

11 RECITE PORTION OF THE CATECHISM AND MEANING

What if we are not troubled by any special sins?

We should not torture ourselves with imaginary sins. If we cannot think of any sins to confess (which would hardly ever happen), we need not name any in particular, but may receive absolution because we have already made a general confession to God.

How may we be assured of forgiveness?

The pastor may pronounce the absolution by saying, "By the authority of our Lord Jesus Christ I forgive you your sins in the name of the Father and of the Son and of the Holy Spirit. Amen." Those who are heavily burdened in conscience the pastor may comfort and encourage with further assurances from God's Word.

12 PRAYER BASED ON THE PORTION OF THE CATECHISM

Prayer based on Confession and Absolution the Second Question "What is Private Confession?" Lord Jesus Christ, I give You thanks that my sins are forgiven before Your Father in heaven. By the Holy Spirit, give me grace to trust in Your promises and so live in the freedom and peace that You have won for me in Your death and resurrection. Amen [from Luther's Small Catechism: with explanation; Concordia Pub, pg. 313]

13 IN OUR PRAYERS THIS WEEK - INTERCESSORY PRAYERS

- ⇒ For Carol Halderson coping with dementia
- ⇒ For President John Wille being treated for Prostate Cancer
- ⇒ For Peter Magnuson and an upcoming heart surgery.
- ⇒ For Connie Meunier and an upcoming surgery.
- ⇒ For Cole Warner with some blockages in his heart

14 HYMN OF THE WEEK AND UPCOMING SUNDAY LESSONS

O God of Mercy, God of Light LBW 425: *stnz 1* O God of mercy, God of light, In love and mercy infinite, Teach us, as ever in your sight, To live our lives in you . *stnz 2* You sent your Son to die for all, That our lost world might hear your call; Oh, hear us, lest we stray and fall! We rest our hope in you. *stnz 3* Teach us the lesson Jesus taught: To feel for those his blood has bought, That ev'ry deed and word and thought May work a work for you. *stnz 4* For all are kindred, far and wide, Since Jesus Christ for all has died; Grant us the will, and grace provide To love them all in you. *stnz 5* In sickness, sorrow, want, or care, Each other's burdens help us share; May we, where help is needed, there Give help as though to you. *stnz 6* And may your Holy Spirit move All those who live to live in love, Till you receive in heav'n above Those who have lived to you.

For February 5, 5th Sunday after the Epiphany: **Isaiah 58:3-9a** Your light will break forth like the dawn.; **Psalm 112:1-9** "Light dawns in the darkness for the upright."; **1 Corinthians 2:1-12** My message was with a demonstration of the Spirit's power.; **Matthew 5:13-20** "You are the salt of the earth ... the light of the world."



The Gift of Grace Lutheran Congregation at Prayer

A guide for Daily Meditation and Prayer
For the 4th Week after the Epiphany
January 29 through February 4

1 INVOCATION - MAKE THE SIGN OF THE CROSS AND SAY:
In the name of the Father and of the Son and of the Holy Spirit. Amen.

2 CONFESS THE APOSTLES' CREED
I believe in God, the Father, almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our
Lord. He was conceived by the power of the
Holy Spirit and born of the virgin Mary. He
suffered under Pontius Pilate, was crucified,
died, and was buried. He descended into hell.
On the third day he rose again. He ascended
into heaven, and is seated at the right hand of
the Father. He will come again to judge the
living and the dead.

I believe in the Holy Spirit, the holy
catholic church, the communion of saints, the
forgiveness of sins, the resurrection of the
body, and the life everlasting. Amen.

3 PRAY THE LORD'S PRAYER
Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

4 PRAY THE MORNING OR EVENING PRAYER

Morning. We give thanks to you,
heavenly Father, through Jesus Christ
your dear Son, that you have protected
us through the night from all danger and
harm. We ask you to preserve and keep
us, this day also, from all sin and evil,
that in all our thoughts, words and deeds
we may serve and please you. Into your
hands we commend our bodies and souls
and all that is ours. Let your holy angels
have charge of us, that the wicked one
have no power over us. Amen.

Evening. We give thanks to you,
heavenly Father, through Jesus Christ
your dear Son, that you have this day so
graciously protected us. We beg you to
forgive us all our sins and the wrong
which we have done. By your great
mercy defend us from all the perils and
dangers of this night. Into your hands we
commend our bodies and souls and all
that is ours. Let your holy angels have
charge of us, that the wicked one have
no power over us. Amen

5 AT MEAL TIME ASK BLESSING THEN AFTERWARDS RETURN THANKS

Blessing before meal

“The eyes of all wait upon you, O LORD, and you give them their food in due season. You open wide your hand, and satisfy the needs of every living creature.” [Ps. 145:15-16]

Lord, God, heavenly Father, bless us and these your gifts which we receive from your bountiful goodness, through Jesus Christ our Lord. Amen.

Returning Thanks after meal

“Give thanks to the LORD, for he is good, for his mercy endures forever. He gives food to all creatures. He provides food for flocks and herds and for the young ravens when they cry. He is not impressed by the might of a horse, he has no pleasure in the strength of a man; but the LORD has pleasure in those who fear him, in those who await his gracious favor.” [Ps. 136:1, 25; 147:9-11]

We thank you, Lord God, heavenly Father, for all your benefits, through Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit forever and ever. Amen.

6 PRAY THE PSALMS

General Wk 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	108, 150	62, 145	12, 146	96, 147:1-12	116, 147:13-21	84, 148	63, 149
Evening	66, 23	73, 9	36, 7	132, 134	26, 130	25, 40	138, 98

7 RECITE THE VERSE OF THE WEEK: 1 Corinthians 1:18

For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.

Theme of the Week: Christ the Wisdom and Power of God

8 READ DAILY SCRIPTURE PASSAGES

SUN

Isaiah 51:9-16; Hebrews 11:8-16; John 7:14-31

MON

Isaiah 51:17-23; Galatians 4:1-11; Mark 7:24-37

TUE

Isaiah 52:1-12; Galatians 4:12-20; Mark 8:1-10

WED

Isaiah 52:13-53:12; Galatians 4:21-31; Mark 8:11-26

THU

Isaiah 54:1-17; Galatians 5:1-15; Mark 8:27-9:1

FRI

Isaiah 55:1-13; Galatians 5:16-24; Mark 9:2-13

SAT

Isaiah 56:1-8; Galatians 5:25-6:10; Mark 9:14-29

9 PRAY THE PRAYER OF THE WEEK

Almighty God, You know we live in the midst of so many dangers that in our frailty we cannot stand upright. Grant strength and protection to support us in all dangers and carry us through all temptations; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

10 READ INTRODUCTION TO PORTION OF CATECHISM FOR THIS WEEK

Confession And Absolution the Second Question “What is Private Confession?” – This is the third of three weeks that we are looking into the matter of Private Confession. Since, as we have previously mentioned, Private Confession has largely fallen into disuse, some encouragement may be in order. If you have a troubled conscience even after confessing your sin in prayer, private confession can be of immense comfort. It is usually helpful to call and make an appointment with the pastor. Lutheran pastors understand the importance of confidentiality, and the “seal of confession”. You can rest assured that a pastor will not last very long in the parish if he fails to keep confidentiality. When making a confession to God in the hearing of a pastor, the sins to be confessed should be identified, but otherwise details are not usually important. For example, you might be confessing the sin of disobedience, unfaithfulness, theft, dishonesty, unkind words, etc. The point is confessing the root sin, not providing a lot of titillating details. You don’t have to worry about how to go about the confession, as the Lutheran hymnbook has a rite of Private Confession to help guide both the pastor hearing the confession, and the penitent making the confession. The main thing is the difficult matter of humbling oneself; admitting to sinful thoughts, words, and deeds; and asking for the forgiveness so freely promised by our Lord Jesus. The climax of the practice is the direct speaking to the penitent in the stead of Christ, “Your sins are forgiven!”