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 16th Sunday after Pentecost  
September 8 through September 14

**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: Psalm 147:2–3**

Alleluia. The Lord builds up Jerusalem; he gathers the outcasts of Israel. He heals the brokenhearted and binds up their wounds. Alleluia.

**8 Daily Lectionary Readings**

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

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

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

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

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

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

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

**9 The Collect for the Week**

**Sundays after Pentecost Proper 18** O Lord, let Your merciful ears be open to the prayers of Your humble servants and grant that what they ask may be in accord with Your gracious will; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. Amen.

**10 Catechism Portion for the Week**

**Holy Communion the Third Question “How can bodily eating and drinking do such great things?” –** All the way through Scripture we encounter the power of God’s Word. Starting with the very act of creation, God spoke things into existence through His Word. That is, He spoke, and it came to pass. He said, “let there be…” and that which He spoke came to be. The Prophet Isaiah in the 55th Chapter of the Book assigned to him, has the Lord colorfully saying that His Word comes down from heaven just like rain and snow. Coming down, it therefore is indeed His Word. And just like rain and snow producing growth and harvest for the earth, the Lord said His Word accomplishes what He purposes and prospers in what He intends. Jesus demonstrated in Mark 4 when caught in a furious storm on the sea that His words were indeed the Word of God! For His words calmed the storm and the seas. So, when Jesus says *take and eat, drink, this is given and shed for you for the forgiveness of sins* we might expect that His instruction and promise will accomplish exactly what He says. As Christians, we confess that the words of our Lord Jesus do just what they say. “What Christ’s lips say and speak, so it is” (Luther’s Large Catechism).

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

**3 How can bodily eating and drinking do such great things?**

Certainly not just eating and drinking do these things, but the words written here: “Given and shed for you for the forgiveness of sins.” These words, along with the bodily eating and drinking, are the main thing in the Sacrament. Whoever believes these words has exactly what they say: “forgiveness of sins.”

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

**Prayer based on Holy Communion the Third Question “How can bodily eating and drinking do such great things?” -** Lord Jesus Christ, You give Your body and blood under bread and wine that we may know with certainty that our sins are forgiven by Your atoning sacrifice on the cross. Grant us so to eat Your body and drink Your blood, trusting in Your words that we may receive what You declare - the forgiveness of sins - and so live in You even as You live and reign with the Father and the Holy Spirit, one God, now and forever. Amen [from Luther’s Small Catechism: with explanation; Concordia Pub, pg. 337]

**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)
* Haley Hellerud (healing of lesions on the brain)

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

**398 Hail to the Lord’s Anointed:** *stnz 1* Hail to the Lord’s anointed, Great David’s greater Son! Hail, in the time appointed, His reign on earth begun! He comes to break oppression, To set the captive free, To take away transgression And rule in equity. *stnz 2* He comes with rescue speedy To those who suffer wrong, To help the poor and needy And bid the weak be strong; To give them songs for sighing, Their darkness turn to light, Whose souls, condemned and dying, Were precious in His sight. *stnz 3* He shall come down like showers Upon the fruitful earth; Love, joy, and hope, like flowers, Spring in His path to birth. Before Him on the mountains Shall peace, the herald, go; And righteousness in fountains From hill to valley flow. *stnz 4* Kings shall fall down before Him And gold and incense bring; All nations shall adore Him, His praise all people sing. To Him shall prayer unceasing And daily vows ascend; His kingdom still increasing, A kingdom without end. *stnz 5* O’er ev’ry foe victorious, He on His throne shall rest, From age to age more glorious, All blessing and all-blest. The tide of time shall never His covenant remove; His name shall stand forever— That name to us is Love. Text: James Montgomery, 1771–1854, alt. Text: Public domain

**For September 15, 2024,** Seventeenth Sunday after Pentecost (Pr 19): **Isaiah 50:4-10** “Trust in the name of the Lord and rely on his God.”; **Psalm 116:1-9** “I will call on Him as long as I live.”; **James 3:1-12** “From the same mouth come blessing and cursing.; **Mark 9:14-29** Jesus casts out a spirit.