



## Wednesday in the First Week of Lent

February 25, 2026

### Hymn

*"Spirit of God"*

ELW #800

### First Reading

Ephesians 2:1-10

<sup>1</sup> You were dead through the trespasses and sins <sup>2</sup> in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. <sup>3</sup> All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. <sup>4</sup> But God, who is rich in mercy, out of the great love with which he loved us <sup>5</sup> even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved— <sup>6</sup> and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup> so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. <sup>8</sup> For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— <sup>9</sup> not the result of works, so that no one may boast. <sup>10</sup> For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

*Silence for reflection is kept*

### Second Reading

from *Wishful Thinking: A Seeker's ABC* by Frederick Buechner

“The word spirit has come to mean something pale and shapeless, like an unmade bed. School spirit, the American spirit, the Christmas spirit, the spirit of ‘76, the Holy Spirit — each of these points to something that you know is supposed to get you to your feet cheering, but that you somehow can’t rise to. The adjective spiritual has become downright offensive. If somebody recommends a person as spiritual you tend to avoid that person, and usually with good reason. Inspirational is even worse. Inspirational books are almost invariably for the birds. Like its counterparts in Hebrew and Greek, the Latin word spiritus originally meant ‘breath’ — and breath is what you have when you’re alive and don’t have when you’re dead. Thus spirit = breath = life, the aliveness and power of your life, and to speak of your spirit is to speak of the power of life that is in you. God also has a spirit — is Spirit, says the apostle John. Thus God is the power of the power of life itself, has breathed and continues to breathe life into his creation. In-spires it. The spirit of God, Holy Spirit, Holy Ghost, is highly contagious. When Peter and his friends were caught up in it at Jerusalem on Pentecost, everybody thought they were drunk even though the sun wasn’t yet over the yardarm. They were.”

*Silence for reflection is kept*

### Brief Meditation

*Silence for reflection is kept*