

# Down in the River to Pray

## Verse 1 (choir)

As I went down in the river to pray studyin' about that good ole way  
And who shall wear the starry crown, good Lord show me the way  
Oh sisters, let's go down, let's go down, come on down,  
Oh sisters let's go down, down in the river to pray.

## Verse 2 (congregation hums)

As I went down in the river to pray studyin' about that good ole way  
And who shall wear the robe and crown, good Lord show me the way.  
Oh brothers let's go down, let's go down, come on down,  
Come on, brothers let's go down, down in the river to pray.

## Verse 3 (women)

As I went down in the river to pray studyin' about that good ole way  
And who shall wear the starry crown, good Lord show me the way.  
Oh fathers, let's go down, let's go down, come on down,  
Oh fathers, let's go down, down in the river to pray.

## Verse 4 (men)

As I went down in the river to pray studyin' about that good ole way  
And who shall wear the robe and crown, good Lord, show me the way!  
Oh mothers, let's go down, let's go down, don't you wanna go down,  
Come on, mothers, let's go down, down in the river to pray.

## Verse 5 (all)

As I went down in the river to pray studying about that good ole way  
And who shall wear the starry crown, good Lord, show me the way!  
Oh sinners let's go down, let's go down, come on down  
Oh sinners, let's go down, down in the river to pray.

## Verse 6 (all)

As I went down in the river to pray studyin' about that good ole way  
And who shall wear the robe and crown, good Lord, show me the way!

We celebrate the Lord's Supper weekly—and in a circle, at the end of worship. A word of direction is given, and with this everyone stands and moves to the walls. The cup is passed in two forms: in a chalice and then in small individual cups. You are free to choose.

And as this is the Supper of the Lord Christ, please listen to the instructions we give as to what qualifies a visitor to participate. **But whether you intend to take communion or not, please join us in the circle.**

# Fourth Sunday in Lent

## Old Orchard Church

10:15 to 11:50 a.m.

See print copy for art work.

**Jesus answered...“Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life. 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....”**

# Descent to the Cross: I Am the Way, the Truth, the Life

Come, my Way, my Truth, my Life;

Such a Way as gives us breath:

Such a Truth, as ends all strife:

And such a Life, as killeth death.

—George Herbert (1593-1633)



## Scripture Readings

Old Testament Lesson: Numbers 21:4-9

Gospel Reading: John 14:1-7

## Christianity in Ephesus, Christianity in St. Louis Series Sermon

“What Marriage Is—And Is For” (Part I)

Ephesians 5:21-33

*Ron Lutjens, lead pastor, preaching*

---

**Cover art:** Title page from John Calvin’s commentary on the minor prophets published in Geneva, Switzerland in 1567. The snake on the cross that the top of the anchor becomes represents Christ rather than Satan (see John 3:14 if a snake seems an unfitting symbol for Christ, a Savior full of love), while the lower hand steadying the anchor represents God the Holy Spirit, and the upper hand, God the Father. The IC just below the hands are probably the first two initials of “Jesus Christ” (in Latin), identifying him as the anchor. The sea creatures symbolize the gods of pagan mythology and represent the dangers and destructive powers humans are always exposed to. The Latin inscription on either side of the picture reads (moving from the left side to the right): *Christ, our one and only sacred anchor, secures those tossed upon the sea, and is our only salvation for all time.*

# To Keep a True Lent

Is this a fast, to keep  
The larder lean ?  
And clean  
From fat of veals and sheep ?

Is it to quit the dish  
Of flesh, yet still  
To fill  
The platter high with fish ?

Is it to fast an hour,  
Or ragg’d to go,  
Or show  
A downcast look and sour ?

No: ’tis a fast to dole  
Thy sheaf of wheat,  
And meat,  
Unto the hungry soul.

It is to fast from strife,  
From old debate  
And hate;  
To circumcise thy life.

To show a heart grief-rent ;  
To starve thy sin,  
Not bin ;  
And that’s to keep thy Lent.

—Robert Herrick  
(1591-1674)

