

11 RECITE PORTION OF THE CATECHISM AND MEANING

What is the Sixth Commandment?

You shall not commit adultery.

What does this mean for us?

We are to fear and love God so that in matters of sex our words and conduct are pure and honorable, and husband and wife love and respect each other.

12 PRAYER BASED ON THE PORTION OF THE CATECHISM

Prayer based on Sixth Commandment

Holy Lord, you instituted marriage in Eden, and by your Word you uphold and protect this blessed union of man and woman in one flesh. Cause us to honor marriage and put away from us all sinful thoughts, words, and deeds that would dishonor and distort the gift of marriage. Bless all married couples with faithfulness. Hear the prayers of all who seek a godly spouse, and give to us all purity and decency in all things; through Jesus Christ, our Lord. Amen. [from Luther's Small Catechism: with explanation; Concordia Pub, pg. 104]

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 parents, Daniel and Marion
- ⇒ For Karri Bjornstad's father, Birger Eklov, battling cancer.

14 HYMN OF THE WEEK AND UPCOMING SUNDAY LESSONS

God, Whose Almighty Word LBW 400: *stnz 1* God, Whose almighty word Chaos and darkness heard And took their flight: Hear us, we humbly pray, And where the Gospel day Sheds not its glorious ray, Let there be light! *Stnz 2* Lord, who once came to bring, On, your redeeming wing, Healing and sight, Health to the sick in mind, Sight to the inly blind: Oh, now to human-kind Let there be light! *Stnz 3* Spirit of truth and love, Life-giving holy dove, Speed forth your flight; Move on the water's face Bearing the lamp of grace, And in earth's darkest place Let there be light!

For March 22, Fourth Sunday in Lent: **Isaiah 42:14-21** I will turn darkness into light.; **Psalms 142** "You know my way."; **Ephesians 5:8-14** "Walk as children of light."; **John 9:1-41** The blind will see and those who see will become blind.



The Gift of Grace Lutheran Congregation at Prayer

A guide for Daily Meditation and Prayer
For the Week of The Third Sunday in Lent
March 15 through March 21

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

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------|----------------|---------|-------------|---------------|----------|----------|
| Morning | 84, 150 | 119:73-80; 145 | 34, 146 | 5, 147:1-12 | 27, 147:13-21 | 22, 148 | 43, 149 |
| Evening | 42, 32 | 121, 6 | 25, 91 | 27, 51 | 126, 102 | 105, 130 | 31, 143 |

7 RECITE THE VERSE OF THE WEEK: John 4:14b

The water that I will give him will become in him a spring of water welling up to eternal life.

Theme of the Week: The Source of Life-Giving Water

8 READ DAILY SCRIPTURE PASSAGES

SUN
Genesis 44:1-17; Romans 8:1-10; John 5:25-29

MON
Genesis 44:18-34; 1 Corinthians 7:25-31; Mark 5:21-43

TUE
Genesis 45:1-15; 1 Corinthians 7:32-40; Mark 6:1-13

WED
Genesis 45:16-28; 1 Corinthians 8:1-13; Mark 6:13-29

THU
Genesis 46:1--7, 28-34; 1 Corinthians 9:1-15; Mark 6:30-46

FRI
Genesis 47:1-26; 1 Corinthians 9:16-27; Mark 6:47-56

SAT
Genesis 47:27--48:7; 1 Corinthians 10:1-13; Mark 7:1-23

9 PRAY THE PRAYER OF THE WEEK

O God, whose glory it is always to have mercy, be gracious to all who have gone astray from Your ways and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of 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

The Sixth Commandment – In Genesis 1 we read, “So God created man in his own image, in the image of God he created him, male and female he created them (v 27).” And then in Genesis 2:18-25 we read more specifically of the harmonizing and corresponding (complementary) relationship between men and women, especially between a man and a woman in marriage. There we read of how it is not good for the man to be alone. Humans are created for community and fellowship, first and foremost for fellowship with Father, Son, and Holy Spirit. But even among other created beings we were meant for community, the fellowship of which all the other animals are not fully suitable. So God fashioned the first woman from the first man’s side and presented the woman to the man as a “helper fit for him” (v 18). And then God formed the first of three important institutions that humans participate in, that of marriage and the family. And we read, “Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh” (v 24). Later, God would establish civil and religious communities. As Christians, we cherish marriage as the union of our different yet complementary natures as male and female. We accordingly are to think, talk, and act in ways that reflect God’s good purposes for it.