



NOTES FROM THE PASTOR

Prayer, Meditation, and Trials: Meditation

In his *Preface to the German Writings*, Martin Luther says that the Christian's life of discipleship is formed by prayer, meditation on Scripture, and trials. Last week, we looked at how prayer forms us as the people of God. This week, we look at meditation.

As a parent, one of the more fun parts of our present context has been a greater involvement with my children's education. As I work partially at home at this time, I get to see and hear some of their schoolwork as I engage in my own work. Starting this school year, my youngest son has a section of work in his school day called "mindfulness." In this portion of his work, my son and his classmates are encouraged to practice techniques that are calming and help them to focus on learning.

One day when doing this part of his work, my son said, "Dad, I'm not sure I should do this. It's meditation. I'm not sure this fits with our faith." As I looked at the optional assignment, I agreed that for this particular exercise some things were suggested that were not the most compatible with Christianity. Not wanting to short change my son, I suggested that as Christians, we can meditate too. In fact, we should. We should meditate on God's Word to us, especially on His promises to us in Jesus.

Meditation on these promises is not an interior exercise where we look into ourselves and try to find something calm within us. According to Martin Luther, meditating on God's promises to us in Christ settles us because these promises come from outside ourselves. Left to ourselves, we tend to focus on our behavior, either patting ourselves on the back for what we have done or (more likely) judging ourselves for what we have left undone. Either way, trying to bring calm to ourselves by looking within is doomed to fail. Instead, we need calm brought to us from the outside.

The calm that comes to us from God's promises is just what we need in our lives of business, anxiety, and self-judgement. God's promises tell us that God accepts us purely on the basis of what He has done for us in Jesus (Romans 5:8). God's promises tell us that God in Christ loved us and chose us in Jesus before the foundation of the world (Ephesians 1:4). God's promises tell us that He will never leave us or forsake us (Hebrews 13:5). God's promises tell us that though we die, God will raise us up together in Christ on the last day (John 6:40; 11:26).

continued . . .

*You will keep in perfect peace those whose minds are steadfast,
because they trust in you.*

Isaiah 26:3



These promises work to create peace in our hearts by the power of the Holy Spirit. Such peace cannot be found in the world, and we will not find it within ourselves. We will only find it as it comes to us from outside ourselves in God's promises through His Word. Luther said we should meditate on these promises by reading and speaking them to ourselves and together, out loud, not just on Sunday, but every day of our lives.

Mindful of this, we really can find peace and calm through meditation, meditation on God's promises. As we focus our hearts to hear again from God's Word the true stories of Jesus' sufferings and death for us, I pray that we all hear, meditate, and gain peace from the promises of God for us in Christ crucified for us.

Your Pastor,
Joshua Miller

¹ Martin Luther, *Preface to the German Writings* (1539), LW 34:285.

² Oswald Bayer, *Martin Luther's Theology: A Contemporary Interpretation*, trans. Thomas H. Trapp (Grand Rapids, MI: Eerdmans, 2008), 34-35.

MIDWEEK LENTEN SERVICES

Join us on Wednesday for our final mid-week Lenten service.
You can find the service online at jehovahlutheran.org

PREPARING FOR WORSHIP THIS WEEK



Isaiah 50:4-9a

Although mistreated by his fellow Israelites,
God's servant prophet does not strike back but trusts God to vindicate him.

Philippians 2:5-11

This magnificent hymn extols Christ who became powerless as a slave in obedience to God who then exalts him as Lord over all.

"Let this mind be in you." (KJV)

Mark 14:1-15:47

In his Gospel Mark first portrays Jesus' authority in word and deed,
his rejection by the Jewish leaders and even by his disciples,
and then in the Passion his crucifixion at the hands of his own people.



Holy Week 2021 at Jehovah Lutheran Church

Palm Sunday: March 28 (in the Sanctuary at 9:30 am and online)

- Spoken Divine Service with organ music preparing us to commemorate Jesus' suffering and death
- Blessing of the palms and the Gospel reading of Jesus' triumphal entry into Jerusalem
- Reading of the Passion Narrative from the Gospel of Mark
- Celebration of Holy Communion (in-person)

Maundy Thursday: April 1 (in the Sanctuary at 7:00 pm and online)

- Spoken Divine Service commemorating our Lord's institution of the Sacrament of the Altar
- Celebration of Holy Communion (in-person)
- Stripping of the altar
- no benediction—it continues with the Good Friday service

Good Friday: April 2 (online only)

- Service of readings from the Passion Narrative in John's Gospel, hymns, choral selections, and prayers
- Praying the "bidding prayer" of the Church

Vigil of Easter: Saturday (Hybrid of online and in the Sanctuary at 8:00 pm)

- Service of Light and Service of Readings online
- Service of Baptismal Renewal and Holy Communion in the sanctuary at 8:00PM
- Receiving new members
- Dressing of the chancel for Easter and the reading of the Easter Gospel

Resurrection of Our Lord: Sunday, April 21 (in the Sanctuary at 9:30 am and online)

- Festive Divine Service with fabulous organ music
- Celebration of Holy Communion (in-person)
- Online service of Word, preaching, and prayer with robust singing of Easter hymns and fabulous organ music

EASTER FLOWERS



Jehovah's Altar Guild is selling Easter flowers.

Choose from purple or yellow mums or Easter lilies

Cost is \$15 per plant

Order by Palm Sunday, March 28.

Please choose the flowers you'd like,

but kindly note that many people, including Pastor Miller, are allergic to lilies.

Make checks out to Jehovah Altar Guild

Order forms will be available at the check in table on Sunday mornings.

If you can't get to church to order one, please call Janet Fishback at 651-636-7046 or 612-388-5286.



Jehovah Lutheran Church 1566 Thomas Avenue Saint Paul MN 55104-1823 651-644-1421
A Community of Joy . . . Celebrating, Learning & Sharing the Love of God in Christ Jesus

IN OUR PRAYERS THIS WEEK

Donna Ostenson Kiefert
Bernice Demulling
Rita Galston
Paul Finegan
George Mendoza
Sandy Quenzer
Tom Kelly
Tim Robinson
Patrick Carey
Wesley Pagel
Shirley Starner, and her son-in-law Greg Beaudoin
Barbara Hunn-Miesen
John "Jack" Hedenstrom (brother of Sue and brother-in-law of Al Puder)
Linda Wood
Jeannie Edwards (Cousin of Pastor Miller)
Ramone and his family



*Let my prayer
rise before you as incense.
Psalm 141:2a*

Those suffering or recovering from COVID-19 and for speedy and equitable distributions of the vaccines.

For our nation in the midst of political turmoil.

For President Biden and Vice President Harris as they begin their service as leaders of our nation.

For Governor Walz and all in leadership in our state.

For our Synodical President Matthew Harrison and our District President Lucas Woodford as the lead us.

For our congregation, its pastor, and its lay leaders as we consider how to be the Church of Jesus Christ in this time and place.

continued . . .

*Pray
without
ceasing*



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Special Weekly Prayers:

As we pray for each member and family in our congregation by name, this week we pray for the Baerthel family and David Bailey.

As we pray for each congregation on our Circuit and their pastors by name, this week we pray for Emmaus Lutheran, St. Paul and Pastor Nick Kooi.

*Note, we are currently praying for two members or families from Jehovah Lutheran each week. The order for these prayers is alphabetical. In addition to our public prayers, our pastor and board of Lay Ministry are praying individually for these members and families each week.

Special prayer requests are encouraged any time and may be given to pastor via phone or email.

*Be joyful always; pray continually;
give thanks in all circumstances;
for this is God's will for you in Christ Jesus.*
1 Thessalonians 5:16-18



Jehovah's Weekly Friendly Friday Call-in Chat

Join us at **11:10am each Friday**. All you need is your phone.
Dial: 978-990-5000. If you are using a land line please dial 1 and then the number.
When prompted enter the JELC code:

796345#

After the beep just say hello and your name. We will have a short devotion, a topic for discussion, and prayer.

Join us on Fridays at 11:10am.



*Therefore encourage one another and build each other up,
as indeed you are doing.*
1 Thessalonians 5:11



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Adult

BIBLE CLASS

Join us on Zoom
at 11:15AM each Sunday.

<https://augsburg.zoom.us/j/95736940038?pwd=c1J3M3NHajZZNnlMenFHREJrU3lpdz09>

Meeting ID: 957 3694 0038

Passcode: 255875

Contact Pastor Miller with questions.



Jehovah Lutheran Church

Adult Instruction Class:

Rooted in the Faith

Join us Thursdays at 2:00PM

in the Schumacher Lounge.

In this class, we will look at the basics of the Christian faith
from the Lutheran perspective.

All are welcome!

Please contact Pastor Miller for more information.

REZEK HOUSE LENTEN COLLECTION

Rezek House

The Rezek House is in need of groceries, toiletries, cleaning and household items. If you would like to donate please place your items in the box on the floor in the Narthex under the Guest Book.

*thank
you*



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