

11 RECITE PORTION OF THE CATECHISM AND MEANING

1. What is Holy Communion?

Holy Communion is the body and blood of our Lord Jesus Christ given with bread and wine, instituted by Christ himself for us to eat and drink.

Where do the Scriptures say this?

Matthew, Mark, Luke, and Paul say: "In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks, broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me. Again, after supper he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me."

12 PRAYER BASED ON THE PORTION OF THE CATECHISM

Prayer based on Holy Communion the First Question "What is Holy Communion?"

Lord Jesus Christ, on the night of Your betrayal, You established the Supper of Your body and blood for us Christians to eat and to drink. Give us faith to trust in the words of Your testament and so rightly receive the fruits of Your suffering and death and through Your merit finally be brought to rejoice in the marriage feast of the Lamb, where You live and reign with the Father and the Spirit forever. Amen [from Luther's Small Catechism: with explanation; Concordia Pub, pg. 330]

13 IN OUR PRAYERS THIS WEEK - INTERCESSORY PRAYERS

- ⇒ For Carol Halderson coping with dementia
- ⇒ For Buff Peterson coping with pulmonary functioning
- ⇒ For Janet Sisul being cared for
- ⇒ For Lisa Cash in caring for her father Daniel
- ⇒ For Karri Bjornstad's father, Birger Eklov, battling cancer.
- ⇒ For Pastor Dave Steffenson battling cancer

14 HYMN OF THE WEEK AND UPCOMING SUNDAY LESSONS

Lord, Keep Us Steadfast in Your Word LBW 230: *stn 1* Lord, keep us steadfast in your Word; Curb those who by deceit or sword Would wrest the kingdom from your Son And bring to nought all he has done. *stn 2* Lord Jesus Christ, your pow'r make known, For you are Lord of lords alone; Defend your holy Church, that we May sing your praise triumphantly. *stn 3* O Comforter of priceless worth, Send peace and unity on earth; Support us in our final strife And lead us out of death to life.

For September 27, Seventeenth Sunday after Pentecost (Proper 21): **Ezekiel 18:1-4, 25-32** "When a wicked person turns...he shall save his life."; **Psalms 25:1-9** "Remember Your mercy, O Lord, and Your steadfast love."; **Philippians 2:1-18** "Look...to the interests of others."; **Matthew 21:23-32** Jesus and the elders; parable of the man with two sons



The Gift of Grace Lutheran Congregation at Prayer

A guide for Daily Meditation and Prayer
For the Week of the 16th Sunday after Pentecost
September 20 through September 26

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 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	103, 150	5, 145	42, 146	89:1-18; 147:1-12	97, 147:13- 21	51, 148	104, 149
Evening	117, 139	82, 29	102, 133	1, 33	16, 62	142, 65	118, 111

7 RECITE THE VERSE OF THE WEEK: Isaiah 55:6-7

Seek the LORD while he may be found; call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the LORD, that he may have compassion on him, and to God, for he will abundantly pardon.

Theme of the Week: Repent While You Still Can

8 READ DAILY SCRIPTURE PASSAGES

SUN

Job 11:1-9, 13-20; Revelation 5:1-14; Matthew 5:1-12

MON

Job 12:1-6, 13-25; Acts 11:19-30; John 8:21-32

TUE

Job 12:1, 13:3-17, 21-27; Acts 12:1-17; John 8:33-47

WED

Job 12:1; 14:1-22; Acts 12:18-25; John 8:47-59

THU

Job 16:16-22; 17:1, 13-16; Acts 13:1-12; John 9:1-17

FRI

Job 19:1-7, 14-27; Acts 13:13-25; John 9:18-41

SAT

Job 22:1-4, 21--23:7; Acts 13:26-43; John 10:1-18

9 PRAY THE PRAYER OF THE WEEK

Lord God, heavenly Father, since we cannot stand before You relying on anything we have done, help us trust in Your abiding grace and live according to Your Word; 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

Holy Communion the First Question “What is Holy Communion?” – Before His death on the Cross Jesus established a meal that was to be celebrated often among His followers. An apt name for this meal is “The Lord’s Supper”, for He Himself serves it and gives Himself in the meal. The meal has also come to be known as Holy Communion. And as the words Jesus spoke (the Words of Institution) make it clear, the offering of bread and wine originally was a part of a larger meal. It was in fact the Seder Meal. But when at one point in the meal Jesus took bread, he said the strangest thing. He first blest it, then broke it, and as He gave it to His disciples He told them to take and eat, *this is my body given for you*. He also adds, *do this for the remembrance of me*. Both the substance is stated, then the added benefit of remembering the Lord Jesus is lauded. Equally strange, at the end of the Seder Meal, Jesus takes His cup of wine. It must have been a freshly filled cup, for each of them at the meal would have already consumed prior wine - each likely in their own cup. But this time Jesus says, *this cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin*. And it was His cup he gave to His disciples to drink! Earlier in Jesus’ ministry He had shockingly stated, “unless you eat the flesh of the Son of Man and drink His blood, you have no life in you” (Jn 6:53). The institution of Holy Communion would explain how that would be possible.