

In Isaiah the one God who sits above the earth and numbers the stars also strengthens the powerless. So in Jesus' healing work we see the hand of the creator God, lifting up the sick woman to health and service (*diakonia*). Like Simon's mother-in-law, we are lifted up and healed to serve. Following Jesus, we strengthen the powerless; like Jesus, we seek to renew our own strength in quiet times of prayer.

**Greeting** – The grace of our Lord, Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

**And also with you**

Blessed be the holy Trinity, † one God,  
creator of darkness and light,  
word of truth,  
wind sweeping over the waters.

**Amen.**

Let us confess our sin in the presence of God and of one another.

*Silence is kept for reflection.*

God, our rock and refuge,

**we pour out our hearts before you.**

**We have known you but have not always loved you.**

**We have wounded one another**

**and sinned against you.**

**We have not always recognized the Holy Spirit dwelling in each of us.**

**Remember your covenant.**

**Renew your creation.**

**Restore us,**

**that we might proclaim your good news to all.**

**Amen.**

The voice of the Lord is upon the waters.

God has spoken:

The time of grace is now.

In Jesus, the reign of God has come near.

By the authority of † Jesus Christ,  
your sins are forgiven.

You are God's beloved.

**Amen.**

**Gathering Hymn**

**“Gather Us In”**

**#532 vs. 1,2,3**

**Prayer of the Day**

Everlasting God, you give strength to the weak and power to the faint. Make us agents of your healing and wholeness, that your good news may be made known to the ends of your creation, through Jesus Christ, our Savior and Lord.

**Amen.**

**Children's Message**

**Psalm 147:1-11**

<sup>1</sup>Hallelujah! How good it is to sing praises to our God!

How pleasant it is to honor God with praise!

<sup>2</sup>**The LORD rebuilds Jerusalem,  
and gathers the exiles of Israel.**

<sup>3</sup>The LORD heals the brokenhearted  
and binds up their wounds.

<sup>4</sup>**The LORD counts the number of the stars  
and calls them all by their names.**

<sup>5</sup>Great is our LORD and mighty in power;  
there is no limit to God's wisdom.

<sup>6</sup>**The LORD lifts up the lowly,**

**but casts the wicked to the ground.**

<sup>7</sup>Sing to the LORD with thanksgiving;  
make music upon the harp to our God,

<sup>8</sup>**who covers the heavens with clouds  
and prepares rain for the earth, making  
grass to grow upon the mountains.**

<sup>9</sup>God provides food for the cattle  
and for the young ravens when they cry.

<sup>10</sup>**God is not impressed by the might of a horse,  
and has no pleasure in the speed of a runner,**

<sup>11</sup>but finds pleasure in those who fear the LORD,  
in those who await God's steadfast love.

The Word of the Lord

**Thanks be to God.**

**Holy Gospel according to Saint Mark 1:29-39**

<sup>29</sup>As soon as [Jesus and the disciples] left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup>Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup>He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

<sup>32</sup>That evening, at sunset, they brought to him all who were sick or possessed with demons. <sup>33</sup>And the whole city was gathered around the door. <sup>34</sup>And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him.

<sup>35</sup>In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup>And Simon and his companions hunted for him. <sup>37</sup>When they found him, they said to him, "Everyone is searching for you." <sup>38</sup>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." <sup>39</sup>And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

The Gospel of the Lord.

**Praise to You, O Christ**

**Sermon**

People of God, grace to you and peace from God, and from our Lord and Savior Jesus Christ. AMEN

When is the last time you told yourself, "I don't need to do another task right now. What I've accomplished is good for now." ??

Can you think of it? How many of you had that happen just yesterday? How about a week ago? Last month? Don't remember the last time you said that?

Okay.

Now, think about a place that you would go to completely get away. And, it can be to get away from anything. But, if you know your body and the cues it gives you, think of the place that you go when your body tells you, "we need to get away for a while."

Have you got that place in mind? I'll give you a moment.....

Got it? Good. When is the last time your body our mind told you that you needed to go there? Yesterday? Last week? Last month? Can't remember?

Got it? Good. NOW, when your body or mind last told you that you needed to go to whatever that place for you is, did you listen?

Our Gospel text for today shows us the importance of getting the rest we need to be the servants of Christ that we are created to be.

Jesus and his disciples walk into Simon and Andrew's home and Simon Peter's mother-in-law is sick in bed. Her body literally told her, "you are sick, you need to lay down." She was not well. Like any good son-in-law would do, Simon Peter brings her Jesus. And, she is made well.

Immediately she gets out of bed and begins to serve. There are many ways that folks can look at this. Some look at this and want to point to the gender roles at play. The men are going to sit and talk and woman of the house is going to serve them. And, while that seems the obvious situation at play, it isn't necessarily the case. Simon's mother-in-law is created to serve. She knows that. Serving is what she knows. Therefore, serving is what she does.

But she needed rest first.

After a day full of fellowship, at sunset, many were brought to him, not just many ALL, who were possessed with demons. Again, remembering the texts of the past few weeks, Jesus has been casting out demons like Oprah giving away gifts. And again, ALL who were possessed with demons were brought to him to be made well. “THE WHOLE CITY WAS GATHERED AROUND THE DOOR.” And, many were cured of their illnesses, and many demons were cast out.

The next morning, while it was still dark. Jesus went to that place in his mind that he goes to when his body and mind tells him that he needs to get away.

“While it was still very dark, he got up and went out to a deserted place, and there he prayed.”

Jesus knew what he needed to do to refresh his body, mind, and spirit, AND HE DID IT!

We so often ask ourselves the WWJD question. What Would Jesus Do?

However, when we ask ourselves that question we often tell ourselves that Jesus would go onto the next mission because there is more work to be done and more sickness to be healed and more demons to be cast out. Therefore, I need to go out and find the next mission, heal the next sick person, cast out a cities worth of demons, because that is what Jesus would do.

But, what if we didn’t look at the big grand things that Jesus did. What if we started with the little things. If we look at the last three weeks of Gospel texts, we see a glimpse of the little things that Jesus does, that are often overshadowed by the big grand gestures that he also does.

Calling the fishermen from the shore of the Sea of Galilee. The big thing is that he calls them out of their boats and they immediately leave everything they know and follow him to “fish for people.” The little thing? He saw people with gifts that he could use and he lifted them up and called them.

Last week. In the synagogue while preaching and teaching, Jesus is approached by a man with an unclean spirit. The big thing? He heals him. He makes him well. He casts out the demon. The little thing? He gives him the time of day. Something the rest of society refused to do.

This week. The big thing? With the whole city gathered at his door, Jesus heals many illnesses and casts out many demons. The little thing? He goes afterwards to find some time alone. To refresh. To be well again.

Now, when was the last time you told somebody to do something and they did it immediately? How about the last time you healed the sick? Cast out demons?

My guess is you’ve maybe never done it, or at least not that frequently.

But, when was the last time you saw the gifts that someone has and lifted them up? How about gave someone the time of day that nobody else would? Or, went away to give yourself the time you need to be made whole?

We see the importance of listening to our bodies and doing the things we need to do. And, more importantly Jesus shows us that it can be done!

Yes, we do it to be refreshed to be the servant that God has made us to be, but we aren’t our best when we fail to recognize that God may very well want us to take a nap.

Thanks be to God. AMEN

**Hymn of the Day “Precious Lord, Take My Hand”**

**#773**

**Apostle’s Creed**

## **Prayers of Intercession**

As we celebrate Christ embodied in human form, we pray for God's blessing on the church, the world, and all of creation.

*A brief silence.*

Everlasting God, you bring your healing power to the church. Give your church a spirit of unity and prayer, that we discern your way for us in the world. God of grace,

**receive our prayer.**

Creator of the ends of the earth, you make the grass grow and send rain for the soil. Bring your creation into harmony and balance. Give animals their food and provide healthy shelter for your people. Inspire us to honor the miraculous beauty of all you have made. God of grace,

**receive our prayer.**

God without equal, your steadfast love endures forever. Bring the leaders, elected officials, and peacekeepers of our towns and countries into understanding and unity. Guide them to serve with compassion and understanding. God of grace,

**receive our prayer.**

God who strengthens, you lift up with your hand any who are suffering. Heal those who are brokenhearted and strengthen the weak and all in need (*We pray especially for Peyton, Matt, David, Clarice, Steve, Kathy, Val, Jacob, Cherri, Keith and JoJo, Bob and Joanne, Frank and Heather, Bob and Sonja, Bill and Betty, Tom and Kay, Sherm and Mary*). God of grace,

**receive our prayer.**

God who gives power to the faint, challenge us to share the faith stories of what God has done in our lives. Open us to receive the unique ways God is at work in your people, especially those whose perspectives challenge our own. God of grace,

**receive our prayer.**

*Here other intercessions may be offered.*

God who calls each star by name, we remember all who have died. Shelter all who mourn with your mercy and care, and give us hope in your promised salvation. God of grace,

**receive our prayer.**

Knowing the Holy Spirit intercedes for us, we offer these prayers and the silent prayers of our hearts in the name of our Savior, Jesus Christ.

**Amen.**

## **Offering**

### **Offertory Prayer**

Blessed are you, Holy One,  
for all good things come from you.  
In bread and cup you open heaven to us.  
Meet us at this table,  
that we receive what we seek  
and follow your Son, Jesus,  
in whose name we pray.

**Amen.**

## **Words of Institution**

### **Lord's Prayer**

**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, forever and ever. Amen**

**Communion** #471 & #483

**Prayer**

Giver of every gift,  
Christ's body is our food, and we are Christ's body.  
Raise us to life by your power  
for the benefit of all and to your glory,  
now and forever.  
**Amen.**

**Dismissal**

You are God's beloved. Go in peace!  
**Okay! We will! Thanks be to God!**  
And all of Good Shepherd said...  
**AMEN!**

**Sending Song** "We Are Called"

#720 vs. 1,3

**Blessing**

God who names you,  
Christ who claims you,  
and the Holy Spirit who dwells in you,  
✠ bless you and remain with you always.  
**Amen.**

## Your Generosity in Action:



Last week our Confirmation got to get a closer look at Feed My People Food Bank and hear more about their mission and the work that they do throughout Northwest Wisconsin.

While there we were able to present them with the check from our 4th Quarter Mission Offering.

That check of \$2,000+ will provide over 4,000 meals! These students are eager to get back to FMP to serve in the future!

## THANK YOU!!

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Monthly Financials to date:	Total Revenue	Total Expenses	Difference
	<b>\$41,481</b>	<b>\$24,605</b>	<b>\$16,876</b>
	2023: \$35,377	2023: \$27,631	

# Stories from the Flock

I want to commend your congregation. Y'all show the presence of Jesus. My wife and I always felt welcome at your church. We felt loved, we never felt judged. It reminds me of the Church of Philipians and how supportive they were to Paul. To this day we still think of Good Shepherd and the impact it made in our lives. I hope and pray the best, a wonderful harvest, that fruit will ripen. I pray that God will bless your missions and community outreach financially. I pray for humility and stewards. Have a wonderful night my friend in Jesus.

Telling the Good Shepherd Story

Share your Good Shepherd Story with [LCGSstories@gmail.com](mailto:LCGSstories@gmail.com)



**Ash Wednesday is Feb. 14. There will be a potluck supper. Watch for more information.**