



# **Contemplating Christ**

**March 20, 2020**

**South Park Church**

"Lent is the third season of the Christian Year. It is the season of preparation for the unparalleled, joyful feast of Easter. During these forty days, we turn the eyes of our hearts towards the Suffering Servant and the journey towards his Passion and sacrificial death. We turn our very selves ever more towards the downward and upward journey of dying to sin and rising again, waking up evermore to the new life of love available for us in the Risen Christ and his Body, the Church. The Church has long used Lent as a time to intensify the regular practices of the faith: repentance, prayer, fasting, generosity, and acts of love for others. Lent is like an "annual physical exam" for our lives in Christ, where we ask questions like: What patterns of sin have ingrained themselves into my life and how can I pray and work to change these patterns? How has my love of God and neighbor grown cold and selfish? Where have I filled my life with the things of creation in a way that does not honor my Creator and my fellow image bearers? What does the death and resurrection of Jesus mean for my life? Take some time during this season to more deeply ingrain the core practices of the faith into the rhythms of your days"



## ***Welcome***



## ***Movement: UP***



### ***Lighting of the candle***

Grab a candle and place it before you for this time.  
Use the candle to bring you a point of focus.

In John 8:12 it says, “When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’”

Jesus is the light of the world. Jesus is the light of life.  
Jesus invites us to follow Him, and have the light of life.

Spend a moment focusing on your lit candle. Watch the light move.  
Reflect on the movement of Christ in your life.

[Moment of reflection]

Reflect on the movement of Christ in your world.

[Moment of reflection]

*Prayer*

## ***God With Us***

You've come  
To bring peace  
To be love  
To be nearer to us

You've come  
To bring life  
To be light  
To shine brighter in us

Oh Emmanuel  
God with us

Our Deliverer  
You are Savior  
In Your presence we find our strength  
Over everything  
Our redemption  
God with us  
You are God with us

You've come  
To be hope  
To this world  
For Your honor and name

You've come  
To take sin

To bear shame  
And to conquer the grave

You are here and  
You are holy  
We are standing  
In Your glory (Lord)

### ***Movement: IN***



#### ***Prayer of focus***

Jesus, help us enter into a space with you.

**Christ must increase, I must decrease.**

Remove distractions from us.

Align our priorities with the priorities of your kingdom.

**Christ must increase, I must decrease.**

Remove my selfish ways, increase my awareness of my need for grace.

**Christ must increase, I must decrease.**

Jesus, help me to let go of that which I cannot control.

**Christ must increase, I must decrease.**

#### ***Running in Circles***

I'm so forgetful, but You always remind me  
You're the only one who brings me peace  
You're the only one who brings me peace

So I come, Lord I come, I come, Lord I come

To tell you I love you  
To tell you I need you  
To tell you there's no better place for me than in your arms  
To tell you I'm sorry  
For running in circles  
For placing my focus on the waves, not on your face  
You're the only one who brings me peace  
You're the only one who brings me peace

## *Words of Assurance*



### *Scripture Reflection*

#### **Psalm 8:1-5**

O Lord, our Lord,  
how majestic is your name in all the earth!  
You have set your glory above the heavens.  
<sup>2</sup> Out of the mouth of babies and infants,  
you have established strength because of your foes,  
to still the enemy and the avenger.  
<sup>3</sup> When I look at your heavens, the work of your fingers,  
the moon and the stars, which you have set in place,  
<sup>4</sup> what is man that you are mindful of him,  
and the son of man that you care for him?  
<sup>5</sup> Yet you have made him a little lower than the heavenly beings  
and crowned him with glory and honor.

### *Through and Through*

I find that I'm safe and warm  
In Your loving arms

You see me  
And You know me  
And You love me  
Through and through

### ***No Longer Slaves***

You unravel me, with a melody  
You surround me with a song  
Of deliverance, from my enemies  
Till all my fears are gone

I'm no longer a slave to fear  
I am a child of God  
I'm no longer a slave to fear  
I am a child of God

From my mothers womb  
You have chosen me  
Love has called my name  
I've been born again, into a family  
Your blood flows through my veins

You split the sea  
So I could walk right through it  
My fears were drowned in perfect love  
You rescued me  
And I will stand and sing  
I am the child of God

## ***Movement: OUT***



### ***Scripture Reflection***

#### **Romans 13:8-10**

Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. <sup>9</sup> For the commandments, “You shall not commit adultery, You shall not murder, You shall not steal, You shall not covet,” and any other commandment, are summed up in this word: “You shall love your neighbor as yourself.” <sup>10</sup> Love does no wrong to a neighbor; therefore love is the fulfilling of the law.

What is Jesus saying to you?

What is Jesus inviting you to?

What does obedience look like for you?

### ***By Our Love***

Brothers, let us come together  
Walking in the Spirit, there's much to be done...  
We will come reaching, out from our comforts  
And they will know us by our love...

Sisters, we were made for kindness  
We can pierce the darkness as He shines through us...  
We will come reaching, with a song of healing...



And they will know us by our love!

The time is now  
Come Church arise...  
Love with His hands  
See with His eyes...  
Bind it around you  
Let it never leave you  
And they will know us by our love...

Children, You are hope for justice  
Stand firm in the Truth now, set your hearts above  
You will be reaching, long after we're gone  
And they will know you by your love!

***Prayer for isolated world***

We lift up to you those who are vulnerable in this time. We pray for your protection over the disenfranchised, the undocumented and the uninsured.

**Lord, hear our prayer.**

We pray for your shelter in homes that are not safe for children or spouses.

**Lord, hear our prayer.**

We pray for supernatural peace and healing in marriages where there is strife.

**Lord, hear our prayer.**

We pray for sustenance where there is need for food and for shelter for the homeless.

**Lord, hear our prayer.**

We pray for lasting legislative change as inequities are revealed before us.

**Lord, hear our prayer.**

We pray for wisdom and decisive leadership from leaders globally, nationally, and locally.

**Lord, hear our prayer.**

We pray for the almost one billion people in the world that live in slum-like conditions without running water, draw near to them Lord. Living water, provide for those that are without water.

**Lord, hear our prayer.**

We pray against the racist words and behaviors of some that lead to discrimination and division.

**Lord, hear our prayer.**

We pray for healing for those that are sick, for recovery for those that are ailing.

**Lord, hear our prayer.**

We pray for connection for those that feel alone in isolation.

**Lord, hear our prayer.**

***It is Well***

## ***Benediction***



Go forth into the world in peace;  
Be of good courage, Hold fast what is good,  
do not return evil for evil.  
Strengthen the fainthearted,  
support the weak,  
Help the afflicted,

Honor the dignity of all people.  
Love and serve the Lord,  
Rejoicing in the power of the Holy Spirit,  
And the blessing of God the Almighty, Son, and the Holy Spirit  
be upon you and remain with you always. Amen.

### ***Upcoming Contemplating Christ Events***



Friday, March 27 - 7 p.m.

Friday, April 3 - 7 p.m.