

Sermon Guide – Lent 5 – Lift Up

When nothing else would help, love lifted me!” says the old Gospel song. To be lifted up is to be drawn into the love of God. Jesus drew all kinds of people to him during his short tenure on earth, drawing no boundaries for who was invited into that love. As his hour to die drew nearer, he spread the message that all things would be enveloped in his love even after he was gone. What uplifting message will we pass on to others?

“Your love keeps lifting me higher and higher...” The 1967 hit song continues to be a toe-tapping favorite, and for good reason. How does it feel to be loved? Lighter. No matter what is going down, to know that you are not alone in the midst of it just makes it bearable. What uplifting gesture of love could you be up to today?

After a time of laying low, we often say we are “up and about” once again. Times of laying low are OK — indeed sometimes necessary for our mental health. Yet knowing when it is time to be up and about is equally important. This is a healthy paying attention to our life rhythms. Where are you right now?

Our life of relationships is based on invitations. We invite each other to interactions, shared experiences, shared intimacies. Isolation can be a side effect of feeling down and feeling afraid to share that with anyone. Offering, or taking someone up on, an invitation can be a lifeline. What can you be up to today that creates a connection?

