

Gathering Song: VU 409 Morning Has Broken

### Lighting of the Christ Candle and Peace Candle

On this first Sunday of Lent, we gather together in the light of Christ, who walks with us through all our joys and all our sorrows.

And we gather this day in the light of our Peace Candle for, through his life, Christ taught us to live in peace with all Creation. As the congregation of Knox United, we are grateful to live in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq people. We are all Treaty People committed to living together in peace and friendship with the lands, waters, and peoples of Mi'kma'ki.

### Lighting of the Affirmation Candle

One: In Christ's presence, we have also lit the Affirmation Candle, and we give thanks for all the diversity in which God creates us and calls us good! In this community of faith, we celebrate that:

Welcome      All are welcome in this place.  
All are welcome by God's grace.

### Call to Worship

One: The season of Lent is a time to center our hearts in God's presence,

**All: to set down our burdens, to bring what is breaking and broken before God, and begin again.**

One: As we enter this season of Lent, let us open our lives to God's presence with us through it all—

**All: through the laughter and the tears, the glory and the imperfections, God is with us! We are not alone.**

One: May this love and this promise be enough for today. Come, let us worship God.

### Opening Prayer

**All: Holy One, Our Refuge and Shelter,  
we call out to you,  
sometimes in praise, sometimes in distress—as life goes.  
Whether we perceive it or not, you are there.  
Open us this day to your presence  
in the smile of a friend, in the call of a bird—  
in the simple and good enough moments that fill our days.  
Thanks be to you, O God. Amen.**

Ministry of Music: Good Enough

What in our lives do we dream about for tomorrow, void of sorrow?  
Time spent regretting decisions of our yesterdays, mistakes we made?  
Sometimes we get what we get,  
life disappoints us and yet,  
God is still here and somehow, this faith is good enough.

### Prayer of Confession:

One: When I was a teenager, the Prayer of Confession often made me feel like I wasn't "good enough". I didn't love enough, or do enough, or say enough to ever make things right in this world. As I have grown older, I've come to learn that the Prayer of Confession isn't a time in our worship service that is supposed to make me feel *guilty*, its purpose is to help me look clearly at myself and my place in the world, and to make space in my life for God to make changes for the better. The Prayer of Confession isn't a time for guilt, it's a time for *transformation*.

So, let us bring our prayers of confession to God, trusting that God hears our prayers and holds us always in love. Let us pray together for ourselves, our neighbours and our community:

**All: God, I am sorry for any harm I have done in words I have said or not said, and in actions I have taken or not taken. I ask the community to pray for me, even as I pray for them. (a time of silent prayer)**

One: Faithful God, teach us to rest in your abundance.

**All: Generous God, put in us a spirit of sharing. Courageous God, let us trust in tomorrow, and be your encouraging word in this world. These things we ask because we know they are our birthright; we ask in gratitude because we know they are already received. Amen.**

### Words of Assurance:

One: People of God, hear the Good News of Jesus Christ: From before you were born, God's love was with you, and long after you die, God's love will still remain with you. So, despite our sometimes faltering steps, let us trust in God's love and forgiveness, and live our lives from this moment in gratitude, saying:

**All: Thanks be to God! Amen.**

**Hymn:** "Our Lord, You Were Sent" (omit vv.4)

### Time for All Ages

#### Announcements

**Hymn:** MV 108 I Know Your Word

#### Prayer of Illumination

*Reader: Help us, O God, to receive these age-old, prophetic words as if they were being spoken for the first time. Let them seep into us and may new shoots of faith spring forth. Amen.*

#### Scripture:

Luke 4:1-13

-read by Gail Arnold

A Word of God that is still speaking.

## Thanks be to God.

Reflection:

- Rev. Penny Nelson

Ministry of Music: That's Enough for Me – Barney E. Warren, Marcia McFee

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Offering Invitation

**\*\*Offertory Response- That's Enough For Me** - Barney E. Warren, Marcia McFee

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When food and raiment are not ever sure,  
and simple fare is hard to get for some,  
we work to share our goods with one and all,  
and that is enough, enough for me.  
Oh, that's enough for me,  
God's truth has set me free;  
a love like Christ's is meant for ev'ry soul,  
and that is enough for me.

**\*\* Offering Dedication:**

**All: Generous God,**  
in light of your extravagant blessings—  
no matter what the state of the world or our imperfect lives—  
we offer our gifts and ourselves,  
and know that you transform what we plant  
into the produce of love.  
Amen.

Prayers of the People

The Lord's Prayer

Hymn: VU 120 O Jesus, I Have Promised vv.1, 3-4

**\*\*Blessing:**

One: And now, may the God who loves all of creation, especially the ordinary parts,  
and Jesus, our companion along this crooked path called life,  
and the Holy Spirit, who loves to improvise in surprising ways,  
go with you, dwell among you, and give you joy. Amen.

**\*\*Parting Song: Go Now in Peace**

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**OUR MISSION**