



United Methodist Church of Vista
490 South Melrose Drive
(760) 726-0442



Sunday, March 14, 2021
4th Sunday in Lent
Rev. Dr. Leigh Ann Shaw, Senior Pastor
“Coming Back to Life”

Scriptures: [Psalm 107](#) | [Ephesians 2:1-10](#) | [John 3:14-21](#) (NRSV)



*Rev. Dr. Leigh Ann Shaw,
Senior Pastor*

Psalm 107

- ¹ Give thanks to the LORD, for he is good;
his love endures forever.
- ² Let the redeemed of the LORD tell their story—
those he redeemed from the hand of the foe,
- ³ those he gathered from the lands,
from east and west, from north and south.
- ⁴ Some wandered in desert wastelands,
finding no way to a city where they could settle.
- ⁵ They were hungry and thirsty,
and their lives ebbed away.
- ⁶ Then they cried out to the LORD in their trouble,
and he delivered them from their distress.
- ⁷ He led them by a straight way
to a city where they could settle.
- ⁸ Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind,
- ⁹ for he satisfies the thirsty
and fills the hungry with good things.
- ¹⁰ Some sat in darkness, in utter darkness,
prisoners suffering in iron chains,¹¹ because they rebelled against God’s
commands
and despised the plans of the Most High.
- ¹² So he subjected them to bitter labor;
they stumbled, and there was no one to help.
- ¹³ Then they cried to the LORD in their trouble,
and he saved them from their distress. ([top](#))



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- ¹⁴ He brought them out of darkness, the utter darkness,
and broke away their chains.
- ¹⁵ Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind,
- ¹⁶ for he breaks down gates of bronze
and cuts through bars of iron.
- ¹⁷ Some became fools through their rebellious ways
and suffered affliction because of their iniquities.
- ¹⁸ They loathed all food
and drew near the gates of death.
- ¹⁹ Then they cried to the LORD in their trouble,
and he saved them from their distress.
- ²⁰ He sent out his word and healed them;
he rescued them from the grave.
- ²¹ Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind.
- ²² Let them sacrifice thank offerings
and tell of his works with songs of joy.
- ²³ Some went out on the sea in ships;
they were merchants on the mighty waters.
- ²⁴ They saw the works of the LORD,
his wonderful deeds in the deep.
- ²⁵ For he spoke and stirred up a tempest
that lifted high the waves.
- ²⁶ They mounted up to the heavens and went down to the depths;
in their peril their courage melted away.
- ²⁷ They reeled and staggered like drunkards;
they were at their wits' end.
- ²⁸ Then they cried out to the LORD in their trouble,
and he brought them out of their distress.
- ²⁹ He stilled the storm to a whisper;
the waves of the sea were hushed.
- ³⁰ They were glad when it grew calm,
and he guided them to their desired haven. ([top](#))



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- ³¹ Let them give thanks to the LORD for his unfailing love
and his wonderful deeds for mankind.
- ³² Let them exalt him in the assembly of the people
and praise him in the council of the elders.
- ³³ He turned rivers into a desert,
flowing springs into thirsty ground,
- ³⁴ and fruitful land into a salt waste,
because of the wickedness of those who lived there.
- ³⁵ He turned the desert into pools of water
and the parched ground into flowing springs;
- ³⁶ there he brought the hungry to live,
and they founded a city where they could settle.
- ³⁷ They sowed fields and planted vineyards
that yielded a fruitful harvest;
- ³⁸ he blessed them, and their numbers greatly increased,
and he did not let their herds diminish.
- ³⁹ Then their numbers decreased, and they were humbled
by oppression, calamity and sorrow;
- ⁴⁰ he who pours contempt on nobles
made them wander in a trackless waste.
- ⁴¹ But he lifted the needy out of their affliction
and increased their families like flocks.
- ⁴² The upright see and rejoice,
but all the wicked shut their mouths.
- ⁴³ Let the one who is wise heed these things
and ponder the loving deeds of the LORD. ([top](#))



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Ephesians 2:1-10

¹ As for you, you were dead in your transgressions and sins,

² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient.

³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

⁴ But because of his great love for us, God, who is rich in mercy,

⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—

⁹ not by works, so that no one can boast.

¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. ([top](#))



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John 3:14-21

¹⁴ Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up,

¹⁵ that everyone who believes may have eternal life in him.”

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him.

¹⁸ Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son.

¹⁹ This is the verdict: Light has come into the world, but people loved darkness instead of light because their deeds were evil.

²⁰ Everyone who does evil hates the light, and will not come into the light for fear that their deeds will be exposed.

²¹ But whoever lives by the truth comes into the light, so that it may be seen plainly that what they have done has been done in the sight of God. ([top](#))