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 4th Sunday after the Epiphany  
February 2 through February 8

**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 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 Verse of the Week: Luke 2:34b**

Alleluia. Behold, this child is appointed for the fall and rising of many in Israel. Alleluia.

**8 Daily Lectionary Readings**

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

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

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

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

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

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

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

**9 The Collect for the Week**

**The Presentation of Our Lord** Almighty and ever-living God, as Your only-begotten Son was this day presented in the temple in the substance of our flesh, grant that we may be presented to You with pure and clean hearts; through Jesus Christ, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

**10 Catechism Portion for the Week**

**The Introduction to the Lord’s Prayer: “Our Father who art in heaven” –** The Parable of the Prodigal Son in Luke 15:11-32 contains a most comforting image of God! Here God is pictured as welcoming home a wayward son with great joy. The wayward son merely hoped to be welcomed back to his father’s home as an unworthy servant, but the gracious father welcomes a son home whom he regarded as having been dead but now is alive again. He welcomes the boy home as his beloved son, and he throws a feast to celebrate that his lost son has been found again. This parable gives us some idea of the privilege the Almighty has given to us to address him in prayer as “Our Father”! When we go to pray, we don’t have to do so as a last resort with the hope that there might be some remote chance that God will hear and answer our prayer. As baptized believers we can approach prayer with confidence. We can approach God in prayer with the confidence children have in going to their loving fathers. As Christians, we confess that God welcomes us with open arms so that we can always approach him in complete confidence as our dear Father on account of Christ, our Brother.

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

**The Introduction**

Our Father who art in heaven.

**What does this mean?**

With these words God tenderly invites us to believe that He is our true Father and that we are His true children, so that with all boldness and confidence we may ask Him as dear children ask their dear father.

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

**Prayer based on The Introduction to the Lord’s Prayer -** Heavenly Father, Your words give us boldness and confidence to acknowledge You as our true Father and ourselves as Your true children. May Your Holy Spirit lead us to trust in Your fatherly goodness, call upon Your name in every need, and glorify You as the author and giver of every good and perfect gift; through Your Son, Jesus Christ, our Lord. Amen. [from Luther’s Small Catechism: with explanation; Concordia Pub, pg. 241]

**13 Intercessory Prayer**

* Heather Roll (breast cancer)
* Heather Wesner (Jessica Schoonover’s sister with breast and stomach cancer)
* Pastor Mark Clements with a blood clot in his brain.
* For Anne Warner with upcoming tests for her heart health.

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

**834 O God, O Lord of Heaven and Earth:** *stnz 1* O God, O Lord of heav’n and earth, Thy living finger never wrote That life should be an aimless mote, A deathward drift from futile birth. Thy Word meant life triumphant hurled In splendor through Thy broken world. Since light awoke and life began, Thou hast desired Thy life for man. *stnz 2* Our fatal will to equal Thee, Our rebel will wrought death and night. We seized and used in prideful spite Thy wondrous gift of liberty. We housed us in this house of doom, Where death had royal scope and room, Until Thy servant, Prince of Peace, Breached all its walls for our release. *stnz 3* Thou camest to our hall of death, O Christ, to breathe our poisoned air, To drink for us the dark despair That strangled our reluctant breath. How beautiful the feet that trod The road that leads us back to God! How beautiful the feet that ran To bring the great good news to man! *stnz 4* O Spirit, who didst once restore Thy Church that it might be again The bringer of good news to men, Breathe on Thy cloven Church once more, That in these gray and latter days There may be those whose life is praise, Each life a high doxology To Father, Son, and unto Thee. Text: Martin H. Franzmann, 1907–76, alt. Text: © 1967 Augsburg Fortress. Used by permission: LSB Hymn License no. 130404864

**For February 9, 2025,** Fifth Sunday after the Epiphany: **Isaiah 6:1-13** Isaiah’s vision of the seraphim.; **Psalm 138** I will praise You for Your love and faithfulness; **1 Corinthians 14:12b-20** Excel in gifts that build up the church.; **Luke 5:1-11** The miraculous catch of fish