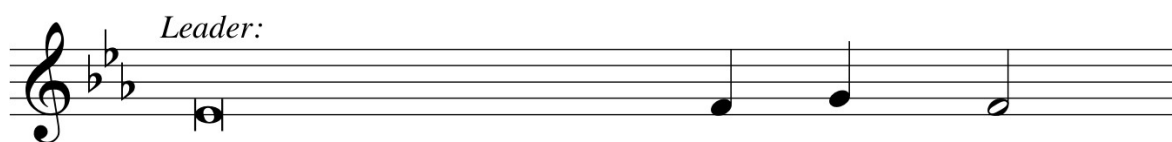


Agnus Dei Lutheran Church
Lenten Midweek Worship
2026

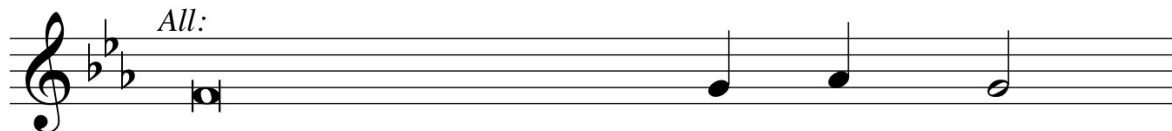
***Blessed are Those Who Mourn;
Finding Comfort, Hope, and Joy Amidst Our Mourning***

From Depths of Woe

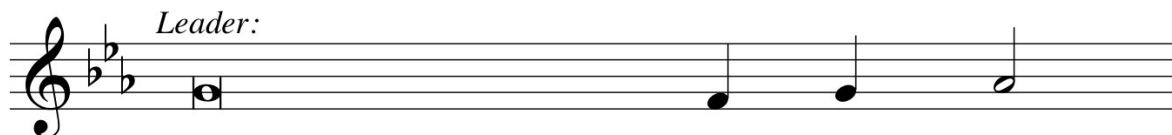
*From depths of woe I cry to you,
Lord, hear my lamentation.
Incline your ear to my distress,
your eye unto my mourning.
For you, o Lord, are one who saves;
send me the grace my spirit needs,
and in your peace sustain me.*



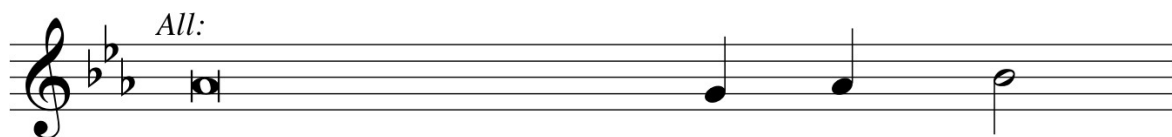
Jesus Christ, you are the light of the world;



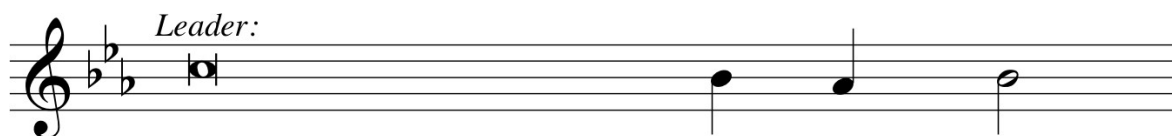
the light no darkness can o - ver - come;



Stay with us now, for it is evening,



and the day is al - most over.

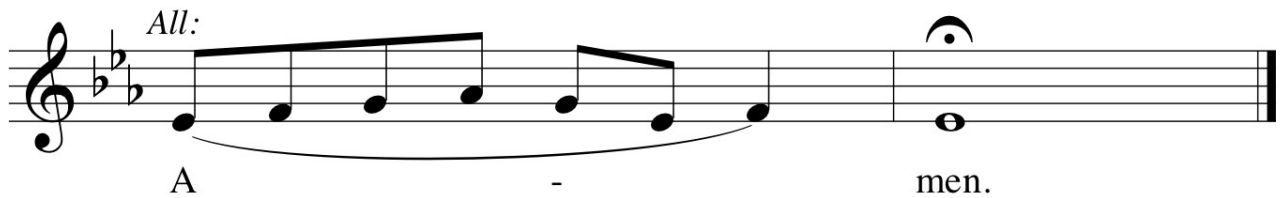


Let your light scat - ter the darkness,



and shine within your peo - ple here. —

Leader: Blessed are you, Creator of the universe—from old you have led your people by night and day. May the light of your Christ make our darkness bright, for your Word and your presence are the light of our pathways, and you are the light and life of all creation.



Prayer of the Evening

P God of compassion, in a world that urges us to move on too quickly, teach us to slow down and tell the truth. In a culture that hides pain and avoids sorrow, make this a place where grief is welcomed and honored. Draw near to us in our mourning in these 40 days. Hold what is broken. Speak life where there is loss.

C Amen.

Opening Litany

Entering the Season of Mourning

P In this season of Lent, we come carrying what we have lost.

C **We come with grief that has names, and grief we have not yet named.**

P We come with tears shed openly, and tears held quietly inside.

C **We come with questions, with anger, with longing, and with hope.**

P Jesus says, "*Blessed are those who mourn,*"

C **not because mourning is easy, but because God meets us there.**

P In a world that urges us to move on too quickly,

C **teach us to slow down and tell the truth.**

P In a culture that hides pain and avoids sorrow,

C **make this a place where grief is welcomed and honored.**

P God of compassion, draw near to us in our mourning.

C **Hold what is broken. Speak life where there is loss.**

All **We enter this Lenten journey trusting that you walk with us—
through grief, toward healing, and into your promised hope.
Amen.**

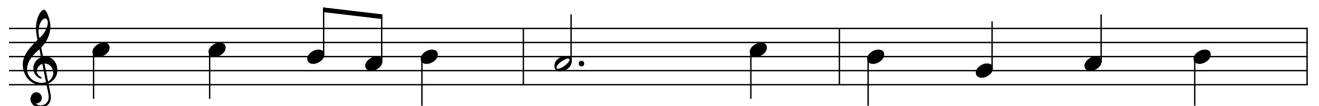
O God, Why Are You Silent



Feb 25 1. O God, why are you si - lent? I can - not
 March 4 2. Now lost with - in my griev - ing, I fall and
 March 11 3. My hope lies bruised and bat - tered, My wound - ed
 March 18 4. Through end - less nights of weep - ing, Through wea - ry
 March 25 5. May pain draw forth com - pas - sion, Let wis - dom



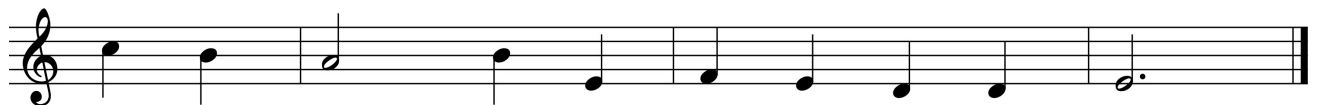
hear your voice. The proud and strong and vio - lent All
 lose my way, My frag - ile, faint be - liev - ing So
 heart is torn; My spir - it spent and shat - tered By
 days of grief, My heart is in your keep - ing, My
 rise from loss. O take my heart and fash - ion The



claim you and re - joice. You prom - ised you would
 swift - ly swept a - way. O God of pain and
 life's re - lent - less storm. Will you not bend to
 com - fort, my re - lief. Come, share my tears and
 im - age of your cross. Then may I know your



hold me With ten - der - ness and care. Draw near, O
 sor - row, My com - pass and my guide, I can - not
 hear me, My cries from deep with - in? Have you no
 sad - ness, Come, suf - fer in my pain; O bring me
 heal - ing Through heal - ing that I share, Your grace and



Love, en - fold me, And ease the pain I bear.
 face the mor - row With - out you by my side.
 word to cheer me When night is clos - ing in?
 home to glad - ness, Re - store my hope a - gain.
 love re - veal - ing Your ten - der - ness and care.

(silence for reflection)

Offering of Laments or Prayers

Psalm 141

Refrain

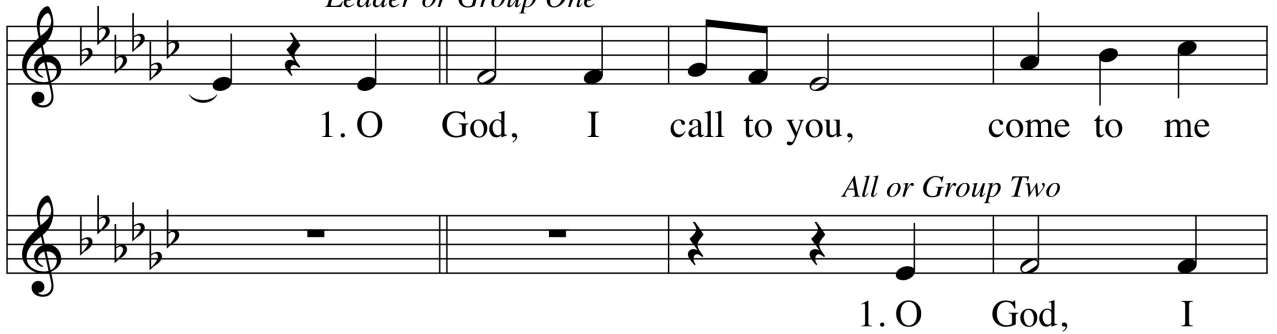
All



Let my prayer rise up like in-cense be - fore you, the
lift-ing up of my hands as an of-fer-ing to you.

Verse 1

Leader or Group One



1. O God, I call to you, come to me

All or Group Two



1. O God, I
now; O hear my voice when I cry to
call to you, come to me now; O hear my

Refrain



you. Let my prayer rise up like
voice when I cry to you. Let my prayer rise

in-cense be - fore you, the lift-ing up of my hands as an
up like in-cense be - fore you, the lift-ing up of my

Verse 2

of-fer-ing to you. 2. Keep watch with -
hands as an of-fer-ing to you.

in me, God; deep in my heart may the light of your
2. Keep watch with - in me, God; deep in my

love be burn - ing bright.
heart may the light of your love be burn - ing

Refrain

Let my prayer rise up like in-cense be - fore you, the
bright. Let my prayer rise up like in-cense be -

lift-ing up of my hands as an of-fer-ing to you.

fore you, the lift-ing up of my hands as an of-fer-ing to

Verse 3

3. All praise to the God of all, Cre - a - tor of

you. 3. All praise to the

life; all praise be to Christ and the Spir - it of

God of all, Cre - a - tor of life; all praise be to

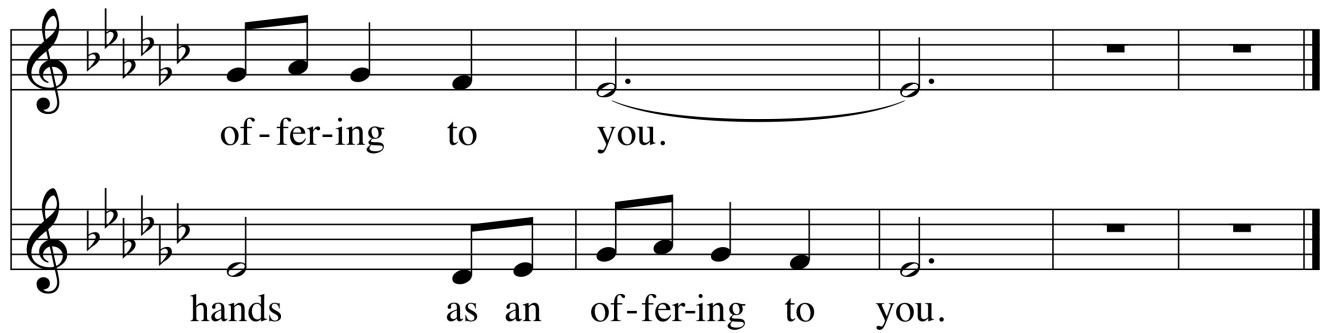
Refrain

love. Let my prayer rise up like

Christ and the Spir-it of love. Let my prayer rise

in-cense be - fore you, the lift-ing up of my hands as an

up like in-cense be - fore you, the lift-ing up of my



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Litany

- P As we leave this place, we do not leave our grief behind.
- C We carry it honestly, refusing denial, held in the fierce mercy of God.**
- P Blessed are those who mourn,
- C For your grief tells the truth the world tries to silence.**
- P Blessed are you who dare to name loss and brokenness,
- C for such truth-telling opens space for God's new work.**
- P Blessed are you who will not grieve alone.
- C For God meets us through companions who walk beside us.**
- P Go into the world resisting numbness and false cheer,
- C ready to listen, ready to lament, ready to stay.**
- P Go trusting that God is present in the ache itself—
- C bringing comfort not by erasing sorrow, but by sustaining us within it.**
- Amen**

Watch, O Lord

Refrain — All



Watch, O Lord, with all those a - wake this night,



watch, O Lord, with all those who weep; give your



an - gels and saints charge o - ver all who sleep.

Leader *All*



1 Tend your	ail - ing	ones:	
2 Soothe your	suf - f'ring	ones:	in your love, Lord.
3 Hold your	griev - ing	ones:	
4 Guard your	lit - tle	ones:	

Leader *All*



Rest your	wea - ry	ones:	
Heal af -	flict - ed	ones:	in your love, Lord.
Raise your	fall - en	ones:	
Guide your	search - ing	ones:	

Leader *All* *Refrain*



Bless your	dy - ing	ones:	
Shield your	joy - ous	ones:	in your love, O Lord of all.
Mend your	bro - ken	ones:	
Grant us	all your	peace:	

Dismissal

P So we go in peace, walking together in the way of the cross,
trusting that truthful grief makes room for new life.
Amen.

Table Prayer

Abide With Us *(tune: Abide With Me)*

Abide with us, and bless the soup we share
as shadows fall on sorrows that we bear.
May we be nourished -- body, mind and soul,
sharing Your love, making our spirits whole.