

Incarnation  
Church



L E N T

Incarnation is a community that seeks to worship the Lord in Word, Sacrament, and Spirit. We are one body, under our Lord Jesus Christ. It is our mission to proclaim the Gospel, and promote justice, peace, and love. We are rooted in the beautiful traditions of the ancient church. We cherish our fellowship with millions of Christians across the world. Come be a part of the history of God's people as we celebrate the love of Christ through liturgy, teaching, and song.

## Opening Prayer

### Confession of Sin

*In this time we confess our wrongs to God, and acknowledge our need for forgiveness that God grants us in Jesus Christ's death on the cross.*

Celebrant: Let us confess our sins against God and our neighbor.

**Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.**

Celebrant:

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life.  
*Amen.*

## **A Reading from the Book of Kings**

*1 Kings 19: 1-16*

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow." Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there.

But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O Lord, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place.

**Reader: The Word of the Lord**

**People: Thanks be to God**

## Psalm 23

1 The LORD is my shepherd; \*  
**I shall not be in want.**

2 He makes me lie down in green pastures \*  
**and leads me beside still waters.**

3 He revives my soul \*  
**and guides me along right pathways for his Name's sake.**

4 Though I walk through the valley of the shadow of death,  
I shall fear no evil; \*  
**for you are with me;  
your rod and your staff, they comfort me.**

5 You spread a table before me in the presence of those  
who trouble me; \*  
**you have anointed my head with oil,  
and my cup is running over.**

6 Surely your goodness and mercy shall follow me all the days  
of my life, \*  
**and I will dwell in the house of the LORD for ever.**

## A Reading from the Letter of Paul to the Ephesians

*Ephesians 5: 1-14*

Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. But fornication and impurity of any kind, or greed, must not even be mentioned among you, as is proper among saints. Entirely out of place is obscene, silly, and vulgar talk; but instead, let there be thanksgiving. Be sure of this, that no fornicator or impure person, or one who is greedy (that is, an idolater), has any inheritance in the kingdom of Christ and of God.

Let no one deceive you with empty words, for because of these things the wrath of God comes on those who are disobedient. Therefore do not be associated with them. For once you were darkness, but now in the Lord you are light. Live as children of light-- for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

"Sleeper, awake!  
Rise from the dead,  
and Christ will shine on you."

Reader: The Word of the Lord  
People: **Thanks Be To God**

Celebrant: The Holy Gospel of our Lord Jesus Christ according to Mark  
People: **Glory to You, Lord Christ**

*Mark 1: 32-34*

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Celebrant: The Gospel of the Lord  
People: **Praise to You, Lord Christ**

**Sermon: Following Elijah**  
Elijah is Forced Into Isolation  
Elijah Chooses Isolation with God  
Elijah waits to Hear God's Still Voice

## Prayers of the People

*You are invited to submit prayer requests via the chat function. A prayer team will pray for you and your prayers throughout the week*

**Leader:** Lord in Your mercy

**People:** Hear Our Prayer

## The Collect

## The Our Father:

**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,  
for ever and ever. Amen.**

## Hymn: Be Thou My Vision

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, I Thy true son;  
Thou in me dwelling, and I with Thee one.

Riches I need 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 Sun!  
Heart of my own heart, whatever befall,  
Still be my Vision, O Ruler of all.

Closing Prayer

Benediction

# Announcements

## Online Bible Studies

Our Bible Studies will continue to meet online this week at their usual times. These studies are open to everyone, whether you have been previously involved or not. Links to join will be included in weekly e-mail and GroupMe

***Undergraduate Men's:*** Friday, 11:30am

***Undergraduate Women's,*** Thursday, 3pm

***Church wide prayer and Bible Study:*** Wednesday, 7:30pm

## Online Game Night!

Ana will be organizing online game nights each week. More info will be posted on the student GroupMe.

## One on One Prayer/Catch Up

Ana and Mike are available to meet and pray over Skype with anyone who is interested. Please contact Ana [awakeman@ccojubilee.org](mailto:awakeman@ccojubilee.org) or Mike [niebauer@gmail.com](mailto:niebauer@gmail.com)

## Question and Answer

Got a question about Christianity, how to live out your faith, or specific theological, ethical, or political questions? Submit any question you'd like to Pastor Mike. No question too easy, difficult, or obscure. Pastor Mike will choose some of these questions and record Youtube video answers.

You can submit questions via the chat function of this call.

You can submit questions via GroupMe or by e-mailing [niebauer@gmail.com](mailto:niebauer@gmail.com)