

11 RECITE PORTION OF THE CATECHISM AND MEANING

What are such sins? (that we might confess)

We can examine our everyday life according to the Ten Commandments - for example, how we act toward father or mother, son or daughter, husband or wife, or toward the people with whom we work, and so on. We may ask ourselves whether we have been disobedient or unfaithful, bad-tempered or dishonest, or whether we have hurt anyone by word or deed.

How might we confess our sins privately?

We may say we wish to confess our sins and to receive absolution in God's name. We may begin by saying, "I, a poor sinner, confess before God that I am guilty of many sins." Then we should name the sins that trouble us. We may close the confession with the words, "I repent of all these sins and pray for mercy, I promise to do better with God's help."

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 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.
- ⇒ For Emeron Christensen recovering from hip replacement surgery
- ⇒ For Cheryl Ruud mourning the death of her husband Steve

14 HYMN OF THE WEEK AND UPCOMING SUNDAY LESSONS

Rise, Shine, You People! LBW 393: *stnz 1* Rise, shine, you people! Christ has entered Our human story; God in him is centered. He comes to us, by death and sin surrounded, With grace unbounded. *Stnz 2* See how he sends the pow'rs of evil reeling; He brings us freedom, light and life and healing. All men and women, who by guilt are driven, Now are forgiven. *Stnz 4* Tell how the Father sent his Son to save us. Tell of the Son, who life and freedom gave us. Tell how the Spirit calls from ev'ry nation His new creation.

For February 2, Fourth Sunday after the Epiphany: **Deuteronomy 30:15-20** Love the Lord your God; walk in His ways; **Psalms 119:1-8** "Blessed are those whose way is blameless"; **1 Corinthians 3:1-9** "You are God's field, God's building."; **Matthew 5:21-37** Jesus explains the Law.



The Gift of Grace Lutheran Congregation at Prayer

A guide for Daily Meditation and Prayer
For the Week of The Third Sunday after the Epiphany
January 26 through February 1

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	67, 150	57, 145	54, 146	65, 147:1-12	143, 147:13-21	88, 148	122, 149
Evening	46, 93	85, 47	28, 99	125, 91	81, 116	6, 20	125, 90

7 RECITE THE VERSE OF THE WEEK: Matthew 4:23

And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom.

Theme of the Week: The Good News of God’s Kingdom

8 READ DAILY SCRIPTURE PASSAGES

SUN
Genesis 13:2-18; Galatians 2:1-10; Mark 7:31-37

MON
Genesis 14:(1-7) 8-24; Hebrews 8:1-13; John 4:43-54

TUE
Genesis 15:1-11, 17-21; Hebrews 9:1-14; John 5:1-18

WED
Genesis 16:1-14; Hebrews 9:15-28; John 5:19-29

THU
Genesis 16:15--17:14; Hebrews 10:1-10; John 5:30-47

FRI
Genesis 17:15-27; Hebrews 10:11-25; John 6:1-15

SAT
Genesis 18:1-16; Hebrews 10:26-39; John 6:16-27

9 PRAY THE PRAYER OF THE WEEK

Almighty and everlasting God, mercifully look upon our infirmities and stretch forth the hand of Your majesty to heal and defend us; through Jesus Christ, Your Son, 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 second of three weeks that we are looking into the matter of Private Confession. An obvious question many will ask, “Is it necessary to have an intermediary to confess our sins to? Can’t we simply pray and confess our sins directly to Christ our Lord?” And the obvious answer, at least from a Lutheran perspective, is that we can and should confess directly to Christ. As Scripture clearly states, He alone is our mediator with God the Father (cf. 1 Timothy 2:5). But there can be great benefit in making our confession of sins to God in the hearing of a Pastor. As much as it appears that the confession is being spoken to the Pastor, it actually is being directed to God in the hearing of the Pastor! So what is the benefit? That an appointed ambassador of Christ, that is the Pastor, can speak audibly and directly the absolution to the one making the confession. This can be of obvious comfort in believing the promise that if we confess our sins God is faithful and just, and will forgive our sins (cf. 1 John 1:9). Furthermore, the Pastor, as the Confessor, not only can speak the Word of Forgiveness in the stead of Christ, but he can also offer comfort and encouragement with further assurances from God’s Word.