

Good Enough:

**Embracing the
Imperfections of Life
and Faith**



As we continue our examination of what it means to release oppressive expectations about perfection in our lives and faith, we turn to a harmful idea: that the prescription for our fear of failure is to work harder. Here, we take some time to stop climbing ladders and staircases, to tend to our souls slowly and lovingly, tilling the soil and applying fertilizer, and embracing our holy, “good enough” lives.

Call to Worship

What in our lives do we dream about for tomorrow, void of sorrow?

To remember, God is still here, and our faith is good enough.

Time spent regretting decisions of our yesterdays, mistakes we made?

Remember, God is still here, and our faith is good enough.

Sometimes we get what we get, life disappoints us, and yet,

God is still here, and our faith is good enough.

Hymn: Lord, let my heart be Good Soil (WOV) 713 X2

Lord, Let My Heart Be Good Soil

Lord, let my heart be good soil, o-pen to the seed of your word.

Lord, let my heart be good soil, where love can grow and peace is un-der-stood.

When my heart is hard, break the stone a - way. When my heart is cold,

warm it with the day. When my heart is lost, lead me on your way.

Lord, let my heart, Lord, let my heart, Lord, let my heart be good soil.

Text: Handt Hanson, b. 1950
Music: GOOD SOIL, Handt Hanson
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Holy One, Our Balm, Our Feast, we lift our hands and call your name, in need of healing—thirsting and hungry. Your steadfast love is better than life. Open us this day to your nourishment in the songs of the land, in the beauty of the sky—in the simple and good enough moments that fill our days. Amen.

Isaiah 55:1-3. 6-9 ¹ Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. ² Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. ³ Incline your ear, and come to me; listen, so that you may live.

⁶ Seek the Lord while he may be found, call upon him while he is near; ⁷ let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon. ⁸ For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. ⁹ For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Lenten Message

Silence of reflection: So blessed are we who remember, the world keeps spinning without us. So blessed are we who remember, we are loved. Not for what we do but for who we are.

Prayers: God, sometimes following You feels strict and confining, like You're stealing joy from my hands. **I long for the sweetness of Your presence and to live as You would have me.**

But it feels too hard. Like I'm being held back. **Like You, want me to change beyond what I'm capable of.**

Faith has been wielded as a weapon against me and the people I love. **And I don't meet those exacting standards.**

You say Your yoke is gentle and easy. **If that is true, may I see these small habits as opening a space for transformation?**

Instead of building walls around me, **erase the barriers I've built around who You are and how I respond.**

You are not the judge on the sidelines, **but You take me by the hand and guide me gently.** It's here that You promise rest. **Help me to see the gentleness You use to guide, lead, and teach. God, make it sweet and doable. Amen**

Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Benediction: Now, may the God who loves all of creation, Jesus, our companion along this crooked path called life, and the Holy Spirit, who loves to work in surprising ways, go with you, dwell among you, and bring you joy. Amen.

Sending Hymn

“O Love that will not let me go”

O Love That Will Not Let Me Go



1 O Love that will not let me go, I rest my wea - ry soul in
2 O Light that fol - lowest all my way, I yield my flick - 'ring torch to
3 O Joy that seek - est me through pain, I can - not close my heart to
4 O Cross that lift - est up my head, I dare not ask to fly from



thee; I give thee back the life I owe, that
thee; my heart re - stores its bor - rowed ray, that
thee; I trace the rain - bow through the rain and
thee; I lay in dust life's glo - ry dead, and



in thine o - cean depths its flow may rich - er, full - er be.
in thy sun - shine's blaze its day may bright - er, fair - er be.
feel the prom - ise is not vain that morn shall tear - less be,
from the ground there blos - soms red life that shall end - less be.

Text: George Matheson, 1842–1906, alt.
Music: ST MARGARET, Albert L. Peace, 1844–1912