A red heart on a black background

Description automatically generated**The Gift of Grace Lutheran Congregation at Prayer**A guide for Daily Meditation and Prayer  
For the Week of the 12th Sunday after Pentecost  
August 11 through August 17

**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** **The Apostles’ Creed**

I believe in God, the Father Almighty, Maker of heaven and earth.

And in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God, the Father Almighty. From thence He will come to judge the living and the dead.

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

**3** **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** **Morning or Evening Prayer**

*Morning.* I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

*Evening.* I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

**5 Mealtime Blessing and then afterwards Returning Thanks**

*Blessing before meal*

“The eyes of all look to You, [O Lord,] and You give them their food at the proper time. You open Your hand and satisfy the desires of every living thing.” (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. His love endures forever. [He] gives food to every creature. He provides food for the cattle and for the young ravens when they call. His pleasure is not in the strength of the horse, nor His delight in the legs of a man; the LORD delights in those who fear Him, who put their hope in His unfailing love.” (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**

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| General  Wk 1 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Morning | 103, 150 | 5, 145 | 42, 146 | 89:1-18; 147:1-12 | 116, 147:13-21 | 51, 148 | 104, 149 |
| Evening | 117, 139 | 82, 29 | 102, 133 | 1, 33 | 16, 62 | 142, 65 | 118, 111 |

**7 Verse of the Week: John 6:51a, b**

Alleluia. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. Alleluia.

**8 Daily Lectionary Readings**

**Sunday** Judges 6:1-24; 2 Corinthians 9:6-15; Mark 3:20-30

**Monday** Judges 6:25-40; Acts 2:37-47; John 1:1-18

**Tuesday** Judges 7:1-18; Acts 3:1-11; John 1:19-28

**Wednesday** Judges 7:19--8:12; Acts 3:12-26; John 1:29-42

**Thursday** Judges 8:22-35; Acts 4:1-12; John 1:43-51

**Friday** Judges 9:1-16, 19-21; Acts 4:13-31; John 2:1-12

**Saturday** Judges 9:22-25, 50-57; Acts 4:32--5:11; John 2:13-25

**9 The Collect for the Week**

**Sundays after Pentecost Proper 14** Gracious Father, Your blessed Son came down from heaven to be the true bread that gives life to the world. Grant that Christ, the bread of life, may live in us and we in Him, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

**10 Catechism Portion for the Week**

**Confession: “What if we are not troubled by any special sins?”:** The Apostle Paul wrote in 1 Corinthians 4:4, “For I am not aware of anything against myself, but I am not thereby acquitted. It is the Lord who judges me.” He also is recorded to have said in Acts 24:16, “So I always take pains to have a clear conscience toward both God and man.” But the Apostle also knows himself to be the chief of sinners. And so, we always have cause for the Fifth Petition in the Lord’s Prayer: “Forgive us our trespasses.” We always know that we have not loved God wholly, nor have we loved our neighbor as ourselves. We know we sin both by what we do and by what we leave undone. So, we always have occasion to confess our sinfulness, even when we are not troubled by a particular transgression.

**11 Portion of the Catechism and Luther’s Explanation**

**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.

**12 Prayer Based on the Portion of the Catechism**

**Prayer based on Confession and Absolution:** 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 Intercessory Prayer**

* Heather Roll (breast cancer)
* Kathy Schmitz (medical testing)
* Jenny Whitman (paralyzed from a fall)
* Bev Kuehn (regulating medicines and dealing with diabetes)
* Pat Webber (fall and fractured hip)

**14 Hymn of the Week and Next Sunday’s Lessons**

**534 Lord, Enthroned in Heavenly Splendor:** *stnz 1* Lord, enthroned in heav’nly splendor, First-begotten from the dead, You alone, our strong defender, Lifting up Your people’s head. Alleluia, alleluia, alleluia! Jesus, true and living bread! Jesus, true and living bread! *stnz 2* Though the lowliest form now veil You As of old in Bethlehem, Here as there Your angels hail You, Branch and flow’r of Jesse’s stem. Alleluia, alleluia, alleluia! We in worship join with them; We in worship join with them. *stnz 3* Paschal Lamb, Your off’ring, finished Once for all when You were slain, In its fullness undiminished Shall forevermore remain, Alleluia, alleluia, alleluia! Cleansing souls from ev’ry stain; Cleansing souls from ev’ry stain. *stnz 4* Life-imparting heav’nly manna, Stricken rock with streaming side, Heav’n and earth with loud hosanna Worship You, the Lamb who died, Alleluia, alleluia, alleluia! Ris’n, ascended, glorified! Ris’n, ascended, glorified! Text: George H. Bourne, 1840–1925, alt. Text: Public domain

**For August 18, 2024,** Thirteenth Sunday after Pentecost (Pr 15): **Proverbs 9:1-10** Walk in the way of understanding.; **Psalm 34:12-22** Those who seek the Lord lack no good thing.; **Ephesians 5:6-21** “Be filled with the Spirit.”; **John 6:51-69** If anyone eats this bread, he will live forever.