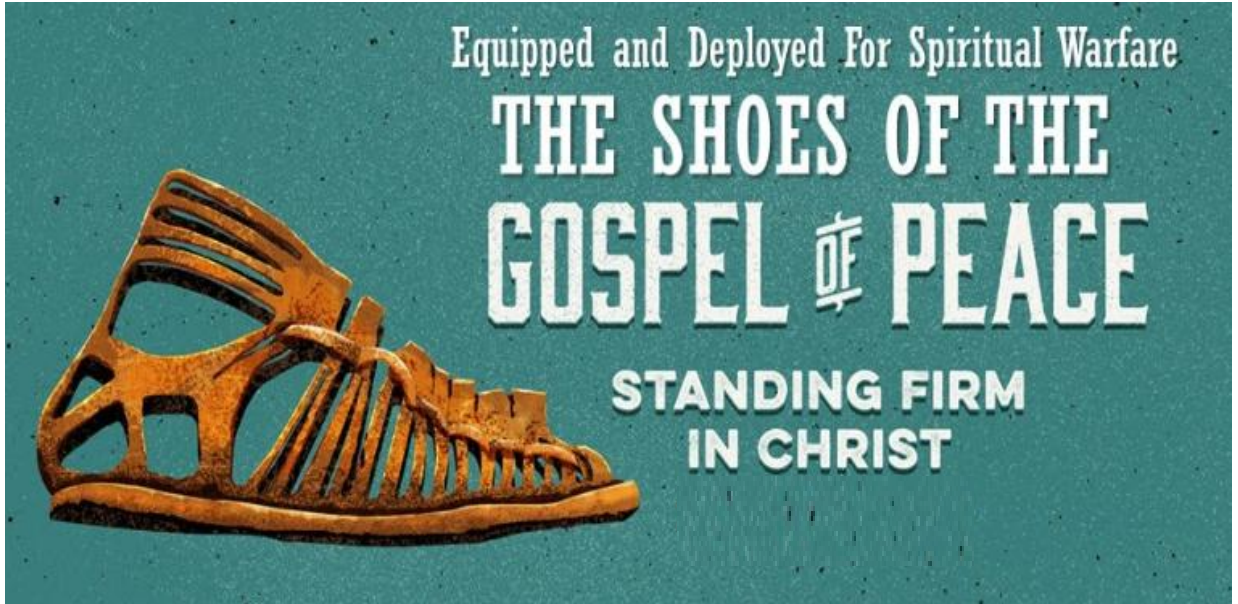


# Gloria Dei Lutheran Church

*(The Lutheran Church-Missouri Synod)*



## ARMOR OF GOD: "SANDALS OF THE GOSPEL OF PEACE"

Order of Worship March 9, 2025 | 10:00 AM  
Pastor Matthew Cephus

3014 McKinley Street NE, Minneapolis, MN 55418  
612-781-1989

[www.gloriadeilcms.org](http://www.gloriadeilcms.org)

email: [info@gloriadeilcms.org](mailto:info@gloriadeilcms.org)

Pianist: Karrie Kikeh

# **Welcome to God's House!**

*The Mission of Gloria Dei is Caring. Sharing. Serving. Reaching.*

*We strive to be the local church in the community of Northeast Minneapolis, who are here to help people come to KNOW Jesus, GROW in their faith and GO into the world equipped to SERVE others. GLORY TO GOD!*

**Today's Topic:** Today we focus on having on the **SHOES OF PEACE**. However, in Ephesians 6, the Apostle Paul does a brilliant job (via the Holy Spirit) of likening our spiritual armor to that of a Roman soldier's armor. Just as a soldier needs to be armed and ready at all times for whatever might come at him, so a follower of Christ needs to be prepared for whatever spiritual darts our enemy tries to throw at us. **It's not hocus-pocus to say we have a spiritual enemy—it's reality.**

*A special welcome to visitors and guests; we are pleased that you have joined us today and invite you to worship with us every Sunday at 10 am! If you have no church family, and if we can be of any assistance to you, please speak with the Pastor after the service or via the church office. We pray you will feel God's love for you and be empowered to live as God's child this week. We look forward to seeing you again.*

***Is there something you'd like us to pray for today?*** If you have family members or friends who require our prayers, please use the prayer request cards found in each pew. They will be added to the Prayer list. You can hand your request to an usher before the service or during the offering. They will be given to the Pastor to be included in the prayers for today. ***Other prayer requests can be made by contacting the church office at 612.781.1989.***

***Children are welcome in worship!***

***The Lord's Supper is celebrated.***

When we receive the true Body and Blood of Jesus Christ,

- we express the belief that Jesus is the Son of God and Son of Man;
- that Jesus is our Savior and only way for salvation;
- that Jesus offers us His Body and Blood in a mysterious yet real way;
- that Christ's sacrificial death grants the forgiveness of our sins;
- and that God is strengthening us in this Sacrament to live a more godly life and to amend with the help of the Holy Spirit, those areas not in conformity with God's will.

We declare these statements because it is our concern for people to not be hypocritical between their faith and celebrate the blessings of God's Table at the Altar.

# The First Sunday in Lent

**AS WE GATHER:** So far, in talking about the armor of God we've discussed the **belt of truth** and the **breastplate of righteousness**. Just like the rest of the armor of God, we need to put on our gospel-sealed, faith-filled **shoes of peace** if we're going to stand firm in this world.

*+ CONNECT +*

**WELCOME**

**ANNOUNCEMENTS**

**OPENING SOLO**

**"Lamb of God"**

**Karmon Christopherson**

**INVOCATION**

**L:** Our worship begins the way our lives in Christ begin in baptism: In the name of the Father and of the + Son and of the Holy Spirit.

**C:** **Amen.**

**CONFESSION OF OUR SINS**

**L:** Let us confess our sins unto our Heavenly Father who truly cares and is ready to forgive.

**C:** **Merciful Father, we confess that we are in bondage to sin and cannot free ourselves. 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 hearts; we have not loved our neighbors as ourselves. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in your will and walk in your ways, to the glory of your holy name. Amen.**

**FORGIVENESS IS ANNOUNCED**

*+ NURTURE +*

## **HYMN OF PRAISE "How Sweet the Name of Jesus Sounds" LSB 524 v. 1, 4**

*Text & Music: Public Domain*

How sweet the name of Jesus sounds in a believer's ear!  
It soothes our sorrows, heals our wounds, and drives away our fear.

O Jesus, shepherd, guardian, friend, my Prophet, Priest and King,  
My Lord, my life, my way, my end, accept the praise I bring.

### **OLD TESTAMENT READING**

### **ISAIAH 26:1-4, 12**

In that day this song will be sung in the land of Judah: "We have a strong city; he sets up salvation as walls and bulwarks. Open the gates, that the righteous nation that keeps faith may enter in. You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock. O Lord, you will ordain peace for us, for you have indeed done for us all our works.

L: The Word of the Lord.

**C: Thanks be to God!**

### **EPISTLE READING**

### **EPHESIANS 6:10-17**

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God.

L: The Word of the Lord.

**C: Thanks be to God!**

### **HOLY GOSPEL**

### **MARK 4:35-39**

L: The Holy Gospel according to Mark.

**C: Glory to You, O Lord!**

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm.

L: This is the Gospel of our Lord.

C: **Praise to You, O Christ!**

**SONG OF THE DAY "In Christ Alone" Keith Getty/Stuart Townend**

*Copyright © 2001 Thankyou Music, EMI Christian Music Group, CCLI# 3350395*

In Christ alone my Hope is found, He is my Light, my Strength, my Song;  
This Cornerstone, this solid Ground, Firm through the fiercest drought and storm.  
What heights of love, What depths of peace,  
When fears are stilled, When strivings cease!  
My Comforter, my All in All, Here in the love of Christ I stand.

In Christ alone! Who took on flesh. Fullness of God in helpless babe!  
This gift of love and righteousness, Scorned by the ones He came to save:  
Till on that cross as Jesus died, The wrath of God was satisfied –  
For every sin on Him was laid; Here in the death of Christ I live.

There in the ground His body lay, Light of the world by darkness slain:  
Then bursting forth in glorious Day. Up from the grave He rose again!  
And as He stands in victory. Sin's curse has lost its grip on me,  
For I am His and He is mine - Bought with the precious blood of Christ.

No guilt in life, no fear in death, This is the power of Christ in me;  
From life's first cry to final breath. Jesus commands my destiny.  
No power of hell, no scheme of man, Can ever pluck me from His hand;  
Till He returns or calls me home, Here in the power of Christ I'll stand.

**MESSAGE**

**Pastor Matthew Cephus**

**ARMOR OF GOD: "Sandals of the Gospel of Peace"**

**CONFESSION OF FAITH: Apostles' Creed**

**I believe in God, the Father Almighty, maker of heaven and earth.  
And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy**

**Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

## **GATHERING OF THE OFFERINGS**

*+ EMPOWER +*

## **PRAYERS OF THE CHURCH**

*(Prayer response – P: Lord, in your mercy, C: Hear our prayer.)*

**P:** Lord, remember us in your kingdom and teach us to pray:

**C:** **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.**

## **PREFACE TO HOLY COMMUNION**

**L:** The Lord be with you.

**C:** **And also with you.**

**L:** Lift up your hearts.

**C:** **We lift them to the Lord.**

**L:** Let us give thanks to the Lord our God.

**C:** **It is right to give Him thanks and praise.**

## **PROPER PREFACE**

**L:** It is our duty and delight at all times and everywhere to give thanks to You, O Lord, Holy Father, almighty and everlasting God, for You have enlightened us by the working of the Holy Spirit. Grant that the Spirit, who has called and gathered us, would guide us in all things, that we be enabled to speak the Gospel to others and rejoice in sharing the gift of salvation that is our treasure. This we ask through Jesus Christ, our Lord, who, with You and the Holy Spirit, is one God, through whom with angels and archangels and with all the company of heaven we laud and magnify Your glorious name.

## **WORDS OF INSTITUTION**

Our Lord Jesus Christ, on the night when He was betrayed, took bread, and when He had given thanks, He broke it and gave it to the disciples and said: "Take this, eat; this is My body, which is given for you. Do this in remembrance of Me."

In the same way also He took the cup after supper, and when He had given thanks, He gave it to them, saying: "Drink of it, all of you; this cup is the New Testament in My blood, which is shed for you for the forgiveness of sins. Do this, as often as you drink it, in remembrance of Me."

The peace of the Lord be with you always.

**C: And also with you, Amen.**

## **PRAYER OF THANKSGIVING**

**P:** Let us pray.

We give thanks to You, almighty God, that You have refreshed us through this salutary gift, and we implore You that of Your mercy, You would strengthen us through the same, in faith toward You and in fervent love toward one another; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

**C: Amen.**

## **CLOSING HYMN**

### **"Almighty Father, Bless the Word"**

**LSB 923**

*Text and Music: Public Domain*

Almighty Father, bless the Word  
Which through Your grace we now have heard.  
Oh, may the precious seed take root, Spring up and bear abundant fruit!

We praise You for the means of grace  
As homeward now our steps we trace.  
Grant, Lord, that we who worshiped here May all at last in heav'n appear.

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.

## **BENEDICTION**

The Lord bless you and keep you.

The Lord make His face shine on you and be gracious to you.

The Lord look upon you with favor and give you peace.

+ Silent Prayer +

**POSTLUDE**

+ WE DEPART TO SERVE +

+ + +

*Scripture quotations are from The Holy Bible, English Standard Version®, copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used with permission. Hymns are copied with permission: CCLI # 689918*

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**OUR WEEKLY CALENDAR**

**3/09 Sun**

**The First Sunday in Lent**

**10:00 am**    **Worship Service w/Holy Communion  
w/Pastor Matthew Cephus**

11:45 am    Royal Family Worship

6:00 pm    NA

**3/10 Mon**

7:00 pm    Beginners AlAnon (downstairs)

7:00 pm    AlAnon (upstairs)

**3/11 Tues**

**9:30 am**    **Annual Kitchen Clean-up**

**3/12 Wed**

**11:00 am**    **Bible Study**

**3/14 Fri**

5:00 pm    Living Word Music Rehearsal

**3/15 Sat**

10:00 am    Living Word Worship & Fellowship

6:00 pm    Living Word Prayer Night

**3/16 Sun**

**The Second Sunday in Lent**

**10:00 am**    **Worship Service w/Holy Communion  
w/Pastor Matthew Cephus**

11:45 am    Royal Family Worship

6:00 pm    NA

**SERVING TODAY**

**Elder: Karmon Christopherson**

**Reading: Sandy Westling**

**Ushers: Al, Pam and Aaron Morelli**

**Altar Care: Al, Pam and Aaron Morelli**

**Counters: Al, Pam and Aaron Morelli**

**Attendance: 3/02/2025: 22**



**BIRTHDAYS:** None

**ANNIVERSARIES:** None

**ETERNAL CANDLE:** OPEN

**FLOWERS:** Open

### **PRAYER CONCERNS**

**KEEP IN YOUR PRAYERS:** Meridel Christopherson, Gwen Johnson, Robert & Dolores Kluwe, Roselyn Norman, Larry Schlais, Pat Scott and all our shut-ins

**Doug and Alec Schwandt** (Pam's Brother and Nephew) health issues

**Gwen Johnson's sister**, prayers as she undergoes tests. She was hospitalized on Tuesday, February 4 with severe stomach pain.

**Trent Johnson** (Roxie's son) undergoing cancer treatment for diaphragm cancer

**Roxie Johnson** (Morelli's niece) heart issues, pacemaker implanted, prayers as she recovers and gets stronger

**Amanda** (Sandy Westling's niece) recent car accident, irritated old injuries from previous car accident. Suffering extreme pain, back problems and headaches, all while taking care of her family. Prayers she finds relief from her pain.

**Kim Morelli** prayers for healing from recent surgery

**Mudy Mason** dealing with an autoimmune disease. Pray for strength, peace, hope, believing in God, Family, Mindset.

**James Norman, Sr.** (James' dad) Continued prayers, prostate cancer seems to be getting worse, hi is having increasing pain and decreased mobility

**Jim** (Gwen Johnson's brother) reoccurring issues due to his time in the Service

**Nonie Wakeman** (Shirley Slagle's SnL) diagnosed with Lung Cancer

**Karen** (Karmon's sister) Recently diagnosed with cancer (Warren's wife)

**Kurt Nowacki** (Bruce & Julie Cross' Brother-in-Law) recently diagnosed with 'myopathy,' a degenerative muscle disease

**Bruce** (Wenda Schwoch's BnL has stage 4 prostate cancer and **Ashley** (Wenda's niece) continued prayers

**Warren** (Karmon's BnL) Receiving chemo and radiation for Non-Hodgkin Lymphoma

**Amy Price** (Morelli's niece) – treatments for stage 4 cancer

**For First Responders/Health Care Workers**, including James Norman, an ICU nurse

**THOSE SERVING OUR COUNTRY IN DANGEROUS AREAS**

NOTE: Those "in our extend prayers" are removed from the list after eight weeks. If there is someone you would like to keep on the list for another eight weeks, please contact the church office.

## **TODAY'S LUTHERAN HOUR**

**March 9**

**"Unless a Grain of Wheat Dies"**

**(John 12:24)**

Lutheran Hour Speaker: Rev. Dr. Michael Zeigler

Do you want a life that amounts to more than a hill o' beans? Hear how Christ's death and resurrection gives us life with God that can't be measured.

## **NEXT WEEK ON THE LUTHERAN HOUR**

**March 16**

**"Light of the World"**

**(John 8:12)**

Lutheran Hour Speaker: Rev. Dr. Michael Zeigler

Jesus is the Light of the world. However, He sometimes keeps that light out of the visible range. We can't see it, but it changes what we see.

On Sunday mornings, listen on 830 AM WCCO AM at 6:05 am, or 1110 AM, Omaha, at 6:30 am, or XM 170 Satellite Radio on Sundays at noon or listen anytime at www.lutheranhour.org

**STEWARDSHIP:** *Lent 1 - Luke 4:8*

"And Jesus answered him, 'It is written ...'" Isn't it interesting that Jesus does not defeat Satan with His power as God, but rather by His perfect obedience in His perfect humanity? Jesus defeats Satan not by miracles, but by quoting the Scriptures and living according to it. This should cause us great joy for two reasons. First, because we see Jesus win the victory for us. Second, because here Jesus shows us how to stand in that victory: on the Word of God alone. Let us build our lives on the sure rock of this Word!

## **LUTHERANS FOR LIFE:**

"Brothers and sisters, in Christ you are God's masterpiece. You were created for a purpose. You are the hands and feet of Christ demonstrating His love in a world that desperately needs it. Live out that purpose in the strength that comes from Him and wait joyfully for the day where we get to see His finished product." *Rev. Adam Osier, Dean, Free Lutheran Bible College, Plymouth, Minnesota – A Life Quote from Lutherans For Life • [lutheransforlife.org](http://lutheransforlife.org)*

**Main Street Living** airs each Sunday at 9 am on WFTC Channel 29/9-2 with an episode of This Is the Life. This week's episode is "**God of Love,**" illustrating that we, as Christians, all have responsibilities. It is a cross we bear. The worship service begins at 9:30 am with Rev. Dennis Brech from Trinity Lutheran Church in Currie MN, presenting a message titled "**Temptations**" based on **Luke 4:1-13**. This program is interpreted and closed captioned for the deaf and hard of hearing. For more information or to watch the program, go to [www.mainstreetliving.com](http://www.mainstreetliving.com) select the "Twin Cities" tab.

Everyone is invited to help with the annual Kitchen Clean-up.

Tuesday, March 11 at 9:30 am.

Coffee will be on if you need extra motivation! 😊

### **Free community Dinner at St. Timothy's | March 11**

St. Timothy's Lutheran Church, 825 51st Avenue NE, in Columbia Heights, serves a free community dinner the second Tuesday of each month. **Drive Thru Community Dinner** 5:00-6:30 pm (or until the food is gone). Please spread the word! Everyone is Welcome!!

### **Free Community Meal - March 13 @ 5:00 pm - 6:00 pm**

Faith United Methodist Church, 2708 33<sup>rd</sup> Avenue NE, holds a free Community dinner every second Thursday of the month, 5-6 pm. Everyone is welcome. Next is March 13.

### **March is Minnesota FoodShare Month!**

The March Campaign is now in its 44th year. Minnesota FoodShare March Campaign is the largest grassroots food and fund drive in the state, bringing together organizations, businesses, faith communities, and individuals to help stock and support the capacity of nearly 300 food shelves. They envision a future where all Minnesotans have access to healthy food and no one struggles with food insecurity.

In alignment with the dedication to community support and charity, we encourage everyone to join our efforts in **filling our grocery cart** with donations for the food shelf. This small gesture can make a significant difference in the lives of those struggling with food insecurity. Non-perishable items such as canned goods, dry pasta, and cereal are greatly appreciated. Let's come together to ensure that no one in our community goes hungry.

### **Thrivent Choice Dollars Expire March 31!**

You can direct your Thrivent Choice Dollars to Gloria Dei Lutheran Church before they expire at the end of the month. **With your generosity, GDLC received \$822 for 2024.** Only about 1/3 of Thrivent members take advantage of this benefit, which means charities lose 2/3 of the Thrivent Choice Dollars.

You must renew the distribution of your Choice Dollars every year. Your choice of a prior year does not carry over. There are two ways to direct your Choice Dollars. Go to [www.thrivent.com](http://www.thrivent.com) and click on Generosity or call 1-800-847-4836 and say "choice dollars," a representative will come on the line to help.

# What is Lent?

Many Christians have heard of Lent, but do we all know what it means? Is it really just a time of giving up chocolate, alcohol or social media?

Lent is meant to be a time of repentance. These 40 days are set aside to praise and worship the Lord; to read the Bible more, and to pray more often.

Lent is the 40-day period leading up to Easter, (excluding Sundays) that starts on Ash Wednesday and ends on Holy Saturday, the day before Easter.

The 40 days of Lent involve fasting, prayer, and a way to connect deeper with God. Many use the 40 days of Lent as a time of personal reflection to prepare your heart and mind for Good Friday and Easter.

## What are Other Key Dates of Lent?

Palm Sunday is the last Sunday of Lent and begins the time of Lent known as Holy Week, the week leading up to Easter and the final days of Jesus' life. Palm Sunday marks Jesus' arrival in Jerusalem, when people welcomed Him with palm branches, recognizing Him as their King.

Maundy Thursday of Holy Week remembers the Last Supper, when Jesus shared a final meal with His disciples and demonstrated humility by washing their feet.

Good Friday is a solemn day that commemorates Jesus' crucifixion and His ultimate sacrifice for our sins. Despite its sorrowful events, it is called "Good" because of the redemption Jesus secured for us.

Holy Saturday is a day of quiet reflection, as we remember Jesus' time in the tomb and anticipate the joy of what's to come. Finally, Easter Sunday bursts forth with celebration—Jesus is alive! His resurrection offers us hope, new life, and the promise of eternity with Him.

