rebellion; From lightning and tempest; from all calamity by fire and water; and from everlasting death:

**C** Good Lord, deliver us.

**P** By the mystery of Your holy incarnation; by Your holy nativity; By Your baptism, fasting, and temptation; by Your agony and bloody sweat; by Your cross and passion; by Your precious death and burial; By Your glorious resurrection and ascension; and by the coming of the Holy Spirit, the Comforter:

**C** Help us, good Lord.

**P** In all time of our tribulation; in all time of our prosperity; in the hour of death; and in the day of judgment:

**C** Help us, good Lord.

**P** We poor sinners implore You

**C** to hear us, O Lord.

**P** Christ, the Lamb of God, who takes away the sin of the world,

**C** have mercy.

**P** Christ, the Lamb of God, who takes away the sin of the world,

**C** have mercy.

He does not deal with us according to our sins,  
nor repay us according to our iniquities.

For as high as the heavens are above the earth,  
so great is His steadfast love toward those who fear Him;  
as far as the east is from the west,

so far does He remove our transgressions from us.

As a father shows compassion to his children,  
so the LORD shows compassion to those who fear Him.

For He knows our frame;

He remembers that we are dust.

**P** O Lord, have mercy on us.

**C** Thanks be to God.

### Second Reading -- James 5:7-18

Be patient, therefore, brothers, until the coming of the Lord. See how the farmer waits for the precious fruit of the earth, being patient about it, until it receives the early and the late rains. You also, be patient. Establish your hearts, for the coming of the Lord is at hand. Do not grumble against one another, brothers, so that you may not be judged; behold, the Judge is standing at the door. As an example of suffering and patience, brothers, take the prophets who spoke in the name of the Lord. Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful.

But above all, my brothers, do not swear, either by heaven or by earth or by any other oath, but let your "yes" be yes and your "no" be no, so that you may not fall under condemnation.

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit.

**P** O Lord, have mercy on us.

**C** Thanks be to God.

### Third Reading -- Matthew 8:14-17

And when Jesus entered Peter's house, He saw his mother-in-law lying sick with a fever. He touched her hand, and the fever left her, and she rose and began to serve Him. That evening they brought to Him many who were oppressed by demons, and He cast out the spirits with a word and healed all who were sick. This was to fulfill what was spoken by the prophet Isaiah: "He took our illnesses and bore our diseases."

**P** O Lord, have mercy on us.

**C** Thanks be to God.

### Responsory

**P** Deliver me, O Lord, my God, for You are the God of my salvation.

**C** Rescue me from my enemies, protect me from those who rise against me.

**P** In You, O Lord, do I put my trust, leave me not, O Lord, my God.

**C** Rescue me from my enemies, protect me from those who rise against me.

**P** Deliver me, O Lord, my God, for You are the God of my salvation.

**C** Rescue me from my enemies, protect me from those who rise against me.



### Hymn of the Day (7:00 pm only) -- Come to Calvary's Holy Mountain #435



1 Come to Cal - v'ry's ho - ly moun - tain, Sin - ners, ru - ined  
 2 Come in pov - er - ty and mean - ness, Come de - filed, with -  
 3 Come in sor - row and con - tri - tion, Wound - ed, im - po -  
 4 They that drink shall live for - ev - er; 'Tis a soul - re -



by the fall; Here a pure and heal - ing foun - tain  
 out, with - in; From in - fec - tion and un - clean - ness,  
 tent, and blind; Here the guilt - y, free re - mis - sion,  
 new - ing flood. God is faith - ful; God will nev - er



Flows for you, for me, for all, In a full, per -  
 From the lep - ro - sy of sin, Wash your robes and  
 Here the trou - bled, peace may find. Health this foun - tain  
 Break His cov - e - nant of blood, Signed when our Re -



pet - ual tide, O - pened when our Sav - ior died.  
 make them white; Ye shall walk with God in light.  
 will re - store; They that drink shall thirst no more.  
 deem - er died, Sealed when He was glo - ri - fied.

Text and tune: Public domain

### Sermon

### Kyrie

**C** Lord, have mercy; Christ, have mercy; Lord, have mercy.

### Litany

**P** O Lord,

**C** have mercy.

**P** O Christ,