

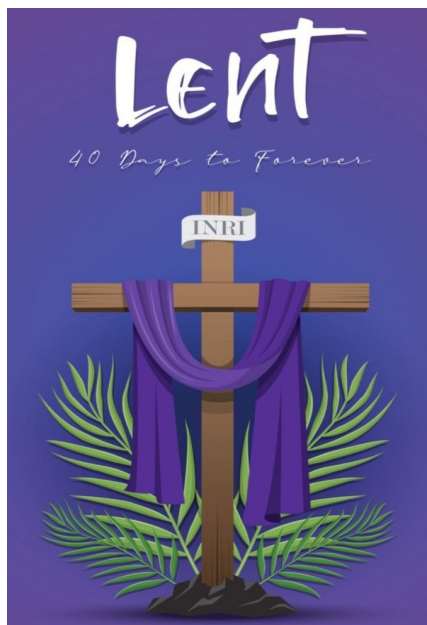
# LENT 2025

Lent is when we focus on some aspect of Jesus' life and how it applies or impacts our lives. A time set aside to focus attention on our walk with God and be open to the Spirit's examination. In so doing, it will possibly be a time of spiritual warfare, as Satan does not want our focus on God at all, but on ourselves and the world.

This year's theme is titled: The Divine Exchange. We will focus on what actually took place at Jesus' death. What did he accomplish for us in addition to forgiveness, eternal life and defeating Satan and death.

As you know the cross is central to Christianity and our faith. Without the divine exchange we would still be sacrificing animals and there would be no Christian church. More took place on the cross than we realize or usually hear about. At the same time we need to know how to appropriate that exchange.

Beginning Ash Wednesday at 6:30, and the following Sunday mornings, we will be exploring such topics as:



- ✓ The Divine Exchange
- ✓ Punished to be Forgiven
- ✓ Wounded to be Healed
- ✓ Made Sin to be Righteous
- ✓ Died to be Alive
- ✓ Made Poor to be Rich
- ✓ Rejected to be Accepted
- ✓ Cursed to be Blessed

This proves to be very beneficial for our spiritual and earthly walk.

# March Sermons & Scriptures



## • March 2 , 2025

### **Transfiguration Sunday**

*Morning Worship Service & Holy Communion*

*Sermon: Proclamation*

OT Lesson: Deuteronomy 34:1-12

Epistle Lesson: Romans 10:14-21

Gospel Lesson: Luke 9:28-36

## • March 5, 2025

### **Ash Wednesday**

*Evening Worship Service & Holy Communion*

*Sermon: The Divine Exchange*

OT Lesson: Joel 2:12-19

Epistle Lesson: Hebrews 10:14, Philippians 4:15-19

Gospel Lesson: Luke 23:34

## • March 9, 2025

### **First Sunday in Lent**

*Morning Worship Service*

*Sermon: Punished to be Forgiven*

OT Lesson: Isaiah 53:1-6

Epistle Lesson: Romans 5:1-5

Gospel Lesson: Luke 23:43

## • March 16, 2025

### **Second Sunday in Lent**

*Morning Worship Service*

*Sermon: Wounded to be Healed*

OT Lesson: Isaiah 53:1-4

Epistle Lesson: 1 Peter 2:19-25

Gospel Lesson: Matthew 27:46

## • March 23 2025

### **Third Sunday in Lent**

*Morning Worship Service*

*Sermon: Made Sin to be Righteous*

OT Lesson: Isaiah 53:10-12

Epistle Lesson: 2 Corinthians 5:17-21

Gospel Lesson: John 19:26-27

## • March 30 2025

### **Fourth Sunday in Lent**

*Morning Worship Service*

*Sermon: Died to be Alive*

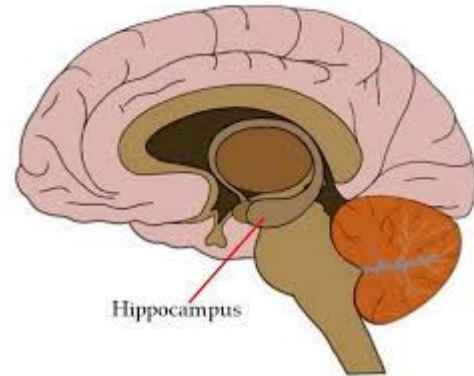
OT Lesson: Isaiah 12:1-6

Epistle Lesson: Romans 6:19-23

Gospel Lesson: 15:1-3, 11-32

## What Happens to Your Brain When you Stop Exercising

Researchers studied the brains of veteran athletes aged 50-80. They asked high intensity runners to move as little as possible for ten days. Resting for ten days slowed the flow of blood to eight regions of their brains. Both sides of the hippocampus were affected by restricted blood flow.



The Hippocampus is responsible for memory formation, storage, and retrieval. The study could lead to a deeper understanding of the effects of exercise on the brain.

Current guidelines suggest 150 minutes of moderate aerobic activity per week. 75 minutes each week is recommended for high-intensity aerobic exercise. Regular exercise is crucial to keeping physically and mentally fit as you age.  
(TruthforHealth.org website)




**A POEM BY MARTIN LUTHER**

Feelings come and feelings go,  
And feelings are deceiving;  
My warrant is the Word of God –  
Naught else is worth believing.

Though all my heart should feel condemned  
For want of some sweet token,  
There is One greater than my heart  
Whose Word cannot be broken.

I'll trust in God's unchanging Word  
'Til soul and body sever,  
For, though all things shall pass away  
His Word shall stand forever!

– Martin Luther



# March Volunteers

2

9

16

23

30

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<b>Communion</b>	Nick				
<b>Reader</b>	Bina	Matt	Tony	Angie	Jeff
<b>Greeters</b>	Steve/Jan	Jim/Kayla	Matt/Diane	Joel/Jack	Tony/Lydia
<b>Ushers</b>	Randy/Deb.....				
<b>Sound</b>	Brandon	Matt	Steve	Brandon	Steve
<b>Computer</b>	Bobby	Donna	Bobby	Dave	Rachel
<b>Acolyte</b>	Emmanuel	Kazra	Kinsley	Makenna	Amanda
<b>Custodians</b>	Sarah/Bill.....				
<b>Pianist</b>	Sheryl	Sheryl	Marcia	Marcia	Val

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▣ If you find that you have been scheduled for a ministry time that you are unable to serve, please find a replacement and let pastor know. Thank you!

# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<b>2</b> Communion Sunday Greeters: Steve/Jan Reader: Bina Acolyte: Emmanuel GriefShare- 2pm	<b>3</b>	<b>4</b>	<b>5</b> Ash Wednesday Evening Service & Holy Communion- 6:30pm  Confirmation- 4:30pm	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Greeters: Jim/Kayla Reader: Matt Acolyte: Kazra	<b>10</b>	<b>11</b>	<b>12</b> Confirmation- 4:30pm	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b> Greeters: Matt/Diane Reader: Tony Acolyte: Kinsley GriefShare- 2pm	<b>17</b>	<b>18</b> Women's Bible Study- 2pm  Deacons- 5:45pm Council- 6:30pm	<b>19</b> Confirmation- 4:30pm	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b> Greeters: Joel/Jack Reader: Angie Acolyte: Makenna	<b>24</b>	<b>25</b>	<b>26</b> Confirmation- 4:30pm	<b>27</b>	<b>28</b>	
<b>30</b> Greeters: Tony/Lydia Reader: Jeff Acolyte: Amanda GriefShare- 2pm		<u>Birthdays</u> 5- Bobby Snitzer 13- Matt Keel 14- Cooper Dontje 30- Nicki Gray-Holland 31- Melissa Snitzer				