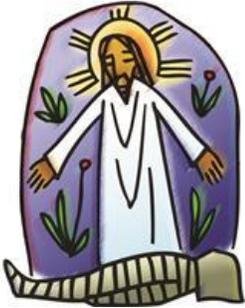


Zion Lutheran Church Mission Statement

“Bonded in Christ’s love, we teach, preach, and equip God’s people for discipleship here and throughout the world.



Lenten Service

March 18, 2026

Rev. Dr. Renae Koehler

For those who are hearing challenged, Zion has digital listening devices for your use during worship. Please ask a council member for one and they will show you how to use it.

Prelude

Greeting

Call to Worship

P - During our Lenten services, we have learned about grief, anger, and shame. Tonight, we will learn about depression.

C - Emotions are part of being human, even though there are many feelings that are difficult for us.

P - God created us to feel all the human emotions.

C - To learn from our feelings, to figure out how to take care of ourselves, and have compassion for others.

P - The divine presence is already stirring understanding and healing within us.

C - We gather in gratitude, trusting that wholeness is already unfolding among us.

Opening Hymn - tune of ELW #640 (different words – printed here)

My song is love un-known, my Sav-ior’s love to me, Love to the love-less shown, that they might love-ly be. O who am I, that for my

sake my God should take frail flesh and die? My God should take frail flesh and die.

God left the rich-est throne sal-va-tion to be-stow; But Christ as flesh and bone the world re-fused to know. But, O my Friend, my Friend in-deed, who at my need did life ex-pend; who at my need did life ex-pend.

Some-times they threw down palms and sweet-est prais-es sang. Ho-san-nas and glad psalms through streets and mar-kets rang. Then “Cru-cify!” is all their breath, for blood and death they thirst and cry; for blood and death they thirst and cry.

Prayer

P - Holy Spirit,

C - tonight we gather in the quiet awareness that nothing within us is shameful or foreign to your presence. Our sorrow has already been embraced by divine compassion, our darkness has already been companioned by sacred light, and our humanity has already been declared worthy and beloved. In this worship service, we celebrate the truth that the soul is healing, the mind is renewing, and the deeper Self is rising gently toward wholeness. Amen

Scripture - 1 Kings 19: 3-5 Elijah collapses into a deep depression

Elijah came to a broom bush, sat down under it and prayed that he might die. “I have had enough, Lord; he said. Take my life....” Then he lay down under the bush and fell asleep.

Hymn - Amazing Grace ELW #779 vs 1

Amazing Grace, how sweet the sound, that saved a wretch like me. I once was lost, but now, I'm found. Was blind, but now, I see.

Homily

Offering Hymn - We Come to You for Healing, Lord ELW #617

We come to you for healing, Lord,
of body, mind, and soul,
and pray that by, your Spirit's touch,
we may again be whole.

As once you walked through ancient streets
and reached toward those in pain,
come, risen Christ, among us still
with power to heal again.

You touch us through physicians' skills,
through nurses' gifts of care,
and through the love of faithful friends
who lift our lives in prayer.

When nights are long with wakefulness,
through days when strength runs low,
grant us your gift of patience, Lord,
your calming peace to know.

We come to you, O loving Lord,
in our distress and pain,
in trust that through our nights and days
your grace will heal, sustain.

Offering Sung Response - Doxology

**Praise God, from whom all blessings flow; Praise Him, all
creatures here below; Praise Him above ye heav'nly host;
Praise Father, Son, and Holy Ghost. Amen**

Offering Blessing

P- Loving God,

C - we dedicate our offering, our lives, and all that we have to the work of compassion and grace. Receive our gifts and lead us in wisdom and courage. Amen

Hymn - Nearer My God to Thee vs 1

Nearer, my God, to thee, nearer to thee! E'en though it be a cross, that raiseth me, still all my song shall be, nearer, my God to Thee; nearer, my God to Thee, nearer to Thee!

Prayer for Healing

P- Spirit of Life,

C - we know that depression has never been a sign of failure or weakness. You have created us to have complex emotions. We are only now learning from science about the profound and divine chemistry of our mind. The light within us has never disappeared. Even when our thoughts grew heavy and our spirits tired, your sacred image within us has remained vibrantly alive, guiding us toward restoration. We recognize now that our minds are worthy of care, our emotions worthy of compassion, and our struggles worthy of tenderness. We thank you for doctors, medications, counselors, and the support we have from one another. Help us to do what we know how to do; to follow the gentle rhythms of rest, sunlight, healthy food, and friendship which are weaving together the fabric of our renewal. Amen

Hymn - God Be with You Till We Meet Again

ELW #536 vs 3

God be with you till we meet a-gain; when life's per-ils thick con-found you, put un-fail-ing arms a-round you; God be with you till we meet a-gain. Till we meet, till we meet, till we meet at Je-sus feet; till we meet, till we meet, God be with you till we meet a-gain.

Benediction/Blessing (*Read responsively*)

P - Walk into the world trusting that healing continues within you.

C - The shadows within my emotions have become pathways to wisdom.

P - Honor your humanity with compassion and gentleness.

C - I will carry the consciousness of Christ with courage, dignity, and peace.

P- You are blessed in the name of the Creator, Christ, and Holy Spirit.

C - Amen

Sending Hymn - Go to Dark Gethsemane **ELW #347**

Go to dark Gethsemane,
all who feel the tempter's pow'r;
your Redeemer's conflict see.
Watch with him one bitter hour;
turn not from his griefs away;
learn from Jesus Christ to pray.

Follow to the judgment hall,
view the Lord of life arraigned;
oh, the wormwood and the gall!
Oh, the pangs his soul sustained!
Shun not suffering, shame, or loss;
learn from him to bear the cross.

Calv'ry's mournful mountain climb;
there, adoring at his feet,
mark the miracle of time,
God's own sacrifice complete.
"It is finished!" hear him cry;
learn from Jesus Christ to die.

Early hasten to the tomb
where they laid his breathless clay:
all is solitude and gloom.
Who has taken him away?
Christ is ris'n! He meets our eyes.
Savior, teach us so to rise.

P -Go in Peace and Serve the Lord
C - Thanks Be to God!

Postlude