

Building Hope

A Lenten Journey

Spirit Of the Wilderness and First Congregational

March 1, 2023

Invocation: (From the UCC Book of Worship)

O God, distant yet near, we gather as witnesses to your promise that if we seek you with all our hearts, we will find you. Be among us this day. Hear the confessions of our mouths and the yearnings of our hearts. Help us change the narrowness of our vision and the pettiness of our living. Make us new again with our grace. Grant us the maturity to accept your many gifts in humility and use them with faithfulness. Grant to us your spirit that our worship may have integrity and energy, ever witnessing to your holy presence in our lives. We praise and give thanks through Jesus Christ we pray. Amen.

Gathering Song: Kindom on Insert

Psalm 139

The Inescapable God

To the leader. Of David. A Psalm.

¹ O LORD, you have searched me and known me.

² You know when I sit down and when I rise up; you discern my thoughts from far away.

³ You search out my path and my lying down and are acquainted with all my ways.

⁴ Even before a word is on my tongue, O LORD, you know it completely.

⁵ You hem me in, behind and before, and lay your hand upon me.

⁶ Such knowledge is too wonderful for me; it is so high that I cannot attain it.

⁷ Where can I go from your spirit? Or where can I flee from your presence?

⁸ If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.

⁹ If I take the wings of the morning and settle at the farthest limits of the sea,

¹⁰ even there your hand shall lead me, and your right hand shall hold me fast.

¹¹ If I say, "Surely the darkness shall cover me, and night wraps itself around me,"^[a]

¹² even the darkness is not dark to you; the night is as bright as the day,
for darkness is as light to you.

¹³ For it was you who formed my inward parts; you knit me together in my mother's
womb.

¹⁴ I praise you, for I am fearfully and wonderfully made. Wonderful are your works;
that I know very well.

¹⁵ My frame was not hidden from you; when I was being made in secret,
intricately woven in the depths of the earth.

¹⁶ Your eyes beheld my unformed substance. In your book were written
all the days that were formed for me, when none of them as yet existed.^[b]

¹⁷ How weighty to me are your thoughts, O God! How vast is the sum of them!

¹⁸ I try to count them—they are more than the sand; I come to the end^[c]—I am still with
you.

²³ Search me, O God, and know my heart; test me and know my thoughts.

²⁴ See if there is any wicked^[e] way in me, and lead me in the way everlasting.^[f]

Reflection by Milan

Practicing Hope:

Ignatian Examen

Lord's Prayer

Benediction